

# **QUINTET NEWS**

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

**SEPTEMBER 2021**

**FREE**

## HELLO FROM JEREMY

Dear Friends,

There is one book of the Bible which is all prayer – the Book of Psalms. As well as beautiful literary compositions, they are essentially human documents. They reflect life in its varied aspects as it was experienced by the Jewish community. They are not only the outpourings of the human heart but reflect the spirit of the nation throughout its history. There are Psalms which cry out in times of danger, defeat and oppression, and others that express their gratitude to God in times of national safety and prosperity. Personal or corporate, they have been repeated in similar situations by people of other nations down the centuries. The Psalms belong to the world because they express the sufferings and hopes of every people, and the experiences and longings of the individual human heart.

Psalms 23 is ascribed to King David, and you can imagine him writing it during his time as a shepherd seeing, in care for the sheep, a picture of God's care for himself and every other individual. Thousands of people near death have been comforted by the verse: "Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff comfort me."

Psalms 51 is the agonised cry of a heart that is conscious of deep sin and has been used by countless of us who are penitent down through the centuries:

"Create me a clean heart, O God; And renew a steadfast spirit within me. Cast me not away from thy presence; And take not thy Holy Spirit from me. Restore unto me the joy of thy salvation; And let a willing spirit uphold me."

Psalms 139 speaks of the inescapable presence of God: "Whither shall I go then from thy Spirit, or whither shall I go then from thy presence?" It also speaks of God's guiding and protecting presence: wherever I go, "thy hand shall lead me, and thy right hand shall hold me."

In these days when so many people have to endure loneliness, the thought of God's presence everywhere can bring comfort and enable survival.

Psalm 22 may have expressed the spiritual desolation of Jesus on the cross, as he quoted the first verse, which was the prayer of a man in great trouble and danger, ill and at the mercy of his enemies. It has alternating rhythms of suffering and faith and concludes with a triumphant expression of faith:

"All the ends of the world shall remember themselves, and be turned unto the Lord: and all the kindreds of the nations shall worship before him.

For the kingdom is the Lord's: and he is the governor among the people."

As we meditate, as Jesus did, on the first verse, we tend to think of the physical suffering and spiritual loneliness, and sometimes we do not give full value to the faith of the opening words, "My God! My God!" – through it all, in spite of it all, still "My God!" We should also remember that the last saying from the cross was a verse from the Psalms: "Into thy hands, O Lord, I commend my spirit" (31.5).

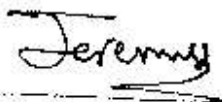
There are many other Psalms which we can study and make our own. I end by sharing a few others with you:

Nevertheless, though I am sometime afraid: Yet put I my trust in thee (56.3).

Like as the hart desireth the water-brooks: So longeth my soul after thee, O God (42.1).

The Lord is my light, and my salvation; whom then shall I fear: the Lord is the strength of my life; of whom then shall I be afraid? (27.1).

With my love and blessing,



Jeremy

## REOPENING OUR CHURCHES FOR SERVICES

We are now getting back to a regular pattern of worship in our churches. However, 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.

At present communion will 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 continue to live stream West Runton's weekly service for the next few months.

### SERVICES IN THE BENEFICE

	<b>Sunday 5<sup>th</sup> September Trinity 14</b>  <i>(Green)</i>	<b>Sunday 12<sup>th</sup> September Trinity 15</b>  <i>(Green)</i>	<b>Sunday 19<sup>th</sup> September Trinity 16</b>  <i>(Green)</i>	<b>Sunday 26<sup>th</sup> September Trinity 17</b>  <i>(Green)</i>
<b>St John the Baptist Aylmerton</b>		<b>9.15am</b> <i>Eucharist</i>		<b>11.00am</b> <i>Harvest Festival</i>
<b>All Saints Beeston Regis</b>	<b>9.15am</b> <i>Eucharist BCP</i>	<b>11.00am</b> <i>Eucharist</i>	<b>11.00am</b> <i>Morning Prayer</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>Morning Prayer</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>11.00am</b> <i>Sung Eucharist</i>	<b>11.00am</b> <i>Sung Eucharist</i>	<b>11.00am</b> <i>Sung Eucharist</i>
<b>All Saints Gresham</b>	Currently Closed			

### HARVEST SERVICES

Harvest Services will be taking place in the Benefice as follows—

Aylmerton – Sunday 26<sup>th</sup> September – 11.00am

East Runton – Sunday 3<sup>rd</sup> October – Time to be confirmed

West Runton – Sunday 3<sup>rd</sup> October – Time to be confirmed

Beeston Regis – Sunday 17<sup>th</sup> October – Time to be confirmed

## READINGS FOR SEPTEMBER – YEAR B

<b>Sunday 5<sup>th</sup> September Trinity 14</b>	<b>Isaiah 35. 4–7a</b>	<b>James 2. 1–10, 14–17</b>	<b>Mark 7. 24–37</b>
<b>Sunday 12<sup>th</sup> September Trinity 15</b>	<b>Isaiah 50. 4–9a</b>	<b>James 3. 1–12</b>	<b>Mark 8. 27–38</b>
<b>Sunday 19<sup>th</sup> September Trinity 16</b>	<b>Jeremiah 11. 18–20</b>	<b>James 3. 13–4. 3, 7–8a</b>	<b>Mark 9. 30–37</b>
<b>Sunday 26<sup>th</sup> September Trinity 17</b>	<b>Numbers 11. 4–6, 10–16, 24–29</b>	<b>James 5. 13–20</b>	<b>Mark 9. 38–50</b>
<b>Harvest Service</b>	<b>Joel 2. 21–27</b>	<b>1 Timothy 6. 6–10</b>	<b>Mark 6. 25–33</b>

**WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY** — The next meeting of the Cell is at **7.00pm on Wednesday 8<sup>th</sup> September at Holy Trinity, West Runton** – Evening Prayer followed by Cheese and Wine. All are welcome. Please contact Ali Wharton for further details.

**REGULAR GIVING & GIFT AID CLAIMS** — We are very grateful to those church members who pay a regular amount by Standing Order. If you have not yet considered paying by Standing Order, could we please ask you to consider doing so. If you are a taxpayer, please consider filling in a Gift Aid Form. The church can claim from HMRC an extra 25p for every £1 you donate, or put another way, it increases your donation by 25% – that is so long as you have paid the basic rate of tax and make the donation from your own funds. 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.

## NEWS FROM THE QUINTET BENEFICE

### BEESTON REGIS

**Merchant Navy Day** — Beeston Regis Parish Council will again be marking Merchant Navy Day to honour the brave men and women who kept the UK afloat during both World Wars and celebrate our dependence on modern-day merchant seafarers who are responsible for more than 90% of the UK's imports. **The Red Ensign will be raised at a short ceremony at All Saints Church, Beeston Regis at 10:45am on Friday 3<sup>rd</sup> September.** Please contact Vice Chairman Roy Beckley on 01263 837619 if you wish to have a member of the Merchant Navy especially Remembered.

**Norfolk Churches Trust Bike Ride** — Once again Ed Rawlings and his 12-year-old son William will be biking for Beeston in the annual churches' bike ride which this year takes place on Saturday 11<sup>th</sup> September. They are hoping to equal last year's excellent total of 36 churches visited. If you would like to sponsor them, or support them by making a donation, then please sign the form at the back of the church. The money raised will be shared between the Norfolk Churches Trust and All Saints, Beeston Regis. All Saints church has in fact benefitted in the past from grant money from the Trust. Your contributions will be gratefully received by Judy Wilkinson (01263 825364) on behalf of her son-in-law and grandson.

**Anthony Baker** — A Memorial Service for Anthony Baker will be held at **All Saint's, Beeston Regis at 11.00am on Tuesday 21<sup>st</sup> September.** All are welcome to attend.

### EAST RUNTON

**St. Andrew's** — The news from St. Andrew's this month is somewhat bittersweet. The joy of having services and meeting up for worship once more was somewhat overshadowed by the sad news of Gordon Jackson's sudden death on 18<sup>th</sup> August, after suffering a stroke. Gordon was always doing jobs for the church, polishing the floor, doing the garden, and helping at coffee mornings with the bric-a-brac stall. He was a friend to everyone and always willing to help where needed. A lovely man and he will be hugely missed. Our prayers are offered for Karen and his family.

*Jean*

**Thank You** — I would like to thank everyone who sent cards, e-mails, e-cards, letters, and beautiful flowers to me, on the loss of my dear sister, Jill. The warmth of love and prayers were of great comfort, carrying me through the difficult days. I would also like to thank Bishop David and the Revd. Ruth, who with Richard's splendid organ playing made the service, celebrating Jill's life, the happy and memorable occasion befitting her.

*Jean*

## WEST RUNTON

**Book Sales/Coffee Mornings** — We are pleased to announce the return of the weekly Book Sales/Coffee Mornings to raise much needed funds for the church. They will be taking place in the Church Hall every Friday in September from **10:00am to 12 Noon**. We look forward to seeing you on **3<sup>rd</sup> September, 10<sup>th</sup> September, 17<sup>th</sup> September and 24<sup>th</sup> September**.

**Norfolk Churches Trust Bike Ride** — Father David Paskins has very kindly offered to take part in the cycle ride on behalf of Holy Trinity Church, West Runton. It takes place on Saturday 11<sup>th</sup> September. If you would like to sponsor Father David, and we hope you will, he has agreed to take details of your sponsorship by telephone on 01263 715905 or by email at david@paskins.eclipse.co.uk.

**Summer Recitals** —The Summer Recitals have been very successful and although attendance has been limited, the quality of the Recitals has been outstanding, and the Retiring Collections have been very generous. The last Recital takes place on **Wednesday 1<sup>st</sup> September from 12:30pm to 1:30pm** when **Scarlett Askew will be performing on the flute**. Admission is Free but there will be a Retiring Collection. Come along, bring your lunch, and enjoy a coffee or tea with us. Car parking is next door to the Rectory.

## LOCAL NEWS

**Four Winds Four Artists** — An exhibition featuring the artwork of Ann Head, Audrey Earle, Adrian Head and David Head will take place at **Wells Maltings Handa Gallery from 16<sup>th</sup> to 26<sup>th</sup> September at 11.00am–4.00pm daily**.

## DEADLINE FOR OCTOBER'S NEWSLETTER SUNDAY 19<sup>TH</sup> SEPTEMBER

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 AYLERTON, BEESTON REGIS, GRESHAM and RUNTON

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

All 01263 Numbers except where stated

The Revd. Jeremy Sykes	The Rectory, Cromer Road, West Runton NR27 9QT Email: <a href="mailto:Jeremy.Sykes@Dioceseofnorwich.org">Jeremy.Sykes@Dioceseofnorwich.org</a> <i>Usual Non-Working Day: Friday</i>	837761
<u>Benefice Administrator</u>	Mrs Ali Wharton – Email: <a href="mailto:quintetchurchesnorfolk@gmail.com">quintetchurchesnorfolk@gmail.com</a> Office open Mondays from 11:00 to 13:00	07880 776720
<u>Reader</u>		
Mrs P 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 Mrs B Wright, 69 Clifton Park, Cromer NR27 9BG	512624 513402
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 H Dumolo, Church Farm Bungalow, Church Road, Aylmerton	838632
Beeston Regis	Mr D Nightingale, 31 Abbey Park, Beeston Regis NR26 8SR	824389
Gresham/Runton	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: <a href="mailto:pamkilgour@yahoo.co.uk">pamkilgour@yahoo.co.uk</a>	837944
<u>Honorary Assistant Priests</u>		
The Revd. Canon W Bestelink	Email: <a href="mailto:wmcbestelink@btinternet.com">wmcbestelink@btinternet.com</a> Mobile: 07909 690073	514045
The Revd. Canon B Oake	Email: <a href="mailto:barryoake@gmail.com">barryoake@gmail.com</a>	514192
The Revd. P Baggaley	Email: <a href="mailto:patriciabaggaley@gmail.com">patriciabaggaley@gmail.com</a>	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