

QUINTET NEWS

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

NOVEMBER 2022

FREE

LETTER FROM CANON BARRY

Dear Friends

We are approaching the end of the Christian year, and as such can reflect on what has passed by; not necessarily a very edifying series of events, but no doubt one which may well have contained significant events for us personally.

Perhaps the main memories we have include those which made national news: the easing of Covid restrictions, the change of Prime Minister and all the subsequent shenanigans (I write this in mid-October), the death and funeral of our beloved Queen, and still a running sore in the history of mankind, the bloody war in Ukraine.

As the Church approaches the time of thanksgiving which November represents, there is time to reflect on what the future may hold; in November we thank God for all the saints and good people who have gone before us, we thank him for the gifts of the prophets and holy people we hear of in the Old Testament, and in culmination, for the gift of our Lord, Christ the King.

I recall a book I had as a child which represented the months of the year – what it was called I have no recollection, but it had a cartoon-type picture for each month; that for November had fogs and frosts and general dampness. I recall the old-style pump in the picture depicted as an old man with a frozen drip on his nose!

The renewal of the Christian year at the beginning of Advent gives a solid basis for hope. The anticipation of Christmas which the commercial world will have started weeks ago, begins in the Church with the marking of Advent Sunday which this year occurs on 27th November. This seems very early as Christmas falls on a Sunday, giving us the longest Advent possible. (Next year with Christmas on a Monday we have Christmas Eve and Advent 4 on the same day!).

So, in these grey days of November there is time to give thanks for those who have gone before us, especially in the world of the Church and its history. We might pray for a reduction of the Ukraine issues and realization of the injustices which such an invasion brings, despite the condemnation of the rest of the world. (How can one world leader be so deaf to all the criticism and condemnation of his actions?).

We might pray for a reduction to zero of the flow of migrants in tiny boats across the English Channel; we might pray for a more secure and honest

government in this country with compassion for the less fortunate, and above all we might pray for a spread of Christian understanding and witness.

While we have much to give thanks for, there is still much to pray and work for, so with the turning of the year into a new year of Christian hope, we approach Christmas with renewed gratitude for the gift of God of the little baby in a manger (an act so far removed from our world of today, yet which we still regard so fondly and somewhat wistfully).

With my good wishes

Barry

PRAYER CORNER

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, far-sighted 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 bush fires and plagues to floods and 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 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 the Wild Church initiative

O Lord our God, guide us by your Spirit;
give us wisdom; give us courage; give us hope;
and keep us faithful now and always.
Amen.

CONGRATULATIONS TO THE INTREPID TRIO!

Aim: To walk a circular route around all five churches in the Benefice, starting and finishing at Beeston Regis, and stopping at each church to offer prayers for the local community. To raise much needed funds for the Benefice.

Result: Jeremy and Lesley managed to complete the full circuit (apparently it was a training session for their walk of the Pennines next year!) and Ali and Karlha the dog managed to walk to four of the churches, dipping out at Gresham.

Well done to Jeremy, Lesley and Ali, and thank you to everyone who joined them for all or part(s) of the walk, or for prayer. Thank you also to all those who so generously sponsored them – they have raised over £500.00.

WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY

The Walsingham Cell will meet again on Thursday 10th November at 2.30pm at the Church Hall, West Runton when the Speaker will be Sister Carol of the Society of St Margaret; this will be followed by Afternoon Tea at The Corner House. All are welcome to attend.

We will then meet on Thursday 1st December at 2.30pm at the Church Hall, West Runton for an Advent Service.

For further information contact Ali Wharton, the Cell Secretary/Membership Secretary at aliwharton@icloud.com

DEADLINE FOR DECEMBER NEWSLETTER: 20TH NOVEMBER 2022

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

Telephone: 01263 510319

Email: pamjthompson@outlook.com

OPEN THE BOOK!



The Quintet Benefice's "Open the Book" Team will be conducting an assembly at Gresham Primary School on Tuesday 22nd November.

This lively act of collective worship with a script from the Bible Society and Bible stories from the Lion Storyteller Bible, with quiet time for reflection and all-inclusive prayer, is taken into schools all over the UK, and other countries as well, by groups of people from local churches.

If you would like to find out more about "Open the Book" or would like to become a member of the Team, please contact Amanda Wooster on 07985 291930.



WILD CHURCH

SUNDAY 13TH NOVEMBER – 2.00PM TO 4.00PM

We will be meeting on the Church Field, in front of All Saints Church, Beeston Regis.

WILD CHURCH is for children and families and all ages welcome. Children to bring an adult please.

WILD CHURCH is about Exploring Nature and by doing so we are encountering God.

We offer sensory nature and craft activities, storytelling, and worship outdoors.

Ample car parking and an indoor toilet are available. No need to book in advance.

This will be the last in our Autumnal series. Our theme will be REMEMBERING.

In December there will be no WILD CHURCH; instead, we will attend the Christingles and Nativity Services which will be held in our Benefice.

SUNDAY SERVICES IN THE BENEFICE FOR NOVEMBER

	Sunday 6 th November 3 rd Sunday before Advent <i>(Red/Green)</i>	Sunday 13 th November 3 rd Sunday before Advent Remembrance Sunday <i>(Red/Green)</i>	Sunday 20 th November Christ the King Sunday next before Advent <i>(Red/White)</i>	Sunday 27 th November Advent Sunday <i>(Purple)</i>
St John the Baptist Aylmerton		10.15am <i>Remembrance Service</i>		9.15am <i>Eucharist</i>
All Saints Beeston Regis	9.15am <i>Eucharist BCP</i>	10.30am <i>Remembrance Service</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>Remembrance Service</i>	9.15am <i>Eucharist</i>	9.15am <i>Eucharist</i>
Holy Trinity West Runton	11.00am <i>Sung Eucharist</i>	10.00am <i>Eucharist</i> 10:45am <i>Remembrance Service</i>	11.00am <i>Sung Eucharist</i>	11.00am <i>Sung Eucharist</i>
All Saints Gresham	11.00am <i>Eucharist</i>	10.45am <i>Remembrance Service</i>		

PLEASE NOTE: The different times of Services being held on Remembrance Sunday, 13th November, as they may well be different from the normal times of services.

GLUTEN FREE WAFERS

We are now able to offer Gluten Free Wafers at the Eucharist Services at all our churches. If you wish to receive the Gluten Free Wafer during Communion please make this known to the Churchwarden or Sidesperson as soon as you come in to church so that the priest can make the necessary hygiene arrangements.

READINGS FOR NOVEMBER – YEAR C/A

Sunday 6th November 3 before Advent	Job 19. 23–27a	2 Thessalonians 2. 1–5, 13–17	Luke 20. 27–38
Sunday 13th November 2 before Advent Remembrance Sunday	Malachi 4. 1–2a	2 Thessalonians 3. 6–13	Luke 21. 5–19
Sunday 20th November Christ the King Sunday before Advent	Jeremiah 23. 1–6	Colossians 1. 11–20	Luke 23. 33–43
Sunday 27th November Advent Sunday	Isaiah 2. 1–5	Romans 13. 11–14	Matthew 24. 36–44

ADVENT

During Advent we will be holding a midweek benefice Eucharist at St Andrews, East Runton each Wednesday at 10:30am – and we hope to then carry this on each Wednesday of 2023.

To mark the start of Advent, and to help people in their preparation for Advent and Christmas, on **Wednesday, 30th November** (St Andrew's day) following on from the Eucharist, I will be leading an Advent quiet day which will run until 3:30pm – and I will provide a simple soup lunch for those who attend.

If you can't commit for the whole time, please feel free to join us for part of it.

Jeremy

NEWS FROM THE QUINTET BENEFICE

BEESTON REGIS

Wild Church – What a glorious October afternoon we enjoyed on Sunday 9th October and how lovely to welcome another new family into our midst.

A special delivery of two ginormous pumpkins, home-grown by our Rector, arrived to astonish us. They soon became Gratitude Pumpkins as we scribbled on them things for which we were grateful to God for.

Our afternoon provided an abundance of sensory activities to help us be present in the moment and support our wellbeing. From trays of foraged natural items to run our hands through, to hand-made blackberry playdoh to mould; from conkers to decorate with emojis, to the delicious smells of healthy apple, pear & berry crumble.

The ‘Harvest Samba’ had us all raising our voices and tapping our toes. What an energetic way to celebrate all God’s goodness to us!

The story of ‘The Last Chip’, written in support of The Trussell Trust, caused us to remember our responsibilities to provide for the many in need in our hungry and hurting world.

Thank you to all who brought gifts of produce from gardens and fields to share. It was lovely to be in community with all who came and encounter our Creator God in this wonderful season of Fall.

London Marathon – Well done to Duncan Baker MP who ran the London Marathon on Sunday 2nd October. Duncan’s aim was that for every mile that he completed, 25 local charities would each receive £1,000, and then for the final mile of the marathon, he wanted to donate £5,000 to the Supporting Ukraine in Norfolk Community Foundation’s Ukraine Fund that is helping refugees all over Norfolk. The target Duncan aimed to raise was £30,000 and the figure he has currently raised is £31,846.00. So, All Saints, Beeston Regis will be receiving at least £1,000.

Families & Children, All-Age Services – The All-Age Service takes place on the third Sunday of the month at 11.00am. There is a Children’s Corner in the building which is well used and much enjoyed. Children will be enthusiastically welcomed...and parents, rest assured, your children can be children, at our services! Everyone else is warmly invited too. Do come along and try us out!

AYLMERTON

Remembrance Sunday — We look forward to seeing you at 10.15am on Sunday 13th November for our Remembrance Service.

EAST RUNTON

A message from Jean:

“Our Harvest Festival at the end of September was a real joyous occasion. The church looked beautiful and contributions to the Cromer and District Food Bank were generously offered.

The Harvest Coffee Morning, Saturday 8th October, raised a wonderful £390! We are so grateful for such wonderful support, thank you.

The next event will be on **Saturday 3rd December, in Church, 10.00am to 12 noon**, when the focus will be on Christmas. Mince pies, homemade cakes, books, raffles, and much more.....all good fun! Come and join us. Proceeds are to parish funds, with, as usual, 10% going into a “Disaster Fund” from which, when a national or international emergency crops up, we can respond accordingly.

A date for the diary.....Our Carol Service will be on Sunday, 11th December at 3.00pm.

In view of the current financial crisis, and the extra demands on Food Banks, we will be collecting items of non-perishable foods and toiletries in church to offer for Christmas. There is a list on the notice board of the sort of things needed. Help in this way will be very much appreciated.

WEST RUNTON

Coffee Mornings — Our Coffee Mornings are being held **every Friday during November at the Church Hall, West Runton from 10.00am to 12 Noon**. Our coffee is well known as the coffee drinker’s delight! So do come along and help raise some funds!

GRESHAM

During October we held two successful events in Gresham. On Thursday 6th October, a visit by Abi from Norfolk and Norwich Bat Group saw us outside the church at dusk listening to the sonar calls of pipistrelle and soprano pipistrelle bats as they swooped over the churchyard, using the bat detectors she brought with her. Afterwards Abi gave a most interesting talk

about our resident bats – who knew for example, that they sing when looking for a partner!

On Saturday 15th October in conjunction with the village hall, we held a ceilidh with music from the wonderful Whirligig. It was well attended and great fun, we also raised some money to help keep the church in the well-maintained condition it currently enjoys. Now that the Lottery project is complete, the function of the church Friends will be to do just that, as well as run events for everyone to enjoy and use the space as a community hub for all. We have a programme of events planned for next year and I'll look forward to updating you about them soon.

Helen Hunter

LOCAL NEWS

Meetings of **The Sheringham and District Philatelic Society** are held at **West Runton Church Hall at 7.30pm on the second Monday of the month**. We are a small group of people who collect stamps and other items of philatelic interest such as special postmarks. Some of us are serious collectors and others just simply collect in their own way. We have speakers on a wide range of subjects, put on our own displays, hold an annual quiz and auction.

At the Society's our October meeting the stamps of Iceland featured. Peter Boyce, of the Norfolk and Norwich Philatelic Society, joined us for the evening and gave a brief history of this country and of its political and philatelic history. Iceland became independent of Norway after WW1 in 1918 and became a republic in 1944, issuing its first stamps in 1873. As pictorial stamps began to be issued, they reflected the scenery, flora and fauna, with particularly interesting bird stamps. Peter's collection ended in the year 2000 and Iceland ceased to produce its own stamps in 2021. The second part of Peter's display was of The Levant, a loose collection of Eastern Mediterranean countries, ruled over by many other countries over the years. This led to an interesting, but highly confusing, philatelic picture! Visitors are most welcome to attend the meetings, the next one being on **Monday 14th November** when there will be a **Quiz Night**. Contact Jim, our Secretary, for further details on 01263 721043.

WHAT'S ON?

DATE	VENUE AND EVENT
FRIDAYS 4 TH , 11 TH , 18 TH , 23 RD NOVEMBER 10.00AM–12 NOON	COFFEE MORNING CHURCH HALL, WEST RUNTON Come along and enjoy a coffee and a chat!
THURSDAY 10 TH NOVEMBER 2.30PM	WALSINGHAM CELL OF OUR LADY & HOLY TRINITY, CHURCH HALL, WEST RUNTON Speaker – Sister Carol, Society of St Margaret followed by Afternoon Tea at The Corner House
SUNDAY 13 TH NOVEMBER 2.00PM FOR 2.15PM	WILD CHURCH, CHURCH FIELD ALL SAINTS, BEESTON REGIS Our theme will be “Remembering”.
MONDAY 14 TH NOVEMBER 7.30PM	SHERINGHAM & DISTRICT PHILATELIC SOCIETY CHURCH HALL, WEST RUNTON Quiz Night. All are welcome!
WEDNESDAY 30 TH NOVEMBER 10.30AM– 3.30PM	ST ANDREW'S, EAST RUNTON MID WEEK EUCHARIST AND QUIET DAY To mark the start of Advent, and to help people in their preparation for Advent and Christmas, following on from the Eucharist, we will be leading an Advent quiet day. A soup lunch will be provided.

DID YOU KNOW THAT....

In Anglo-Saxon times, November was known as Blotmonap (blood month or sacrifice month). November's name has remained unchanged since the ancient Roman calendar, which was in use until 45 BC. This first Roman calendar was only made up of ten months, with November being the ninth month. November retained its name from the Latin *novem* meaning “**nine**”– when January and February were added to the Roman calendar.

Although the word November dates back to Old English, the first known use of Novemberish, was by Robert Burns in 1793.

November is the only month used to represent a letter in the phonetic alphabet.

Each liturgical year begins on the First Sunday of Advent during the preceding calendar year (i.e. the First Sunday of Advent in 2022 begins the 2023 liturgical year). The organization of each liturgical year is governed by the Church and ultimately integrated into a liturgical calendar, which has a full 3-year cycle. This year will be Year A and will concentrate on the Gospel of Matthew.

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>Benefice Administrator</u>	Mrs Ali Wharton The Rectory (Office), Cromer Road, West Runton NR27 9QT Email: quintetchurchesnorfolk@gmail.com	837761
<u>Licensed Lay Minister (Reader)</u>	Mrs Pam Thompson, 14 Yaxley Loke, Cromer NR27 0FG	510319
<u>Churchwardens</u>		
<u>Aylmerton</u>	Mrs C Burchett, 44 Renwick Park West, West Runton NR27 9LX Vacancy	837647
<u>Beeston Regis</u>	Mr J Meikle, Shannock, Morley Road North, Sheringham NR26 8JB Vacancy	820364
<u>Gresham</u>	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
<u>East Runton</u>	Miss J Steward, 78 Central Road, Cromer NR27 9BW Vacancy	512624
<u>West Runton</u>	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>		
<u>Aylmerton</u>	Mrs G Bestelink, 4 Francis Close, Cromer NR27 0HR	514045
<u>Beeston Regis</u>	Mr D Nightingale, 31 Abbey Park, Beeston Regis NR26 8SR	824389
<u>Runton</u>	Linda Reynolds, Email: reynol2004@hotmail.com	
<u>Gresham</u>	Vacancy	
<u>PCC Treasurers</u>		
<u>Aylmerton/Gresham</u>	Mrs R Large, Wild Orchids, The Common, West Runton NR27 9QE	838121
<u>Beeston Regis</u>	Mr M R Braybrook, Duart Lodge, Furze Hill, Cromer NR27 0HU	512342
<u>Runton</u>	Mrs P May, Jesiam, Britons Lane, Beeston Regis NR26 8TR	822041
<u>Gift Aid Officers</u>		
<u>Aylmerton/Gresham</u>	Miss J Idiens, Breckwood, Tower Road, Aylmerton NR11 8QG	07775 622333
<u>Beeston Regis</u>	Mr M R Braybrook, Duart Lodge, Furze Hill, Cromer NR27 0HU	512342
<u>Runton</u>	Dr R May, Jesiam, Britons Lane, Beeston Regis NR26 8TR	822041
<u>Bereavement Support</u>		
<u>Pamela Kilgour</u>	Email: pamkilgour@yahoo.co.uk	837944
<u>Honorary Assistant Priests</u>		
<u>The Revd. Canon W Bestelink</u>	Email: wmcbestelink@btinternet.com Mobile: 07909 690073	514045
<u>The Revd. Canon B Oake</u>	Email: barryoake@gmail.com	514192
<u>The Revd. P Baggaley</u>	Email: patriciabaggaley@gmail.com	837490
<u>The Rt Revd. D Leake</u>	The Anchorage, Lower Common, East Runton NR27 9PG	513536
<u>The Revd. D Paskins</u>	8 Blackthorn Avenue, Holt NR25 6TY	715905
<u>The Revd. Dr P Yeomans</u>	Email: paul@yeomans.info	07437 203535