

QUINTET NEWS

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

MAY 2022

FREE

HELLO FROM JEREMY

Dear Friends,

I hope you have all had a wonderful and blessed Easter, it was good to be able to celebrate Lent, Holy Week and Easter in a way that felt a bit more normal, and it was wonderful to see so many of you at our services in person and on Zoom. Easter is such a special time of year for Christians, being at the heart of our beliefs and at the centre of the Church's year.

A while back, I was talking to a friend and colleague about our experiences of bereavement. Both of us had lost people who were very special to us in our lives, and we concluded that we couldn't believe that for two people who had lived such full lives and given so much to others, this could be the end. There must be more, after all that is the heart of the Christian message and the Easter story, and what we both preached Sunday by Sunday.

The resurrection of Jesus is not an optional extra tacked on to the end of the Christian story. Without it, the whole story is meaningless, and Jesus is just another person like the rest of us. But his resurrection did take place on that first Easter Sunday morning, and when God raised Jesus from death it was much, much more than one single, mighty act of power and deliverance to rescue his son from the grip of death.

It did much more than that, through Jesus' resurrection and that first Easter morning everything was changed for all of us, and for all time. From that moment on, death's hold on the human race was broken. Jesus was the first, but he is by no means the last, of those who will pass through death into eternal life.

This is the true message of comfort for all those of us who mourn the loss of loved ones; yes it still hurts, that's the price of loving, but alongside our pain we also have the promise, and in Jesus the proof, of a new life which offers far more than we can ever imagine or dream of.

With all my love and God's blessings.

A handwritten signature in cursive script that reads "Jeremy". The signature is written in black ink and is positioned above a horizontal line.

REGULAR GIVING & GIFT AID CLAIMS

The Quintet Benefice has been hit by an increase in the costs for heating, lighting, etc., and we are suffering serious financial difficulties. Can we please ask everyone to consider increasing the amount that they give, no matter how small? If you have already increased your giving, then “Thank You!”

We would also be very grateful if you would consider paying a regular amount by Standing Order as it helps with our forward planning.

If you are a UK taxpayer, please consider filling in a Gift Aid Form. If you pay the basic rate of tax, the church can claim the tax you have paid back from HMRC – which is an extra 25p for every £1 you donate.

The church can also claim Gift Aid under the Small Donations Scheme for collections. Under these circumstances, please pay by cash, either in your envelopes or in not more than £20 notes, as we cannot claim Gift Aid under this scheme on cheques or large denomination notes.

If you require any further details, either about paying by Standing Order or about Gift Aid, then please speak to one of the Benefice Gift Aid Officers or one of the Treasurers.

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.

SUNDAY SERVICES IN THE BENEFICE FOR MAY

	Sunday 1 st May Easter 3	Sunday 8 th May Easter 4	Sunday 15 th May Easter 5	Sunday 22 nd May Easter 6	Sunday 29 th May Easter 7 Sunday after Ascension Day
	<i>(White)</i>	<i>(White)</i>	<i>(White)</i>	<i>(White)</i>	<i>(White)</i>
St John the Baptist Aylmerton		9.15am <i>Eucharist</i>		9.15am <i>Morning Prayer</i>	10.30am <i>Benefice Communion</i>
All Saints Beeston Regis	9.15am <i>Eucharist BCP</i>	11.00am <i>Eucharist</i>	11.00am <i>Morning Prayer</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 Service</i>				

ASCENSION DAY SERVICE

Holy Trinity, West Runton	Thursday 26th May, 7.00pm Eucharist
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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 MAY – YEAR C

Sunday 1st May Easter 3	Acts 9. 1–20	Revelation 5. 11–14	John 21. 1–19
Sunday 8th May Easter 4	Acts 9. 36–43	Revelation 7. 9–17	John 10. 22–30
Sunday 15th May Easter 5	Acts 11. 1–18	Revelation 21. 1–6	John 13. 31–35
Sunday 22nd May Easter 6	Acts 16. 9–15	Revelation 21. 10, 22–22. 5	John 14. 23–29
Thursday 26th May Ascension Day	Acts 1. 1–11	Ephesians 1. 15–23	Luke 24. 44–53
Sunday 29th May Easter 7 Sunday after Ascension Day	Acts 16. 16–34	Revelation 22. 12–14, 16–17, 20–21	John 17. 20–26

PRAYER CORNER

Please pray for—

- The Venerable Ian Bentley and his family
- For the people of Ukraine
- For people to come forward to become Churchwardens at Aylmerton and at Beeston Regis
- For people to come forward to become members/officers of our PCCs
- For our church buildings that funds may be found for their urgent repair



WILD CHURCH

WHEN?	Sunday 8th May 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
FUTURE DATES	Sunday 12 th June; Sunday 10 th July Time: 2.00pm for a 2.15pm start. Ending at 3.30pm

WHAT'S ON

DATE	VENUE AND EVENT
SATURDAY 30TH APRIL 10.00AM TO 1.00PM	<p style="text-align: center;">BACON BUTTY BONANZA! WEST RUNTON CHURCH HALL</p> <p>Yes! It's back! Come along and enjoy a delicious bacon butty and help raise some much-needed funds for the church. Cake stall, bottle stall, book stall and raffle. Looking forward to seeing you all there for brunch and a chat. Vegetarian option available.</p>
SATURDAY 30TH APRIL 7.00PM	<p style="text-align: center;">"AWAKE MY SOUL" SHERINGHAM & CROMER CHORAL SOCIETY AND THE BROADLAND YOUTH CHOIR, CROMER PARISH CHURCH</p> <p>Come along and hear the World Premiere of "Seasons" by Thomas Hewitt Jones; "Mass of the Children" by John Rutter; and "Te Deum" by Sir Edward Elgar</p> <p>Tickets: £15 in advance / £18 on the door Under 18's Free</p> <p>Tickets from Pam Thompson (Tel: 01263 510319) or from Sheringham Little Theatre or from the Tourist Information Centre, Cromer</p>
FRIDAY 6TH MAY 10.00AM– 12 NOON	<p style="text-align: center;">COFFEE MORNING CHURCH HALL, WEST RUNTON</p> <p>Come and enjoy a coffee and a chat and raise some funds for the church. All welcome!</p>
SUNDAY 8TH MAY 2.00PM FOR 2.15PM	<p style="text-align: center;">WILD CHURCH, CHURCH FIELD ALL SAINTS, BEESTON REGIS</p> <p>Explore the wonder of God's creation with fun nature-inspired activities outdoors.</p> <p>Wild Church provides a space for exploration, connection, and reflection.</p> <p>Express your care for creation as an integral part of loving your neighbour.</p>

DATE	VENUE AND EVENT
FRIDAY 13TH MAY 10.00AM–12 NOON	<p style="text-align: center;">COFFEE MORNING CHURCH HALL, WEST RUNTON</p> <p>Come and enjoy a coffee and a chat and raise some funds for the church. All welcome!</p>
FRIDAY 20TH MAY 10.00AM–12 NOON	
FRIDAY 27TH MAY 10.00AM–12 NOON	
FRIDAY 27TH MAY 7.00PM	<p>LECTURE EVENING, ALL SAINTS, GRESHAM</p> <p>Dr Simon Cotton will be coming to speak about our Seven Sacrament font by comparing it with others, and how he is using medieval Wills to ascertain when and by whom Churches were built in the area. The Lecture is free of charge and complimentary refreshments will be available as usual. All are welcome to attend!</p>
WEDNESDAY 1ST JUNE 2.00pm	<p style="text-align: center;">NORTH NORFOLK CLASSIC VEHICLE CLUB RALLY</p> <p>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 also be available.</p>
SUNDAY 12TH JUNE 2.00PM FOR 2.15PM	<p style="text-align: center;">WILD CHURCH, CHURCH FIELD ALL SAINTS, BEESTON REGIS</p> <p>Explore the wonder of God’s creation with fun nature-inspired activities outdoors.</p> <p>Wild Church provides a space for exploration, connection, and reflection.</p> <p>Express your care for creation as an integral part of loving your neighbour.</p>

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 – So we've now had our first Wild Church event at All Saints in Beeston Regis! God graciously calmed the wind on 10th April and blessed us with the fair-weather day for which we had prayed. Twenty-five of us joined together to reflect on Palm Sunday's Bible reading. It was wonderful to welcome 3 families new to us, including 3 youngsters, some living locally, others visiting the area. We let our hearts ring out, singing our own 'Hosannas!' with musical instruments made from natural and recycled materials; and we proclaimed our praises by decorating the church path with creative chalk designs too! Our theme, at this first Wild Church was journeying – the journeying of Jesus to Jerusalem and the cross, the journey of nature through Spring, the journey our world needs to take to achieve climate justice and the often hard, fearful, long journeys refugees are taking from their homelands at the moment. We, too, went on our own journey, a wonder wander round the church field and churchyard, equipped with our Spring Spotter sheet. Our storytelling was about Felix, the rainforest frog, who had to be brave to find his way back to the trees which were his home. Throughout, we were able to enjoy delicious coffee and cake from Blossom, the vintage travelling caravan cafe, celebrating her first year of trading. Thank you to all who came and supported us in God's wildly, wonderful outdoors! We meet again at the next Wild Church, on Sunday 8th May 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.

Food Bank — Worshippers at Beeston (and any others in the Benefice) are reminded that we are supporting the work of the North Norfolk Foodbank on a continuing basis by operating a permanent collection point at the back of All Saints Church. You may leave long-life food and toiletries at any time the church is open, and these will be delivered to the Foodbank every month. An up-to-date list of key requirements is published at the church. Currently, the greatest need is for long-life milk, tinned meat, tinned fruit and vegetables, tinned rice pudding, tea, squash, fruit juice, crisps, sponge puddings and custard, pot noodles and cuppa soups. Male and female deodorants and laundry liquid and powder would also be appreciated. These contributions make a huge difference to those in great need during these difficult times of financial stress, so many thanks for your support.

EAST RUNTON

Easter Fayre – Although numbers attending were low, we had a good day and are very pleased to announce that we raised £487. Thank you to everyone who supported the event and helped on the day!

WEST RUNTON

Coffee Mornings – We will be holding Coffee Mornings every Friday throughout May and 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!

GRESHAM

Folk and Friends Evening — During March the Friends of All Saints Gresham held a Folk and Friends evening in the Church. This was a lovely evening where over 80 people enjoyed songs, stories, and poems by candlelight. We had a collection for the people of Ukraine and an amazing £520 was donated.

Lecture Evening, All Saints, Gresham: Friday 27th May at 7.00pm – Dr Simon Cotton will be coming to speak about our Seven Sacrament font by comparing it with others, and how he is using medieval Wills to ascertain when and by whom Churches were built in the area. The Lecture is free of charge and complimentary refreshments will be available as usual. All are welcome to attend!

LOCAL NEWS

North Norfolk Classic Vehicle Club — To celebrate the Queen's Platinum Jubilee, on Wednesday 1st 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.

The Beeston Regis Charities of Edmund Hooke and Unknown Donor – If you live in Beeston Regis or within the ancient parish of Beeston Regis (which stretched to Beeston Road in the west) and are in need of financial assistance, the Hooke and Unknown Donor Charities may be able to help. Grants may be made for a variety of needs such as necessary equipment, unexpected expenses associated with illness or bereavement and the like including costs of visiting loved ones in hospital. Unless due to sudden and unforeseen problems, the Trustees are not able to make grants to clear existing general debts such as Council Tax etc. However, in these uncertain times we are all facing different financial issues and if you think we might be able to assist then please do not hesitate to ask. All enquiries will be treated in the strictest of confidence. In the first instance contact the Parish Clerk – Peter Bullimore, 24 Beech Avenue, Sheringham, NR26 8NS; Tel: 01263 822864 or Email: beestonpc@btinternet.com

DEADLINE FOR JUNE NEWSLETTER FRIDAY 20TH MAY 2022

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

Telephone: 01263 510319 Email: pamjthompson@outlook.com

THE BENEFICE OF AYLMEYTON, 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>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 Vacancy	824389
Gresham/Runton		
<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: baryoake@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