

QUINTET NEWS

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

JULY 2021

FREE

HELLO FROM JEREMY

Dear Friends,

As we continue the slow road to normality again, one of the things many of us are looking forward to is to be able, as a congregation, to sing hymns in church again. Even though I haven't got the greatest of voices I do love to sing as well as to listen to music and would hate to be without it; and have sorely missed communal hymn singing in Church.

The thing about music is that it has such immense power; to move us with deep emotion, to make us laugh, cry or dance, to keep us moving or to drive us nuts!

And music is extremely important to the life of the church. As well as at our regular weekly services it also helps us to mark important events such as funerals or weddings. With hymns and music to suit all occasions.

But it is important not to see some music as specifically church music and other as non-Church music.

I once heard this story of a priest, who whilst visiting an elderly parishioner, told her that, that evening he was going to a communion with a jazz music setting.

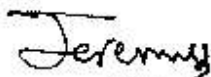
The woman looked outraged and so the priest asked her what was wrong; and was told in no uncertain terms that God doesn't like jazz, and that jazz was not Christian music.

So, he asked what sort of music God does like? The women answered straight away, classical music! For this lady at least, jazz wasn't "holy", it was something else – a part of life with which God could not or should not be identified with.

For me this story tells us something really important about our attitude to God. God is ever present in the whole of life, not just in some special "holy bits", and music can help to bridge the gaps in our thinking, to remind us that there is no division between the "holy" and the rest of life.

Music can, if we let it, shake us to the core, revolutionise our idea of faith and help us to understand that God's love can be experienced through the whole of our life, and in all sorts of different ways and not just in Church on a Sunday morning.

With all my love and best wishes.



Jeremy

The Chorister's Prayer:

Bless, O Lord, us thy servants,
who minister in thy temple.
Grant that what we sing with our lips,
we may believe in our hearts,
and what we believe in our hearts,
we may show forth in our lives.
Through Jesus Christ our Lord.
Amen.

The Chorister's Prayer seems to have first appeared in The Choirboy's Pocket Book, published by the School of English Church Music (the former name of the Royal School of Church Music) in 1934. The author is believed to be the RSCM's founder, Sir Sydney Nicholson, whilst others link it to Cosmo Gordon Lang, who became Archbishop of Canterbury in 1929.

The English version of this Prayer appears to be based on the Blessing of Cantors from the 10th Canon of the Council of Carthage, c. 398 AD:

"Vide, ut, quod ore cantas, corde credas, et quod core credis, operibus comprobas."

which translates as:

"See that what you sing with your lips you may believe in your heart, and that what you believe in your heart you may show forth in your works."

**RECEIVE THE LATEST NEWS DIRECTLY
INTO YOUR INBOX EACH MONTH**

Would you like to receive the Quintet Newsletter by email? If so, then please contact Ali Wharton, the Benefice Administrator by emailing her at quintetchurchesnorfolk@gmail.com.

SERVICES IN THE BENEFICE

At the moment we are still alternating our services between All Saints, Beeston Regis and Holy Trinity, West Runton. Those who wish to attend will, for track and trace purposes, need to book their place in advance with the relevant Churchwarden and wear a face covering.

On the weeks when the service takes place at Holy Trinity, West Runton, we will “live stream” the service via Zoom, and you are able to join us using the usual link. A reminder of this will be on the Quintet website at www.quintetbenefice.com along with the Order of Service and Hymn sheet.

To join by telephone, dial one of the following numbers:

0203 051 2874 0203 481 5237 0203 481 5240 0203 901 7895

You will be asked for the meeting ID (847 5169 5104) and the Passcode (239946) followed by #, you will then be asked for a participant ID press #, finally you will be asked for the passcode (239946) followed by #. You will then be put into a waiting room until we let you into the service.

Assuming that there is a continued decline in transmission rates and subject to revisions in social distancing rules, we would hope to begin to open up Aylmerton, East Runton and Gresham in due course.

	Sunday 4th July 5th Sunday after Trinity <i>(Green)</i>	Sunday 11th July 6th Sunday after Trinity <i>(Green)</i>	Sunday 18th July 7th Sunday after Trinity <i>(Green)</i>	Sunday 25th July 8th Sunday after Trinity <i>(Green)</i>
All Saints Beeston Regis		11.00am <i>Morning Prayer*</i>		11.00am <i>Holy Communion*</i>
Holy Trinity West Runton	11.00am <i>Holy Communion (Will also be on Zoom) †</i>		11.00am <i>Holy Communion (Will also be on Zoom) †</i>	

* To book a place for a service at All Saints, Beeston Regis please contact John Meikle (01263 820364)

† To book a place for a service at Holy Trinity, West Runton please contact Peter Strudwick (01263 823657) or Rosemary Large (01263 838121). This service will also be on Zoom, for those who are still isolating.

READINGS FOR JULY – YEAR B

Sunday 4th July 5th Sunday after Trinity	Ezekiel 2. 1–5	2 Corinthians 12. 2–10	Mark 6. 1–13
Sunday 11th July 6th Sunday after Trinity	Amos 7. 7–15	Ephesians 1. 3–14	Mark 6. 14–29
Sunday 18th July 7th Sunday after Trinity	Jeremiah 23. 1–6	Ephesians 2. 11–22	Mark 6. 30–34, 53–56
Sunday 25th July 8th Sunday after Trinity	2 Kings 4. 42–44	Ephesians 3. 14–21	John 6. 1–21

THE WALSINGHAM CELL — The next meeting of the Walsingham Cell will be at 7.00pm on Thursday 1st July, when Jeremy will be speaking on his pilgrimage to Santiago.

Please note that because of continuing Covid restrictions the meeting will be via Zoom only. Joining instructions are the same as for all the Benefice live-streamed services and can be found on the Quintet Benefice website.

REGULAR GIVING — No doubt you are all aware of what a difficult financial year 2020 has been for our churches. General giving, collections, Standing Orders etc., were significantly less than in 2019 and, due to the pandemic, there has not been any fund raising. We are grateful to those church members who were able to pay by Standing Order – this has been of great benefit as their contributions have continued throughout the year whereas collections have not. We are also grateful to our church members who have either put their collection aside in their white envelopes, sent in cheques, or made bank transfers in order to contribute. If you have not yet considered paying a regular amount by Standing Order, could we please ask you to consider doing so.

GIFT AID CLAIMS — If you are a tax payer please consider filling in a Gift Aid Form. Gift Aid is a scheme which means that 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 as long as you have paid the basic rate of tax and make the donation from your own funds.

If you are not a tax payer then the church can still claim Gift Aid under the Small Donations Scheme for collections. Under these circumstances please do not pay your donations by cheque but 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

AYLMERTON

St John the Baptist: By the time that you read this, the “Songs of Praise” service for the Patronal Festival will have taken place on Sunday 27th June. Eagerly anticipated by so many, the service of 7 Readings and 6 Hymns was being put together by Father William and, although only a small choir of 6 people were going to be allowed to sing, it is wonderful to think of the church being filled with praise and glory once again!

WEST RUNTON

Holy Trinity: On Sunday 20th June we bade “Farewell” to Jenny Barrie who has decided to move to North Yorkshire so as to be near her eldest daughter and her family. We are very sorry to see Jenny go but we know that she will enjoy being nearer to her two small grandchildren (and their parents, of course!). Jenny has been a member of the choir, as well as a member of the flower arranging team. Since September 2019, Jenny has been the trusty “Newshound” gathering information for Pam to put into the Newsletter and, prior to covid, distributing copies of the Newsletter to the churches and shops. Ali Wharton, on behalf of the choir, presented Jenny with a Good Luck card, a framed photograph of the choir and a Gift Card. We wish her all the very best for the future.

NEWS

Bishop of Lynn — On Wednesday 23rd June the Rt Revd Dr Jane Steen was consecrated as Bishop of Lynn at Norwich Cathedral. She is the first woman bishop in Norfolk and Waveney and the first suffragan bishop to have been consecrated in Norwich Cathedral. Suffragan bishops are usually consecrated in London or York, but this was altered due to the COVID-19 pandemic. The Rt Revd Sarah Mullally, the Bishop of London, as Dean of the Province of Canterbury, presided over the service on the feast day of St Etheldreda.

Runton Parish Council — Runton Parish Council are now having normal face to face meetings at the usual times and dates. The next meeting is scheduled for Tuesday 27th July at 7.15pm. All details are on the notice boards and each meeting is advertised a week before the event. Please see the notices for the venues as they may change in any month depending on Covid restrictions. Please note that there will be no meeting in August. For further details contact the Parish Clerk, Mrs Barbara Emery, either by Telephone: 01263 512214 or Email: runtonpc@aol.com

DATES FOR THE DIARY

SUMMER LUNCHTIME CONCERTS HOLY TRINITY CHURCH, WEST RUNTON

There will be a series of lunchtime concerts taking place every Wednesday from 12:30pm to 1:30pm. Admission is Free but there will be a Retiring Collection.

Bring your lunch and enjoy a coffee or tea with us.

Car parking is next door to the Rectory.

7 th July	Mark Jones – Organ
14 th July	Martyn Marshall – Organ
21 st July	John Farmer – Organ & Piano
28 th July	Jonathan Hill – Organ
4 th August	Tim Patient – Organ
11 th August	Zaira Palumbo & Alan Morris – Soprano & Organ
18 th August	Jim Laird – Organ
25 th August	Richard Walker – Organ
1 st September	Scarlett Askew – Flute

DEADLINE FOR AUGUST'S NEWSLETTER – SUNDAY 18TH JULY

If you would like an item included in the next Newsletter, then please contact Pam Thompson:

Telephone: 01263 510319

Email: pamjthompson@outlook.com

THE BENEFICE OF AYLMERTON, 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 – Email: quintetchurchesnorfolk@gmail.com 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: 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