

QUINTET NEWS

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

OCTOBER 2022

FREE

LETTER FROM CANON WILLIAM

Our Queen and King

I wonder how other people heard of the Queen's passing? We switched on the television mid evening that Thursday and found the programmes had changed.

Although not unexpected, it was still a surprise. The Queen had just appointed the new Prime Minister; she was tired but had remained active till the end. Three months earlier she had been able to be part of some of the Platinum activities and able to appreciate all the events. When any death comes there is a finality; the reaction was shown by so many people in our Country and abroad wanting to show their gratitude for her reign.

One interesting thing about this was that the Queen died at Balmoral in Scotland; she was the first reigning monarch to die in Scotland since James V in 1542. Being half Scottish it seemed appropriate that this happened there. Her journey to Edinburgh and the events there seemed more intimate compared with the grand events in London. Even the journey had nice touches including ponies watching at one point and tractors on both sides of the road at another.

I appreciated the contrasts between Edinburgh and London. At both, there were many people paying their respects to the Queen at the Lying in State. Particularly poignant was King Charles and his siblings standing vigil by the coffin.

I should like to make three comments.

The first is that the Queen carried out her vow of duty and service for all 70 years of her reign. She was one who encouraged everyone both in this Country and the Commonwealth. She remained loyal and constant in her reign.

As time went on, it was her faith in God that gave her both the example to follow in Christ's own service and also strength from her prayer life. This should be an example to follow for all Christians and those of other faiths. This applies equally to all people, whatever their station in life. This should bring us closer to our Creator and Saviour.

The second is the Royal Family, her Family. While the Nation was mourning their monarch, they were mourning their mother, grandmother and great grandmother. Their sadness was made sharper with so much publicity. It

was appropriate that the last of the events on the Monday at St. Georges Chapel was private.

The final comment is about our new King. He has been the heir apparent most of his life and now nearly 74. I am just two months older than him and I would not wish to take on a major new task at this stage of my life. So I have particular empathy for his new role.

Prayers for the Monarch and Royal Family are traditionally part of the C of E prayers and I feel we need to make more effort to say them with more meaning. May our new King give new leadership for the C of E, the Country and the Commonwealth.

With my good wishes

William

PRAYER CORNER

Please pray—

- For His Majesty King Charles III
- For Camilla the Queen Consort, William Prince of Wales, the Princess of Wales, and all the Royal Family
- For Her Late Majesty Queen Elizabeth II
- 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 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.



**SPONSORED WALK
SATURDAY 8TH OCTOBER
JEREMY, LESLEY & ALI (ASSISTED BY KARLHA THE DOG)
ARE WALKING TO RAISE FUNDS
FOR THE QUINTET BENEFICE**

The intrepid quartet will be walking a circular route around all five churches in the Benefice, stopping at each one to offer prayers for the local community. They are raising funds to help keep the churches open for worship, private prayer, and visitors. Everyone is welcome to join them for all or part(s) of the walk or for prayer.

Please support them and spread the word (and, hopefully, convince friends and family to sponsor them too). Sponsorship forms are available in each church.

WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY

The Walsingham Cell will be having a Day Pilgrimage to The Shrine of Our Lady Walsingham on Wednesday 5th October from 10.00am to 4.45pm. For further details please contact the Cell Secretary/Membership Secretary, Ali Wharton, at aliwharton@icloud.com

On Thursday 3rd November at 2.30pm the Walsingham Cell will meet 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. All are welcome to attend.

DEADLINE FOR NOVEMBER NEWSLETTER: 22ND OCTOBER 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 has been prayerfully planning for the new Autumn term. Our Storytelling Team will be conducting assemblies at Gresham Primary School on Thursday 6th October and 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.

Our prayers, in an earlier issue of Quintet News, to grow our little team of 4 have been wonderfully answered and we welcome Phyllis and Alan Styles, who attend Wild Church, as newly approved Storytellers. They will join us at Gresham for our Harvest Assembly of 'The Kind Stranger' on 6th October.



WILD CHURCH IS FEELING AUTUMNAL!!

Our Autumn series of WILD CHURCH gatherings continues with our next event on **SUNDAY 9TH OCTOBER from 2.00PM–4.00PM**. We will be meeting back on the **Church Field in front of All Saints, Beeston Regis Church**.

The season of Fall is here, and Harvests are being celebrated. We will craft some nature decorations from fallen conkers and acorns. We will make our own apple crumbles to bake at home. And we hope for a guest appearance of one of our Rector's home-grown pumpkins (I'm just not sure what we'll do with it yet!)

Come listen to our Storytelling and join in our Music Making too. Wrap up warmly with layers and enjoy a Hot Chocolate in our log circle. As we explore Nature together, we will encounter its Creator on our journey of Discovery, Connection & Wellbeing. Children and families are especially invited. All ages are welcome. The event is entirely free. Ample car parking and an indoor toilet are available. No need to book in advance.

SUNDAY SERVICES IN THE BENEFICE FOR OCTOBER

	Sunday 2 nd October Trinity 16 (Green)	Sunday 9 th October Trinity 17 (Green)	Sunday 16 th October Trinity 18 (Green)	Sunday 23 rd October Bible Sunday (Green)	Sunday 30 th October All Saints Sunday (White)
St John the Baptist Aylmerton		9.15am <i>Eucharist</i>		9.15am <i>Eucharist</i>	
All Saints Beeston Regis	9.15am <i>Eucharist</i> <i>BCP</i>	11.00am <i>Eucharist</i>	11.00am <i>Harvest</i> <i>Festival</i>	11.00am <i>Eucharist</i>	3.00pm <i>Benefice</i> <i>All Souls</i> <i>Service</i>
St Andrew's East Runton	9.15am <i>Eucharist</i>	9.15am <i>Morning</i> <i>Prayer</i>	9.15am <i>Eucharist</i>	9.15am <i>Eucharist</i>	
Holy Trinity West Runton	11.00am <i>Harvest</i> <i>Festival</i> <i>Eucharist</i>	11.00am <i>Sung</i> <i>Eucharist</i>	11.00am <i>Sung</i> <i>Eucharist</i>	11.00am <i>Sung</i> <i>Eucharist</i>	10.30am <i>Benefice</i> <i>Eucharist</i>
All Saints Gresham	11.00am <i>Harvest</i> <i>Festival</i>				

PLEASE NOTE:

There will be two special Benefice Services on Sunday 30th October at:

- **10.30am** at Holy Trinity, West Runton there will be a Eucharist Service for All Saints Sunday; and
- **3.00pm** at All Saints, Beeston Regis there will be a special All Souls Service.

A form can be found in each church for you to write down the names of those people you would like remembered at the All Souls Service.

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 OCTOBER – YEAR C

Sunday 2nd October Trinity 16	Habakkuk 1. 1–4; 2. 1–4	2 Timothy 1. 1–14	Luke 17. 5–10
Sunday 9th October Trinity 17	2 Kings 5. 1–3, 7–15c	2 Timothy 2. 8–15	Luke 17. 11–19
Sunday 16th October Trinity 18	Genesis 32. 22–31	2 Timothy 3. 14–4. 5	Luke 18. 1–8
Sunday 23rd October Bible Sunday	Isaiah 45. 22–25	Romans 15. 1–6	Luke 4. 16–24
Sunday 30th October All Saints Sunday	Daniel 7. 1–3, 15–18	Ephesians 1. 11–23	Luke 6. 20–31
READINGS FOR HARVEST FESTIVAL SERVICES	Deuteronomy 26. 1–11	Philippians 4. 4–9	John 6. 25–35

CARD READERS

Our churches now have Card Readers installed. Many people no longer carry cash, and so it is becoming increasingly important to provide other ways for people to give. The Card Reader allows people to choose the way they want to give money, whether it is via Chip and Pin, or a tap of their card or phone. It is very simple to use but if you have any questions then please speak to Jeremy.



**DON'T FORGET TO PUT YOUR CLOCKS
BACK ONE HOUR BEFORE YOU GO TO BED
ON SATURDAY 29TH OCTOBER 2022!!**

NEWS FROM THE QUINTET BENEFICE

BEESTON REGIS

Quiz Night – You will have seen in last month’s edition of “Quintet” that All Saints, Beeston Regis is fortunate to have been drawn as one of the charities who will benefit by £1,000 as a result of our North Norfolk M.P., Duncan Baker’s efforts in running the London Marathon.

Since Duncan is raising this money for our Church, we want to raise money for him and his charities so we are organizing a **General Knowledge Quiz on Thursday 6th October at 7.00pm** and our friends at **Beeston Hall School** have very kindly agreed that this can be held in the Music Department at the school. The Quiz will be for teams of 4 people and will consist of ten rounds of ten questions plus a couple of “table rounds”. Teas and coffees will be available, but participants can bring their own snacks, drinks and glasses. **Entry fee will be £5 per person** which will go towards Duncan’s sponsorship target of £30,000. When we held our last quiz back in 2018 it was well supported, and we even had to turn people away, so if you would like to get a team together and take part, please let Martin Braybrook know (01263 512342) as soon as possible.

Note from the Editor: Duncan Baker runs the London Marathon on Sunday 2nd October. If you would like to support him there is a “Just Giving” link at: <https://justgiving.com/fundraising/duncanbakermarathon>

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!

Norfolk Churches Trust Bike Ride – This year William and Ed managed to visit **45** churches on their bikes, in spite of William’s vehicle getting a puncture at Blickling! This is still two more than they managed last year when they were 9th overall on the official Wall of Fame list of most churches visited in 2021. If you would like to make a donation, no matter how small, in recognition of their achievement, Judy Wilkinson will be happy to collect your money. Funds raised will be divided between the Norfolk Churches Trust and All Saints, Beeston Regis. This church has benefitted from grant money from the Trust in the recent past.

AYLMERTON

Harvest Festival — “Thank You” to all who came and cleaned and decorated the church for our Harvest Festival service. Also, “Thank You” for the generous donations of food which we received, and which will be delivered to the Food Bank.

EAST RUNTON

Harvest Coffee Morning — **Saturday 8th October, between 10.00am and 12 Noon in St Andrew’s Church, East Runton.** There will be homemade cakes, gifts, raffles and much more. Do come and join us, there is always a welcome!

WEST RUNTON

Coffee Mornings — We will now be holding our Coffee Mornings **every Friday at the Church Hall, West Runton from 10.00am to 12 Noon during October and November starting on Friday 7th October.** Our coffee is well known as the coffee drinker’s delight! So do come along and help raise some funds!

Norfolk Churches Trust Bike Ride — A big “Thank You” to Father David Paskins who took part in the cycle ride on behalf of Holy Trinity Church, West Runton. He managed to visit a staggering **35** churches!

GRESHAM

Although the Heritage Lottery funded project is now complete in Gresham, we are continuing with our series of free events. On Friday 16th September we enjoyed a talk on Medieval Pilgrimage in North Norfolk which was kindly given by Dr John Beal.

The next date is **Thursday 6th October**, when Abi from **Norfolk and Norwich Bat Group** is coming to talk about the bat species resident in the church. We will begin at **7.00pm** and everyone is most welcome to join us, including afterwards for complimentary refreshments.

Also, we are holding a **Ceilidh in the Village Hall on Saturday 15th October at 7.00pm for a 7.30pm start.** We have booked the excellent Whirligig to play for us and there will be a bar provided by the Wheatsheaf and a raffle. Tickets are £10 and can be booked by phoning Ros on 01263 577373 or 07786 164062.

Please do join us for one or both of our events.

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.

On **Monday 10th October, we have a display on “Iceland”** – the country not the shop! On **Monday 14th November** there will be a **Quiz Night** – not entirely philatelic, but based on stamps.

We welcome non-members who maybe would like to see who we are and what we do. To find out more please contact Jim, our Secretary, who is ready to help on 01263 721043.

WHAT'S ON?

DATE	VENUE AND EVENT
WEDNESDAY 5TH OCTOBER 10.00AM–4.45PM	WALSINGHAM CELL OF OUR LADY & HOLY TRINITY Day Pilgrimage to The Shrine of Our Lady Walsingham – For details contact Ali Wharton, at aliwharton@icloud.com
THURSDAY 6TH OCTOBER 7.00PM	GENERAL KNOWLEDGE QUIZ BEESTON HALL SCHOOL Entry Fee: £5 per person. Please contact Martin Braybrook on 01263 512342
THURSDAY 6TH OCTOBER 7.00PM	NORFOLK AND NORWICH BATS GROUP ALL SAINTS, GRESHAM A talk about the three species of bat resident in our Church. All are welcome to attend.
FRIDAYS 7TH, 14TH, 21ST, & 28TH OCTOBER 10.00AM–12 NOON	COFFEE MORNING CHURCH HALL, WEST RUNTON Come along and enjoy a coffee and a chat!
SATURDAY 8TH OCTOBER 10.00AM–12 NOON	HARVEST COFFEE MORNING ST ANDREW'S CHURCH. EAST RUNTON Do come along and enjoy a great morning. There will be homemade cakes, gifts, raffles and much more!

DATE	VENUE AND EVENT
SATURDAY 8TH OCTOBER	SPONSORED WALK AROUND THE FIVE QUINTET BENEFICE CHURCHES Jeremy, Lesley, Ali and Karlha the dog, will be stopping at each church to offer prayers for the local community. Come and support them in prayer; and sponsor them to raise funds for the Benefice.
SUNDAY 9TH OCTOBER 2.00PM FOR 2.15PM	WILD CHURCH, CHURCH FIELD ALL SAINTS, BEESTON REGIS We will be crafting some nature decorations from fallen conkers and acorns; and making our own apple crumbles to bake at home.
MONDAY 10TH OCTOBER 7.30PM	SHERINGHAM & DISTRICT PHILATELIC SOCIETY CHURCH HALL, WEST RUNTON A display of stamps on "Iceland". All are welcome!
SATURDAY 15TH OCTOBER 7.00PM FOR 7.30PM	CEILIDH IN THE VILLAGE HALL, GRESHAM Come and dance to the music of Whirligig. There will be a bar and a raffle. Tickets £10. Phone Ros on 01263 577373 or 07786 164062 to book your ticket.

DID YOU KNOW THAT....

An early harvest festival used to be celebrated at the beginning of the harvest season on 1st August and was called Lammas, meaning 'Loaf-mass' (derived from the Anglo-Saxon Hlafmaesse). Farmers made loaves of bread from the fresh wheat crop. These were given to the local church as the Communion bread during a special service thanking God for the harvest.

Harvest Thanksgiving is a more modern addition to the church calendar. Its origins are usually traced to the adaptation in 1843 of Lammas Day by the Reverend Robert S. Hawker, a parish priest at Morwenstow in Cornwall. He chose the first Sunday in October as a Christian response to coincide with the traditional but largely secular 'harvest home' celebration, but there is some evidence to suggest that a thanksgiving for the harvest was already a relatively widespread practice. An annual church celebration of the harvest certainly established itself rapidly with great popularity and was first recognised officially in the Church of England in 1862. Since then, many local traditions for the celebration have developed.

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 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>		
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	824389
Runton	Linda Reynolds, Email: reynol2004@hotmail.com	
Gresham	Vacancy	
<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: barryoake@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
The Revd. Dr P Yeomans	Email: paul@yeomans.info	07437 203535