

# **QUINTET NEWS**

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

**NOVEMBER 2023**

**FREE**

## HELLO FROM JEREMY

Dear Friends,

November is the month when we both look back and forward. We look back because November is the month when we do a lot of Remembering. As the days shorten and darkness seems to be a greater feature than sunshine over our British world, we think back and remember.

Firstly, through our All Souls Service, we remember all those who have died and whose memories we hold dear. As I am sure you all know, during the service we read out the names of all those who have died within the last year and any others who we have been asked to remember, and then after all the names have been read out, friends and relatives of the people we have named will be invited to come forward and light a candle in their memory.

Our service this year will be taking place on Sunday 5<sup>th</sup> November at 3.00pm at Holy Trinity Church, West Runton. If you would like the name of any of your loved ones to be included in our commemoration, please write their names on one of the lists at the back of the five churches or let me or Pam know, and please feel free to join us at the service.

Then on Remembrance Sunday, 12<sup>th</sup> November, we remember those who have fallen (and are still falling) in war zones, with a renewed determination to bring an end to death, maiming, and mental health problems that come from war, with a special Act of Remembrance in each of our churches, details of which can be found later in this Newsletter.

But added to these remembrances, we also remember those we continue to love and care for as we prepare for Christmas – who will we send a card to, or prepare a present for? So we remember the living as well – those who are close to us and those who are further away and perhaps we haven't seen for a long time.

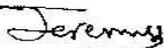
We treasure our memories of people – both the living and those who are no longer with us physically. November is definitely a time for Remembrance in more ways than one! For the past and for the future, we determine not to take our family and friends for granted, but to treasure them. To remember them.

Looking forward from remembrance, on the first Sunday in December (3<sup>rd</sup> December) we arrive at Advent Sunday, a time of preparation as we move towards celebrating the birth of Jesus on Christmas day.

In the Christian church, a candle is lit for each Sunday in Advent as we prepare for the joy of Jesus' birth and remember all that he did for us, in coming to earth as a human being. It is something we should not take for granted.

And so in our remembrances this month let us also take time to include Jesus, giving thanks for all that he had done for us, and still does for us, through the work of the Holy Spirit.

All my love



Jeremy

Alpha and Omega God,  
beginning and end,  
in this moment and for all eternity.  
hold us and all who we love,  
in the power of your promise.  
Lord Jesus,  
bless us now with your resurrection life.  
Holy Spirit,  
open our eyes to the great cloud of witnesses  
that surround us.  
May the blessing of God,  
Father, Son and Holy Spirit,  
be with us, now and for ever.  
Amen.

## PRAYER CORNER

“Cast all your anxieties on him, for he cares for you”.

1 Peter 5:7

Please pray—

- 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 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 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 all who are struggling financially.
- 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 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, source of all goodness and love,  
accept the fervent prayers of your people;  
in the multitude of your mercies look with compassion upon all who turn  
to you for help;  
for you are gracious, O lover of souls,  
and to you we give glory, Father, Son, and Holy Spirit,  
now and for ever.  
Amen.



## **WILD CHURCH**

**HAS GONE INTO HIBERNATION FOR THE WINTER!**

**THE WILD CHURCH EVENT WHICH HAD BEN SCHEDULED TO TAKE PLACE ON SUNDAY 12<sup>TH</sup> NOVEMBER HAS BEEN CANCELLED.**

**WILD CHURCH WILL EMERGE AGAIN IN 2024 SO DO KEEP YOUR EYES OPEN FOR FUTURE ANNOUNCEMENTS.**



**SHERINGHAM AND CROMER CHORAL SOCIETY**

**SATURDAY 18<sup>TH</sup> NOVEMBER 2023 AT 7.00PM**

**ST PETER'S CHURCH, SHERINGHAM**

**MOZART'S REQUIEM & SCHUBERT'S MASS IN G**

Director: David Ballard

To this day mystery surrounds the circumstances under which Mozart was commissioned by a stranger to write a Requiem Mass. He died before its completion, only adding to the air of foreboding that the work so effectively evokes.

Composed in less than a week the G Major Mass is an astonishingly great work of the eighteen-year-old Schubert.

Repertoire: *Requiem* -Wolfgang Amadeus Mozart; *Mass in G* – Franz Schubert; *Geistliches Lied* – Johannes Brahms

Performers: Rosamund Walton (Soprano), Laurence Blyth (Countertenor), Richard Symons (Tenor), Julian Chou-Lambert (Bass). Guest Orchestra.

Tickets: £18 – Under 18s Free.

Tickets available from Sheringham Little Theatre; the Cromer Tourist Information Centre; or on the door.

Come along and support Barry & Diana Oake, Lesley Sykes, Pam Thompson, Judy Wilkinson and Amanda Wooster who are members of the Choral Society!

## SERVICES IN THE BENEFICE FOR NOVEMBER

	Sunday 5 <sup>th</sup> November All Saints & All Souls  <i>(Gold/White)</i>	Sunday 12 <sup>th</sup> November Remembrance Sunday  <i>(Red/Green)</i>	Sunday 19 <sup>th</sup> November 2 <sup>nd</sup> Sunday before Advent  <i>(Red/Green)</i>	Sunday 26 <sup>th</sup> November Christ the King  <i>(Red/White)</i>
<b>St John the Baptist Aylmerton</b>		<b>10.15am</b> <i>Remembrance Sunday Service</i>		<b>9.15am</b> <i>Eucharist</i>
<b>All Saints Beeston Regis</b>	<b>9.15am</b> <i>Morning Prayer</i>	<b>10.30am</b> <i>Remembrance Sunday Service</i>	<b>11.00am</b> <i>Children &amp; Family Service</i>	<b>11.00am</b> <i>Eucharist</i>
<b>St Andrew's East Runton</b>	<b>9.15am</b> <i>Eucharist</i>	<b>9.15am</b> <i>Remembrance Sunday Service</i>	<b>9.15am</b> <i>Eucharist</i>	<b>9.15am</b> <i>Eucharist</i>
<b>Holy Trinity West Runton</b>	<b>11.00am</b> <i>Sung Eucharist</i>  <b>3.00pm</b> <i>All Souls Service</i>	<b>10.00am</b> <i>Said Eucharist</i>  <b>10.45am</b> <i>Remembrance Sunday Service</i>	<b>11.00am</b> <i>Sung Eucharist</i>	<b>11.00am</b> <i>Sung Eucharist</i>
<b>All Saints Gresham</b>	<b>11.00am</b> <i>Eucharist</i>	<b>10.55am</b> <i>Remembrance Sunday Service</i>		

**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=Z2Z3eVIQMENaaUdvMHNjVFZKK3I4QT09>

**Meeting ID: 847 5169 5104**

**Passcode: 239946**

### ALL SOULS SERVICE – HOLY TRINITY CHURCH, WEST RUNTON SUNDAY 5<sup>TH</sup> NOVEMBER AT 3.00PM

If you would like the name of any of your loved ones to be included in our commemoration, please write their names on one of the lists which can be found at the back of the five churches or let Jeremy or Pam know, and please feel free to join us at the service.

**NOTE: THERE ARE DIFFERENT SERVICE TIMES AT SOME OF OUR CHURCHES ON REMEMBRANCE SUNDAY, 12<sup>TH</sup> NOVEMBER – SEE ABOVE**

## READINGS FOR NOVEMBER – YEAR A

<b>Sunday 5<sup>th</sup> November All Saints &amp; All Souls</b>	<b>Revelation 7. 9-17</b>	<b>1 John 3. 1-3</b>	<b>Matthew 5. 1-12</b>
<b>Sunday 12<sup>th</sup> November Remembrance Sunday</b>	<b>Wisdom of Solomon 6. 12-16</b>	<b>1 Thessalonians 4. 13-18</b>	<b>Matthew 25. 1-13</b>
<b>Sunday 19<sup>th</sup> November 2<sup>nd</sup> Sunday before Advent</b>	<b>Zephaniah 1. 7, 12-18</b>	<b>1 Thessalonians 5. 1-11</b>	<b>Matthew 25. 14-30</b>
<b>Sunday 26<sup>th</sup> November Christ the King</b>	<b>Ezekiel 34. 11-16, 20-24</b>	<b>Ephesians 1. 15-23</b>	<b>Matthew 25. 31-46</b>

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

We look forward to seeing you at the mid-week Benefice Eucharist at 10.30am at St Andrews, East Runton on—

Wednesday 1 <sup>st</sup> November – <i>All Saints</i>	William Bestelink
Wednesday 8 <sup>th</sup> November	Paul Yeomans
Wednesday 15 <sup>th</sup> November	Pat Baggaley
Wednesday 22 <sup>nd</sup> November	Barry Oake
Wednesday 29 <sup>th</sup> November – <i>St Andrew (moved)</i>	William Bestelink

### WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY

The next meeting of the Walsingham Cell will take place on Thursday 2<sup>nd</sup> November at 2.30pm in the Church Hall, West Runton (please note the change of time and venue from that previously advertised). Professor John Beal will be giving a talk on Medieval Pilgrimage in England.

The December meeting will be held on Thursday 7<sup>th</sup> December, at 2.30pm in St Andrew's Church, East Runton, where we will celebrate with an Advent Service. Everyone is very welcome to join us at our services and meetings.

## NEWS FROM THE QUINTET BENEFICE

### EAST RUNTON

**St Andrew's Church** – At the time of writing, the new Noticeboard has been delivered and awaits to be installed.

The church looked beautiful for our **Harvest Eucharist**, thanks to Karen and her team of flower arrangers, with all the tinned and packet foods going to Cromer Foodbank – apart from the apples and plums, which we used to make pies for our coffee morning; the fruit and vegetables went to Cromer Community Larder.

Our **Harvest Coffee Morning** on Saturday 7<sup>th</sup> October raised a very respectable £308.15. Thank you to all who helped and to all who came along to support us.

### WEST RUNTON

“Thank You” to all who donated items of food, and toiletries, for our **Harvest Festival**. The donations went to the Cromer Foodbank.

The recent Coffee Morning, which took place in aid of the **McMillan Cancer Support Fund**, raised over £350.

The **Coffee Mornings** continue to take place **every Friday from 10.00am to 12 Noon in the Church Hall**. So do please come along and join us!

**Lych Gate Handrail** — Proposals for providing handrails, for health and safety reasons, to the Lych Gate were submitted recently to the Diocese for their approval. An Archdeacon's List B approval was given which meant we did not need to apply for a Faculty. It is hoped that the work will start shortly.

The “**3C's Club**” meets again on **Monday 6<sup>th</sup> November from 10.00am to 12 Noon at Holy Trinity Church, West Runton**. The “3C's Club” meets on the first Monday of each month 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.

## BEESTON REGIS

Our **Harvest Festival Service**, which took place on 15<sup>th</sup> October, was a joyful occasion. As always, the church was decorated beautifully, and the many donations of food, etc. have been given to the North Norfolk Foodbank.

**“Hymns & Pimms”** – On Sunday 22<sup>nd</sup> October, some 45 people enjoyed a glass of Pimms and refreshments before joining in an uplifting service of praise, singing favourite hymns which had been chosen by members of the congregation. The service was led by Rev. Pat Baggaley and Rev. Ruth Adamson, who linked together the hymns with thoughtful readings and prayers.

John Meikle was presented with the gift of a ship’s clock, to thank him for his 55 years’ service at All Saints, the last 11 years as Churchwarden, a post from which he retired this summer.

“Thanks” are also particularly due to Martin and Gwen Braybrook and Ruth Adamson for organising the excellent refreshments and providing a convivial setting for a memorable evening.

**“Thank You** — John Meikle would like to express his grateful thanks to everyone who kindly contributed to his gift of a ship’s clock. It was a wonderful surprise!

**“Twelve Days of Christmas”** — The flower arrangers at All Saints Church, Beeston Regis are hoping to make the Christmas display on the theme of “The Twelve Days of Christmas”.

They would appreciate some help with this, both in making the individual items for each of the twelve days and putting it together just before the Carol Service on Sunday 17<sup>th</sup> December. If you would like to assist with this, then please get in touch with Judy Wilkinson (01263 825364) or Gwen Braybrook (01263 512342).

## GRESHAM

The Friends of Gresham held a Coffee Morning on 14<sup>th</sup> October which raised about £120.00. Thank you to all who supported the event.

## LOCAL NEWS

**Sheringham and District Philatelic Society** — Ten members gathered on Monday 9<sup>th</sup> October to enjoy a philatelic trip around the multitude of Greek islands. Peter Boyce, from the Norfolk and Norwich Philatelic Society, put on a superb display of stamps and covers, covering the earliest issues until the eventual union of the island groups with Greece. The strategic situation of the islands has meant that most of them have been taken over by foreign powers at some time or other. Each administration either issued their own stamps or overprinted existing stock. Crete, for example, was divided into 4 parts at the end of the 19<sup>th</sup> century and was governed by Italy, Russia, France and Britain! Peter's great knowledge and interest in this subject stems from the time when he lived and worked in Greece.

The next meeting of the Society is on **Monday 13<sup>th</sup> November at 7.30pm at West Runton Church Hall** when we will be holding our annual **Quiz Night**. Visitors are most welcome.

**Priscilla Bacon Lent Appeal Update** — The Bishop's Lent Appeal 2023 was launched to raise money for the new Priscilla Bacon Lodge hospice building. The recently opened building has increased capacity for end of life specialist care in Norfolk and Waveney. All donations received were in memory of The Venerable Ian Bentley. Bishop Graham received a letter from Robert Carter DL (Chairman of Priscilla Bacon Norfolk Hospice Care Limited), in which he conveys deep appreciation for the remarkable success of this year's Lent appeal. He wrote: "*We are delighted to have received £21,044.09 so far, and I understand that there may still be a little more to come. This is undoubtedly a reflection of the affection in which Ian was held by the parishes of the Diocese, and we are enormously grateful that it will benefit the new hospice and make a difference to end-of-life care for the people of Norfolk now and into the future.*"

**THE NEXT NEWSLETTER WILL BE A DOUBLE EDITION COVERING DECEMBER AND JANUARY, SO IF YOU HAVE ANY ITEMS WHICH YOU WISH TO BE INCLUDED THEN PLEASE NOTE THAT THE DEADLINE FOR SENDING ITEMS IS TUESDAY 21<sup>ST</sup> NOVEMBER 2023**

Please contact Pam Thompson:

Telephone: 01263 510319

Email: [pamjthompson@outlook.com](mailto:pamjthompson@outlook.com)

## WHAT'S ON?

DATE	VENUE AND EVENT
<p style="text-align: center;"><b>THURSDAY</b> <b>2<sup>ND</sup> NOVEMBER</b> <b>2.30PM</b></p>	<p style="text-align: center;"><b>WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY – CHURCH HALL, WEST RUNTON</b></p> <p>Professor John Beal will be giving a talk on Medieval Pilgrimage in England. All are welcome to attend this meeting.</p>
<p style="text-align: center;"><b>FRIDAY</b> <b>3<sup>RD</sup> NOVEMBER</b> <b>10.00AM TO 12 NOON</b></p>	<p style="text-align: center;"><b>COFFEE MORNING – CHURCH HALL, WEST RUNTON</b></p> <p>Come along and enjoy a coffee and a chat and help raise some funds!</p>
<p style="text-align: center;"><b>MONDAY</b> <b>6<sup>TH</sup> NOVEMBER</b> <b>10.00AM TO 12 NOON</b></p>	<p style="text-align: center;"><b>THE “3C’s CLUB” – HOLY TRINITY, WEST RUNTON</b></p> <p>The monthly “3C’s Club” will meet for a “Coffee, Chat and Cleaning” session. No commitment to come every month, or even for the whole 2 hours, just pop in and see us!!</p>
<p style="text-align: center;"><b>FRIDAY</b> <b>10<sup>TH</sup> NOVEMBER</b> <b>10.00AM TO 12 NOON</b></p>	<p style="text-align: center;"><b>COFFEE MORNING – CHURCH HALL, WEST RUNTON</b></p> <p>Come along and enjoy a coffee and a chat and help raise some funds!</p>
<p style="text-align: center;"><b>MONDAY</b> <b>13<sup>TH</sup> NOVEMBER</b> <b>7.30PM</b></p>	<p style="text-align: center;"><b>SHERINGHAM &amp; DISTRICT PHILATELIC SOCIETY</b> <b>CHURCH HALL, WEST RUNTON</b></p> <p>Come along to the <b>QUIZ NIGHT</b> and enjoy the fun.</p>
<p style="text-align: center;"><b>FRIDAY</b> <b>17<sup>TH</sup> NOVEMBER</b> <b>10.00AM TO 12 NOON</b></p>	<p style="text-align: center;"><b>COFFEE MORNING – CHURCH HALL, WEST RUNTON</b></p> <p>Come along and enjoy a coffee and a chat and help raise some funds!</p>
<p style="text-align: center;"><b>SATURDAY</b> <b>18<sup>TH</sup> NOVEMBER</b> <b>7.00PM</b></p>	<p style="text-align: center;"><b>SHERINGHAM &amp; CROMER CHORAL SOCIETY</b> <b>ST PETER’S CHURCH SHERINGHAM</b> <b>MOZART’S REQUIEM &amp; SCHUBERT’S MASS IN G</b></p> <p>Tickets available from Sheringham Little Theatre, Cromer Tourist Information Centre, or on the door</p> <p>Tickets: £18 – Under 18s: Free</p>
<p style="text-align: center;"><b>FRIDAY</b> <b>24<sup>TH</sup> NOVEMBER</b> <b>10.00AM TO 12 NOON</b></p>	<p style="text-align: center;"><b>COFFEE MORNING – CHURCH HALL, WEST RUNTON</b></p> <p>Come along and enjoy a coffee and a chat and help raise some funds!</p>

**THE BENEFICE OF AYLMERTON, BEESTON REGIS, GRESHAM and RUNTON**

**Benefice Website: [www.quintetbenefice.com](http://www.quintetbenefice.com)**

**All 01263 Numbers except where stated**

<b>The Revd. Jeremy Sykes</b>	<b>The Rectory, Cromer Road, West Runton NR27 9QT</b> <b>Email: <a href="mailto:Jeremy.Sykes@Dioceseofnorwich.org">Jeremy.Sykes@Dioceseofnorwich.org</a></b> <b><i>Usual Non-Working Day: Friday</i></b>	<b>837761</b>
<b><u>Acting</u></b>	<b>Mrs Pam Thompson</b>	<b>07942 279206</b>
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<b><u>Churchwardens</u></b>		
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<b>Gresham</b>	<b>Mr R Batt, East Beckham Hall, Otters Lane, E. Beckham NR11 8GA</b> <b>Mr P Campbell, Yew Tree Cottage, 40 Holt Road, Gresham NR11 8AD</b>	<b>822234</b> <b>570281</b>
<b>East Runton</b>	<b>Miss J Steward, 78 Central Road, Cromer NR27 9BW</b> <b>Vacancy</b>	<b>512624</b>
<b>West Runton</b>	<b>Mr P Strudwick, 6 Nelson Road, Sheringham NR26 8BU</b> <b>Mrs R Large, Wild Orchids, The Common, West Runton NR27 9QU</b>	<b>823657</b> <b>838121</b>
<b><u>PCC Secretaries</u></b>		
<b>Aylmerton</b>	<b>Mrs G Bestelink, 4 Francis Close, Cromer NR27 0HR</b>	<b>514045</b>
<b>Beeston Regis</b>	<b>Vacancy</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>	
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<b>Beeston Regis</b>	<b>Mr M R Braybrook, Duart Lodge, Furze Hill, Cromer NR27 0HU</b>	<b>512342</b>
<b>Runton</b>	<b>Mr M Freeman, Mid Summer House, The Hurn, West Runton NR27 9QS</b>	<b>837990</b>
<b><u>Gift Aid Officers</u></b>		
<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>
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