

# **QUINTET NEWS**

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

**APRIL 2022**

**FREE**

## HELLO FROM JEREMY

Dear Friends,

By the time this magazine comes out Easter will be approaching fast: the annual Christian celebration of the dying and rising of Christ. The trouble with Easter is that it's a challenge to our sensibilities: if only we could leave out the unfortunate dying bit and concentrate on the rising!

If only we could stick with chocolate eggs, bunnies and daffodils. So why does the Church have to make things so uncomfortable? Why can't it be more like Christmas?

The poet Steve Turner, in his poem "Christmas is really for the Children" contrasts the two festivals.

Christmas is really  
for the children.  
Especially for children  
who like animals, stables,  
stars and babies wrapped  
in swaddling clothes.  
Then there are wise men,  
kings in fine robes,  
humble shepherds and a  
hint of rich perfume.

Or they'd do better to  
wait for a re-run of  
Christmas without asking  
too many questions about  
what Jesus did when he grew up  
or whether there's any connection.

Easter is not really  
for the children  
unless accompanied by a  
cream filled egg.  
It has whips, blood, nails,  
a spear and allegations  
of body snatching.  
It involves politics, God  
and the sins of the world.  
It is not for people  
of a nervous disposition.  
They would do better to  
think on rabbits, chickens  
and the first snowdrop  
of spring.

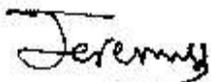
Babies in mangers are attractive images, but a man nailed up to a Cross? This is not so appealing. Yet the message of the Christian faith, like it or not, is that the baby in the manger was born so that he might become the Man of Sorrows and the risen Lord of Easter.

The Christian story is a package: it cannot be divided up, keeping the nice, comfortable bits and setting aside the troublesome ones. The Gospel is about reality: the reality of a world which is good and evil, which is the fruit of the creative will of God, and yet which is also tainted and stained by human sin and folly.

Why do we need Easter? Because Easter makes sense of our joys and our sorrows, of the mystery of life and death. It says to us that God in Christ has stepped into the midst of our human condition and made it his own, both its pain and its pleasure, its grief and its celebration. Christianity is not a fairy tale – it is about the things that really matter: life and death.

I wish you all a happy and blessed Easter.

With all my love and best wishes.



Jeremy

**THE COLLATION AND INDUCTION OF  
THE REVEREND JEREMY SYKES  
AS RECTOR OF THE QUINTET BENEFICE  
BY THE BISHOP OF LYNN  
WILL TAKE PLACE ON  
MONDAY 4<sup>TH</sup> APRIL 2022 AT 7.00PM  
HOLY TRINITY CHURCH, WEST RUNTON**

You are invited to come to this very special service when Jeremy will be formally made The Rector of the Quintet Benefice.

## LENT GROUP

The Lent Group continues to meet on Thursday afternoons at 2.30pm at The Rectory and follows a course by the author Hilary Brand called “*Christ and the Chocolaterie*” inspired by the film “*Chocolat*”. Each session includes extracts from the film, group discussion, questions, exercises and meditations, suggestions for individual reading and related Bible passages.

## LENT LUNCHES

The Friday Lent Lunches have proved very popular and the last two will be taking place on Friday 1<sup>st</sup> April and Friday 8<sup>th</sup> April from 12 Noon to 1.15pm.

So come along to the Church Hall, West Runton to enjoy home-made soup, bread rolls, tea/coffee and a chat.

A charge of £3.00 per person will be made.

## A PRAYER FOR UKRAINE

God of peace and justice,  
we pray for the people of Ukraine today.  
We pray for peace and the laying down of weapons.  
We pray for all those who fear for tomorrow,  
that your Spirit of comfort would draw near to them.  
We pray for those with power over war or peace,  
for wisdom, discernment and compassion to guide their decisions.  
Above all, we pray for all your precious children, at risk and in fear,  
that you would hold and protect them.  
We pray in the name of Jesus, the Prince of Peace.  
Amen

*Archbishop Justin Welby*  
*Archbishop Stephen Cottrell*

## **REGULAR GIVING & GIFT AID CLAIMS**

Like everyone, 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?

We would 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](mailto: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.



## “WE’RE RELAUNCHING WILD CHURCH”



<b>WHEN?</b>	Relaunch date confirmed as: <b>PALM SUNDAY 10<sup>TH</sup> APRIL</b> : 2.00pm for a 2.15pm start. Ending at 3.30pm
<b>WHERE?</b>	Meet on the <b>CHURCH FIELD</b> 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.
<b>WHAT IS WILD CHURCH?</b>	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.
<b>WHO’S IT FOR?</b>	Families and children are especially invited. All groups can participate. Children under the age of 7 to be supervised by an adult.
<b>WHAT CAN I EXPECT?</b>	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.
<b>WHO DO I CONTACT?</b>	You can just come along but for any queries in advance, do contact Amanda Wooster, <a href="mailto:jawooster20@gmail.com">jawooster20@gmail.com</a> , 07985 291930. Offers of voluntary help most welcome
<b>FUTURE DATES</b>	Sunday 8 <sup>th</sup> May; Sunday 12 <sup>th</sup> June; Sunday 10 <sup>th</sup> July Time: 2.00pm for a 2.15pm start. Ending at 3.30pm

## ADDITIONAL SERVICES DURING LENT

<b>Holy Trinity West Runton</b>	<b>Friday 1<sup>st</sup> April 4.00pm – Stations of the Cross</b>
<b>St Andrews East Runton</b>	<b>Wednesday 6<sup>th</sup> April 10.30am – Eucharist</b>
	<b>Wednesday 13<sup>th</sup> April 10.30am – Eucharist</b>

## SERVICES DURING HOLY WEEK

<b>Holy Trinity West Runton</b>	<b>Monday 11<sup>th</sup> April 7.00pm – Compline</b>
	<b>Tuesday 12<sup>th</sup> April 7.00pm – Compline</b>
	<b>Wednesday 13<sup>th</sup> April 7.00pm – Compline</b>

## SERVICES FOR THE PASCHAL TRIDUUM

	<b>Thursday 14<sup>th</sup> April Maundy Thursday</b>	<b>Friday 15<sup>th</sup> April Good Friday</b>	<b>Saturday 16<sup>th</sup> April Easter Eve</b>
<b>St John the Baptist Aylmerton</b>		<b>10.00am A Service for Good Friday</b>	
<b>All Saints Beeston Regis</b>	<b>6.00pm Commemoration of the Last Supper &amp; Stripping of the Altar</b>	<b>2.00pm A Service for Good Friday</b>	
<b>St Andrew's East Runton</b>		<b>10.00am Procession of Witness to West Runton</b>	
<b>Holy Trinity West Runton</b>	<b>7.00pm Commemoration of the Last Supper, Stripping of the Altar, and Vigil</b>	<b>2.00pm The Last Hour on the Cross</b>	<b>8.00pm Easter Vigil &amp; Service of Light – First Communion of Easter</b>

## SUNDAY SERVICES IN THE BENEFICE FOR APRIL

	<b>Sunday 3<sup>rd</sup> April 5<sup>th</sup> Sunday of Lent</b>  <i>(Purple)</i>	<b>Sunday 10<sup>th</sup> April Palm Sunday</b>  <i>(Red)</i>	<b>Sunday 17<sup>th</sup> April Easter Sunday</b>  <i>(Gold/White)</i>	<b>Sunday 24<sup>th</sup> April 2<sup>nd</sup> Sunday of Easter</b>  <i>(White)</i>
<b>St John the Baptist Aylmerton</b>		<b>9.15am</b> <i>Eucharist</i>	<b>9.15am</b> <i>Eucharist</i>	<b>9.15am</b> <i>Morning Prayer</i>
<b>All Saints Beeston Regis</b>	<b>9.15am</b> <i>Eucharist</i> <i>BCP</i>	<b>11.00am</b> <i>Eucharist</i>	<b>11.00am</b> <i>Eucharist</i>	<b>11.00am</b> <i>Eucharist</i> <i>(Lily Service of Remembrance/ Thanksgiving)</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>	<b>11.00am</b> <i>Eucharist</i>		<b>11.00am</b> <i>Eucharist</i>	

## 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 APRIL – YEAR C

<b>Sunday</b> <b>3<sup>rd</sup> April</b> <b>5<sup>th</sup> Sunday of Lent</b>	<b>Isaiah</b> <b>43. 16–21</b>	<b>Philippians</b> <b>3. 4b–14</b>	<b>John</b> <b>12. 1–8</b>
<b>Sunday</b> <b>10<sup>th</sup> April</b> <b>Palm Sunday</b>	<i><b>Liturgy of the Palms:</b></i> <b>Luke</b> <b>19. 28–40</b>		
	<i><b>Liturgy of the Passion:</b></i> <b>Isaiah</b> <b>50. 4–9a</b>	<b>Philippians</b> <b>2. 5–11</b>	<b>Luke</b> <b>23. 1–49</b>
<b>Thursday</b> <b>14<sup>th</sup> April</b> <b>Maundy Thursday</b>	<b>Exodus</b> <b>12. 1-4, 11-14</b>	<b>1 Corinthians</b> <b>11. 23–26</b>	<b>John</b> <b>13. 1–17, 31b–35</b>
<b>Sunday</b> <b>17<sup>th</sup> April</b> <b>Easter Sunday</b>	<b>Acts</b> <b>10. 34–43</b>	<b>1 Corinthians</b> <b>15. 19–26</b>	<b>John</b> <b>20. 1–18</b>
<b>Sunday</b> <b>24<sup>th</sup> April</b> <b>2<sup>nd</sup> Sunday of Easter</b>	<b>Acts</b> <b>5. 27–32</b>	<b>Revelation</b> <b>1. 4–8</b>	<b>John</b> <b>20. 19–31</b>

### DEADLINE FOR MAY NEWSLETTER WEDNESDAY 13<sup>TH</sup> APRIL 2022

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

Telephone: 01263 510319    Email: [pamjthompson@outlook.com](mailto:pamjthompson@outlook.com)

## WHAT'S ON

DATE	VENUE AND EVENT
<b>FRIDAY</b> <b>1<sup>ST</sup> APRIL</b> <b>12 NOON–1.15PM</b>	<p style="text-align: center;"><b>LENT LUNCH</b>  <b>CHURCH HALL, WEST RUNTON</b></p> <p>Come and join us for home-made soup, bread rolls, tea/coffee and a chat.  A charge of £3.00 per person will be made.</p>
<b>MONDAY</b> <b>4<sup>TH</sup> APRIL</b> <b>7.00PM</b>	<p style="text-align: center;"><b>COLLATION AND INDUCTION OF</b>  <b>THE REVEREND JEREMY SYKES</b>  <b>AS RECTOR OF THE</b>  <b>QUINTET BENEFICE</b>  <b>BY THE BISHOP OF LYNN</b>  <b>HOLY TRINITY CHURCH,</b>  <b>WEST RUNTON</b></p> <p>Do come along for this very special service.</p>
<b>THURSDAY</b> <b>7<sup>TH</sup> APRIL</b> <b>2.30PM</b>	<p style="text-align: center;"><b>LENT GROUP</b>  <b>THE RECTORY, WEST RUNTON</b></p> <p><i>“Christ and the Chocolaterie”</i> – A Lent Course based on the book by Hilary Brand.  The theme of the session is “Growing up – the process of change”</p>
<b>THURSDAY</b> <b>7<sup>TH</sup> APRIL</b> <b>7.00PM</b>	<p style="text-align: center;"><b>STATIONS OF THE CROSS</b>  <b>WALSINGHAM CELL OF</b>  <b>OUR LADY AND HOLY TRINITY</b>  <b>HOLY TRINITY CHURCH, WEST</b>  <b>RUNTON</b></p> <p>Join us as we prayerfully follow the days leading up to and including the crucifixion of our Saviour.</p>

<b>DATE</b>	<b>VENUE AND EVENT</b>
<p align="center"><b>FRIDAY</b>  <b>8<sup>TH</sup> APRIL</b>  <b>12 NOON–1.15PM</b></p>	<p align="center"><b>LENT LUNCH</b>  <b>CHURCH HALL, WEST RUNTON</b></p> <p>Come and join us for home-made soup, bread rolls, tea/coffee and a chat.  A charge of £3.00 per person will be made.</p>
<p align="center"><b>SATURDAY</b>  <b>9<sup>TH</sup> APRIL</b>  <b>10.00AM–12 NOON</b></p>	<p align="center"><b>HOT CROSS BUN COFFEE MORNING</b>  <b>VILLAGE HALL, EAST RUNTON</b></p> <p>Come and join in the fun and help to raise some much-needed funds! There will be homemade cakes, a raffle, tombola and much more to enjoy!</p>
<p align="center"><b>SUNDAY</b>  <b>10<sup>TH</sup> APRIL</b>  <b>2.00PM FOR 2.15PM</b></p>	<p align="center"><b>WILD CHURCH</b>  <b>CHURCH FIELD, ALL SAINTS</b>  <b>BEESTON REGIS</b></p> <p>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.</p>
<p align="center"><b>EASTER MONDAY</b>  <b>18<sup>TH</sup> APRIL</b>  <b>10.00AM TO NOON</b></p>	<p align="center"><b>EASTER FAYRE</b>  <b>AYLMERTON VILLAGE HALL</b></p> <p>Come and join us for a Coffee, Hot Cross Buns, Homemade Cakes, Bric-a-Brac.  Proceeds to St John the Baptist Church</p>

<b>DATE</b>	<b>VENUE AND EVENT</b>
<p><b>SATURDAY</b>  <b>30<sup>TH</sup> APRIL</b>  <b>7.00PM</b></p>	<p><b>“AWAKE MY SOUL”</b>  <b>SHERINGHAM &amp; CROMER CHORAL</b>  <b>SOCIETY AND THE BROADLAND</b>  <b>YOUTH CHOIR</b>  <b>CROMER PARISH CHURCH</b></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>Available from Pam Thompson (Tel: 01263 510319) or from Sheringham Little Theatre or from the Tourist Information Centre, Cromer</p>
<p><b>SUNDAY</b>  <b>8<sup>TH</sup> MAY</b></p>	<p><b>WILD CHURCH</b>  <b>CHURCH FIELD, ALL SAINTS</b>  <b>BEESTON REGIS</b></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>
<p><b>WEDNESDAY</b>  <b>1<sup>ST</sup> JUNE</b></p>	<p><b>NORTH NORFOLK</b>  <b>CLASSIC VEHICLE CLUB RALLY</b></p> <p>Rally of Classic, Collectible, Unusual and Interesting vehicles, finishing on the Church Field at All Saints Beeston Regis in the afternoon. More details in next month’s Newsletter.</p>

## NEWS FROM THE QUINTET BENEFICE

### AYLMERTON

**Easter Lilies** — St John the Baptist will be holding a Eucharist Service on Easter Sunday at 9.15am. As in previous years, if anyone would like to purchase a lily in remembrance of a loved one, there will be a list in church to include the name. Alternatively, please call Connie on 01263 837647.

**Churchyard** — We are looking for volunteers to keep our churchyard mown for the coming summer. We have one volunteer who his bringing his own sit-on mower and is willing to take a turn; but we do need more people. If anyone is interested in helping please email Connie at: [connieburchett23@gmail.com](mailto:connieburchett23@gmail.com) or phone 01263 837647.

**Cromer Food Bank** — We continue to collect food for th 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 collect the goods.

### BEESTON REGIS

**Easter Lilies** — Cards are available at the back of the church for anyone wishing to honour a loved one by dedicating a lily in their memory. A donation towards the cost (minimum £1 per lily) would be appreciated. The lilies will be on display in the church from Easter Sunday for a week and on the Sunday after Easter (24<sup>th</sup> April) there will be a special Lily Service of Remembrance and Thanksgiving at 11.00am when all the names on the lilies will be read out. If you are able to help with labelling and arranging the lilies you would be most welcome. Just come along between 10.00am and 12 Noon on Saturday 16<sup>th</sup> April – no experience necessary – and there may even be hot cross buns!

**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

### **Lent and Easter Services at St. Andrew's:**

Wednesday 6 <sup>th</sup> April	Holy Communion at 10.30am
Sunday 10 <sup>th</sup> April	Service for Palm Sunday at 9.15am
Good Friday 15 <sup>th</sup> April	Witness walk to Holy Trinity, West Runton, incorporating Stations of the Cross along the route, starting at 10.00am. You don't have to walk all the way, just drop in and out as you feel able.
Easter Sunday 17 <sup>th</sup> April	Holy Eucharist at 9.15am

**Hot Cross Bun Coffee Morning – Saturday 9<sup>th</sup> April from 10.00am until 12 Noon in The Village Hall, East Runton** — Come and join us for a Hot Cross Bun and help to raise some much needed funds! There will be homemade cakes, a raffle, tombola and much more to enjoy! Do come and join us – there is plenty of room for social distancing in the hall and we would appreciate it if you would wear a face covering where possible please.

We wish you all a very happy and Holy Easter. Jean Steward

## WEST RUNTON

**Easter Greetings from Rita and Alan Chapman** — “A very Happy Easter to you all. How we miss you but having said that how good it is to hear all the news of the Benefice from the Quintet News, which we look forward to receiving each month.

We are so lucky to have Pam and Keith Thompson, who must put in quite a few hours to produce such a nice monthly booklet (I think we know something about that, or at least, Alan does!)

Having done all this, Pam then posts copies off to those of us who request them with Ali making sure the people online are e-mailed with their copies. All very time consuming.

There are, of course, other people doing sterling work – Rosemary and Janice organizing the Lent Lunches and Friday Coffee mornings together with their helpers and not forgetting the ladies who produce some beautiful flower arrangements each week and for Festivals and special occasions.

All these things take a lot of thought and time and I think perhaps we may forget just how lucky we are.

So, from Alan and myself, and indeed I am sure all of us, thank you so much for what you do and again, “A Very Happy Easter” and please do take care.

Rita and Alan Chapman”

*Editor: Thank you so much for your message and I am so pleased that you look forward to receiving the “Quintet News” each month. I am sure that your very kind words are much appreciated by everyone who works so tirelessly for the Benefice.*

## LOCAL NEWS

**North Norfolk Classic Vehicle Club** — To celebrate the Queen’s Platinum Jubilee, on Wednesday 1<sup>st</sup> 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. More details in next month’s Newsletter.