# **QUINTET NEWS**

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

**MARCH 2024** 

**FREE** 

#### **HELLO FROM CANON WILLIAM**

Dear All,

There are several words that come to mind when describing the significance of Holy Week and Easter; for me that word is Hope.

With tensions between various countries in the Middle East and elsewhere along with other uncertainties in different situations in various places - one can feel the need of reassurance. Hope can provide this and especially at Easter. Recently in Church Times there was an article about a book titled 'The Theology of Hope'. It was by an eminent Theologian who wrote this about 20 years after WW2 and Hope was needed then as much as now.

Hope is present, first, because we believe that God has made the world to be perfect and all people were meant to be part of that. It was meant to be Hopeful. With people seeming unable to sustain the perfection, we need guidance and help to be closer to God and we need renewed Hope.

Hope also comes to us from Christ and his suffering in the Passion, culminating on the Cross. He shares the experiences of the worst that can be done to people; because He is there God shares this as well. There is Hope in all this because God is greater than evil and that evil is not the final power in the world.

And there is Hope at Easter. Christ's Resurrection shows that he is alive and that his death on the Cross was not the end. It also shows that the Resurrection points to eternity. Christ is alive for all time and that eternal life is for all people. We are invited to the 'eternal banquet' with God and where we share in God's perfect creation.

These events and experiences are shown to us at Easter and these can give us all a new Hope.

With good wishes

Canon William

#### 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 LENT COURSE "EXPLORING THE VOID"

The Lent Group continues to meet at The Rectory on a Thursday afternoon at 2:30pm. It is not too late to come along.

We are 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.

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:

Lord, we pray for your Church, that through this season of Lent we would be led to deeper truths about you and about ourselves.

Creator of all,

you brought this world into being from nothing and sent your Son into it, to redeem it at the cost of his life.

May we, who in this holy season commemorate his sufferings for us, be brought to understand something of the depth of your love, from which not one of us can be separated, in Jesus Christ our Lord.

Amen

# WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY

The next meeting of the Walsingham Cell of Our Lady and Holy Trinity is on Thursday 7<sup>th</sup> March at 2.30pm at the Church Hall, West Runton, when we welcome Revd Canon Susanna Gunner as our speaker.

Our meeting on Thursday 4<sup>th</sup> April will be at Holy Trinity, West Runton and will be at the later time of 7.00pm when Fr David Paskins will be leading us in the Stations of the Resurrection.

All our very welcome to join us for our meetings and services; refreshments are served at the end.

From 1<sup>st</sup> to 3<sup>rd</sup> 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 prilgrimage 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 <a href="mailto:aliwharton@icloud.com">aliwharton@icloud.com</a> or mobile <a href="mailto:07880">07880</a> <a href="mailto:776720">776720</a>.

## 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 neverending.

Amen









# WILD-ER CHURCH WILL BE EMERGING SOON

WILD-er Church is emerging gently from its wintering season, strengthened and refreshed for the seasons to come. We will re-open on the weekend of Saturday 16<sup>th</sup> March and Sunday 17<sup>th</sup> March. Our location will be All Saints Church, Beeston Regis, NR27 9QY.

WILD Church is about Exploring Nature and so Encountering its Creator, God.

You may notice we have two extra letters to our title now, 'er'. We are planning to get WILD-er and are looking for your ideas!

Our March gatherings will be Lenten themed with interactive and fun activities for children and families, with all ages welcome.

On Saturday 16<sup>th</sup> March we will meet from 11.00am to 12.00pm and we will enjoy sensory play, calming yogalates, a Gratitude Hunt, seed sowing for little green fingers and mindful storytelling.

On Sunday 17<sup>th</sup> March we will meet from 4.00pm to 5.00pm and we will have a short outdoor Lenten worship with music-making and also play our part in the nation's Big Plastic Count, to show our care for God's creation.

Healthy and hearty snacks will be available at both events which are Free.

For further information and to be put on the emailing list, contact Amanda Wooster on <a href="mailto:jawooster20@gmail.com">jawooster20@gmail.com</a>.

Also look out for our posts on Facebook All Saints Beeston Regis.

We would love you to join us.

#### SERVICES IN THE BENEFICE FOR HOLY WEEK

	St John the Baptist, Aylmerton	All Saints, Beeston Regis	St Andrew's East Runton	Holy Trinity West Runton	All Saints Gresham
Monday 25 <sup>th</sup> March				10.30am Eucharist	
Tuesday 26 <sup>th</sup> March		10.30am Eucharist			
Wednesday 27 <sup>th</sup> March			10.30am Eucharist		
Thursday 28 <sup>th</sup> March Maundy Thursday				8.00pm Commemoration of the Last Supper; Stripping of the Altar; and Vigil	
Friday 29 <sup>th</sup> March Good Friday	10.00am A Service for Good Friday	2.00pm A Service for Good Friday	10.00am Procession of Witness to West Runton	2.00pm The Last Hour on the Cross	
Saturday 30 <sup>th</sup> March Easter Eve				8.00pm  Easter Vigil & Service of Light: First Communion of Easter	

# A PRAYER FOR HOLY WEEK

Lord Jesus Christ, as we spend these final few days preparing to enter into Holy Week, we pray that you would inspire our hearts afresh to draw close to you at this most sacred time.

Give us seriousness of intent, give us compassion of heart, and give us openness of mind, that all we hear, do and say may transform our souls and reinvigorate our lives, through Jesus Christ our Lord.

Amen

## SUNDAY SERVICES IN THE BENEFICE FOR MARCH

	Sunday 3 <sup>rd</sup> March 3 <sup>rd</sup> Sunday of Lent ( <i>Purple</i> )	Sunday 10 <sup>th</sup> March Mothering Sunday ( <i>Purple</i> )	Sunday 17 <sup>th</sup> March 5 <sup>th</sup> Sunday of Lent ( <i>Purple</i> )	Sunday 24 <sup>th</sup> March Palm Sunday (Red)	Sunday 31st March Easter Sunday (White)
St John the Baptist Aylmerton		9.15am Eucharist		9.15am Eucharist	9.15am Eucharist
All Saints Beeston Regis	9.15am Morning Prayer	11.00am Eucharist	11.00am Family Service	11.00am Eucharist	11.00am Eucharist
St Andrew's East Runton	9.15am Eucharist	9.15am Morning Prayer	9.15am Eucharist	9.15am Eucharist	9.15am Eucharist
Holy Trinity West Runton	11.00am Sung Eucharist	11.00am Sung Eucharist	11.00am Sung Eucharist	11.00am Sung Eucharist	11.00am Sung Eucharist
All Saints Gresham	11.00am Eucharist				11.00am Eucharist

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

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

Wednesday 6 <sup>th</sup> March	Jeremy Sykes
Wednesday 13 <sup>th</sup> March	William Bestelink
Wednesday 20 <sup>th</sup> March	Jeremy Sykes
Wednesday 27 <sup>th</sup> March	Pat Baggaley

# **READINGS FOR MARCH – YEAR B**

Sunday 3 <sup>rd</sup> March 3 <sup>rd</sup> Sunday of Lent	Exodus 20. 1–17	1 Corinthians 1. 18–25	John 2. 13–22
Sunday 10 <sup>th</sup> March Mothering Sunday	Exodus 2. 1–10 or Samuel 1. 20–28	2 Corinthians 1. 3–7 or Colossians 3. 12-17	Luke 2. 33–35 or John 19. 25b-27
Sunday 17 <sup>th</sup> March 5 <sup>th</sup> Sunday of Lent	Jeremiah 31. 31–34	Hebrews 5. 5–10	John 12. 20–33
Sunday 24 <sup>th</sup> March Palm Sunday	Isaiah 50. 4–9a	Philippians 2. 5–11	Mark 15.1-39
Sunday 31 <sup>st</sup> March Easter Day	Isaiah 25. 6–9	Acts 10. 34–43	John 20. 1–18 or Mark 16. 1–8

PLEASE NOTE THAT THERE IS A CHOICE OF READINGS FOR MOTHERING SUNDAY AND FOR THE GOSPEL ON EASTER DAY SO YOU SHOULD CHECK WITH WHOEVER IS TAKING THE SERVICE AT YOUR CHURCH AS TO WHAT THEIR PREFERENCE IS.



**DON'T FORGET** British Summer Time commences at 1.00am on Sunday 31<sup>st</sup> March (Easter Day) so put your clocks forward 1 hour before you go to bed on Saturday 30<sup>th</sup> March

# LAUNCH OF ECO CHURCH @ BEESTON REGIS 💙



Towards the end of 2023, All Saints Church in Beeston Regis signed up to becoming an Eco Church. Here is an introduction to what this means and invites you to join us.

The time we are in, on planet earth that is, is very serious from an environmental perspective. Most people now believe that there are both climate and biodiversity crises. It can feel overwhelming not being sure if the actions we are taking individually are the right ones to make a collective difference.

As a PCC, we discussed what we could do to show our care of the earth and help renew it. We discovered a framework for action for churches called Eco Church. Launched in 2016 by the Christian environmental charity, A Rocha UK, almost 7,000 churches are now registered. Researching the project, our PCC felt this was the right way for our church to proceed.

On embarking on this journey, we aim to learn from our other parishes who already have environmentally sustainable practices and hope that our own work will bring wider benefits to our Benefice as a whole.

The Rt Revd Graham Usher, Bishop of Norwich and lead Bishop on environment, wrote in the Diocesan Prayer Diary Oct 2022:

"As followers of Christ from around the globe, we share a common call to care for creation. We are co-creatures, and part of all that God has made. Our wellbeing is interwoven with the wellbeing of the Earth.....we have an opportunity to take stock about how we safeguard our common home and all beings who share it.....Choosing to weave creation care through our prayer and action helps us to listen to God, as well as the voices of those made in God's image who are silenced."

The Eco Church framework has 5 key areas for a church to show it is embedding creation care:

Worship & Teaching, Buildings, Land, Community & Global Engagement plus Lifestyle.

The framework has 3 awards, the first of which is Bronze, which provide momentum, encouragement, and a cause for celebration.

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

It is early days and we need all the ideas you might have. If you are curious and excited to join us in journeying towards the Bronze Award, wherever you live or work, do get in touch with Amanda Wooster, Eco Church Coordinator for All Saints, Beeston Regis on jawooster20@gmail.com

Regular updates, including the sharing of Eco Tips, will appear in future editions of the Quintet News.

#### Lenten Eco Action – Get Involved 💙

The Climate Coalition, of which A Rocha UK is a member, is encouraging everyone to use Green Hearts to 'show the love' for the things we want to protect from climate change. It invites us to 'post' those green hearts on social media, using the '#ShowTheLove' hashtag and, to encourage our MPs to engage, send a green heart by post or put a photo of it on X (formerly Titter), asking them to help protect the things that you love from the impacts of climate change.

# EXCERPT FROM A PRAYER IN THE SEASON OF CREATION CELEBRATION GUIDE 2022

Give us hearts to listen for the good news of your promise to renew the face of the Earth. Enlighten us with the grace to follow the Way of Christ as we learn to walk lightly upon this holy ground. Fill us with hope to quench the fires of injustice with the light of your healing love that sustains our common home. Amen.

#### 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 Shampoo.

## **BEESTON REGIS**

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 then please speak to Judy Wilkinson

#### **GRESHAM**

The **Brunch** held on 27<sup>th</sup> January was very well attended and the Friends raised just over £150.

The **Pancake Day** held on 13<sup>th</sup> February raised a wonderful £283.

Thank you to all who supported the events.

## **EAST RUNTON**

A message from Jean Stewart:

Our **Chocolate Coffee Morning**, held on Saturday 10<sup>th</sup> February, raised a wonderful £402 for much needed church funds. We say a huge "Thank You" to each and every one who came to support it and for all contributions so generously given.

It seems pretty quick for the next one to take place, but as Easter is early this year, the Hot Cross Bun Coffee Morning looms on Saturday, 23<sup>rd</sup> March, in church from 10.00am to 12 Noon, and will include homemade cakes, raffle and, with green fingers crossed, some plants for sale and much, much more.....! Do come and join us, you will be very welcome.

**Easter Lillies and Roses** — As in previous years at Easter, lilies and roses are given in memory of loved ones and displayed at the altar, with their names listed on a plaque. If anyone wishes to give a lily or rose in this way, please let me know or write your name on the list on the table in church, so I can place the order in good time. I do not know the exact price, (and neither does the Nursery yet), but I should guess it will be in the region of £2 per stem.

Wishing you all the joys and blessings of Easter.

#### **WEST RUNTON**

The "3C's Club" will meet on Monday 4<sup>th</sup> March from 10.00am to 12 Noon at Holy Trinity Church, West Runton 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.

**Lent Lunches**: Every Friday in Lent at the Church Hall, West Runton, **12 Noon to 1.15pm** – Come and enjoy a bowl of homemade soup and a bread roll for £3. All profit goes to Holy Trinity, West Runton. Do come and join us on Friday 1<sup>st</sup> March, 8<sup>th</sup> March, 15<sup>th</sup> March and 22<sup>nd</sup> March.

# **LOCAL NEWS**

**Sheringham & District Philatelic Society** — Twenty members gathered for the Annual General Meeting on February 12<sup>th</sup>. The Society's finances are good, and the annual subscription is to remain at £10 next year. The Secretary reported on a year of interesting and worthwhile activities and produced a draft of the 2024 programme and a list of members interests.

Our acting Chairman, Andrew McCandlish, became Chairman after holding the fort, following our previous Chairman's illness and death. The committee were willing to stand again and so were duly elected. John Greenacre and Jane Purkiss kindly agreed to share the role of Packet Secretary, as they relaunch the Packet circulation, after a year in abeyance, due to the illness of the previous secretary.

Once the official business was over, a Silent Auction of many small Lots was held, and philatelic and related items changed hands.

The next meeting is on Monday 11<sup>th</sup> March at 7.30pm, in West Runton Church Hall. The April meeting takes place on Monday 8<sup>th</sup> April at 7.30pm.

Visitors are welcome. Further information from Jim Farrell (Secretary) on 01263 721043

The Sheringham & Cromer Choral Society's next concert takes place on Saturday 27<sup>th</sup> April at 4.00pm at St Peter's Church, Sheringham when they perform Fauré's *Requiem* and Vierne's *Messe Solennelle*.

We are delighted to be joined by two local students as our soloists: Attia Law, our soprano soloist, is a pupil at Sheringham High School and is also a member of the North Norfolk Youth Chorus based at Sheringham Little Theatre. Jack Woodward, a student at Cromer Academy, will be the Baritone soloist.

Tickets £15 (under 18's Free) available from the Box Office, Sheringham Little Theatre 01263 822347 or from the North Norfolk Visitor Centre, Cromer. Alternatively please contact Pam Thompson on 01263 510319.

# PLEASE NOTE THAT BECAUSE OF EASTER THE DEADLINE FOR AN ITEM TO BE INCLUDED IN THE APRIL NEWSLETTER WILL BE THURSDAY 14<sup>TH</sup> MARCH 2024.

Please contact Pam Thompson:

Telephone: 01263 510319 Email: pamjthompson@outlook.com

# WHAT'S ON?

DATE	VENUE AND EVENT
FRIDAY 1 <sup>st</sup> MARCH 12 NOON TO 1.15PM	LENT LUNCH, CHURCH HALL, WEST RUNTON  Come and enjoy a Lent Lunch at a cost of £3.00 per person. We look forward to welcoming you.
MONDAY 4 <sup>TH</sup> MARCH 10.00AM TO 12 NOON	"3C's CLUB", HOLY TRINITY, WEST RUNTON The "3C's Club" will meet for a "Coffee, Chat and Cleaning" session. Pop in and see us!!
THURSDAY 7 <sup>TH</sup> MARCH 2.30PM	WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY We welcome Revd Canon Susanna Gunner as our speaker at the Church Hall, West Runton.
FRIDAY 8 <sup>TH</sup> & 15 <sup>TH</sup> MARCH 12 NOON TO 1.15PM	LENT LUNCH, CHURCH HALL, WEST RUNTON  Come and enjoy a Lent Lunch at a cost of £3.00 per person. Do come along and join us.
SATURDAY 16 <sup>TH</sup> MARCH 11.00AM TO 12 NOON	WILD-ER CHURCH, ALL SAINTS CHURCH, BETSON REGIS We will enjoy sensory play, calming yogalates, a Gratitude Hunt, seed sowing for little green fingers and mindful storytelling.
SUNDAY 17 <sup>TH</sup> MARCH 4.00PM TO 5.00PM	WILD-ER CHURCH, ALL SAINTS CHURCH, BETSON REGIS  We will have a short outdoor Lenten worship with music-making and also play our part in the nation's Big Plastic Count, to show our care for God's creation.
FRIDAY 22 <sup>ND</sup> MARCH 12 NOON TO 1.15PM	LENT LUNCH, CHURCH HALL, WEST RUNTON The final Lent Lunch takes place today at a cost of £3.00 per person. Do come along and support us.
SATURDAY 23 <sup>RD</sup> MARCH 10.00AM TO 12 NOON	HOT CROSS BUN COFFEE MORNING ST ANDREW'S CHURCH, EAST RUNTON Homemade cakes, raffle and, with green fingers crossed, some plants for sale and much, much more! We would love to see you there.

# THE BENEFICE OF AYLMERTON, 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
Acting Benefice Administrator	Mrs Pam Th The Rectory Email: quint	07942 279206	
Licensed Lay Minister		ompson, 14 Yaxley Loke, Cromer NR27 0FG	510319
Churchwardens			
Aylmerton	Mrs C Burch Vacancy	nett, 37 The Rise, Sheringham, NR26 8QR	791442
Beeston Regis	Steve Oxeni Amanda Wo	824546 07985 291930	
Gresham	Mr R Batt, E Mr P Campb	822234 570281	
East Runton	Miss J Stew Vacancy	ard, 78 Central Road, Cromer NR27 9BW	512624
West Runton		vick, 6 Nelson Road, Sheringham NR26 8BU e, Wild Orchids, The Common, West Runton NR27 9QU	823657 838121
PCC Secretaries Aylmerton Beeston Regis Runton Gresham	Mrs G Beste Sarah Lamb Linda Reyno Vacancy	514045	
PCC Treasurers Aylmerton/Gresham Beeston Regis Runton	Mr M R Bray	e, Wild Orchids, The Common, West Runton NR27 9QE /brook, Duart Lodge, Furze Hill, Cromer NR27 0HU an, Mid Summer House, The Hurn, West Runton NR27 9QS	838121 512342 837990
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
Honorary Assistant Pr The Revd. Canon W B		Email: wmcbestelink@btinternet.com	514045
The Revd. Canon B Oake The Revd. P Baggaley The Revd. D Paskins The Revd. Dr P Yeomans		Mobile: 07909 690073 Email: barryoake@gmail.com Email: patriciabaggaley@gmail.com 8 Blackthorn Avenue, Holt NR25 6TY Email: paulyeomans76@protonmail.com	514192 837490 715905 07437 203535