

# **QUINTET NEWS**

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

**MARCH 2021**

**FREE**

## HELLO FROM JEREMY

Dear Friends,

With all this cold weather we have been having, I have been glad that we have a wood burner installed in our living room, (which we plan to bring with us when we move to West Runton). Our wood burner has helped to keep Lesley and myself fit and warm, sawing and chopping up the wood, and then, once burned, it keeps our house warm on these cold winter nights and days. The only drawback is that every couple of days we have to clean it and remove the ashes. It's a mucky job, and always takes a lot longer than you'd think. But we have to do it, because without the clean-up, the wood burner would soon get all clogged up, the wood won't burn properly, and we'll be back to shivering again.

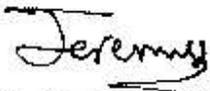
This struck me as a good image for Ash Wednesday and Lent which started a week or so ago. During Lent we Christians are expected to take a long, hard look at our lives, and attempt to make changes where they're needed. It's like having a good clear out of all the dark and mucky stuff in our lives. It's so important, because, like our wood burner, without a clean-up, our souls and our lives get all clogged up, and any warmth we had inside us gets slowly frozen out.

In many religions ashes are a traditional sign of repentance and change, which is why, in more normal times, Christians will often have the sign of the cross made with ashes on their forehead on Ash Wednesday – it's a reminder to us, and the rest of the world, that this is the beginning of a serious time of self-examination.

A lot of people, whether they would call themselves Christians or not, 'give things up' for Lent – chocolate maybe, or meat, or alcohol or swearing. And that's good as a bit of self-discipline, but we don't magically live a good life just because we don't swear or we lose a few pounds, especially if we go back to our old ways as soon as we can.

Sometimes I believe it's better to take something up for Lent – maybe helping someone out every day or stopping to count our blessings every morning. You never know, by the time the 40 days are up, it may have become a good habit we decide to keep.

All my love and blessings



Jeremy

Prayers for Lent:

Almighty and everlasting God,  
you hate nothing that you have made  
and forgive the sins of all those who are penitent:  
create and make in us new and contrite hearts  
that we, worthily lamenting our sins  
and acknowledging our wretchedness,  
may receive from you, the God of all mercy,  
perfect remission and forgiveness;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.  
Amen.

God of our journey,  
as we walk with you on your path of obedience,  
sustain us on our way and lead us to your glory;  
through Jesus Christ our Lord.  
Amen.

## SERVICES IN THE BENEFICE

We continue to review the situation regarding the closure of our churches for services of worship and private prayer on a regular basis. At the time of producing the Newsletter we envisage that our services will continue to be “virtual”. Please visit the Quintet website [www.quintetbenefice.com](http://www.quintetbenefice.com) for updates.

In the meantime, the service will be streamed live each Sunday at 11.00am. To join the Zoom Meeting click on the following link:

<https://us02web.zoom.us/j/84751695104?pwd=Z2F3eVIQMENaaUdvMHNjVFZKk3I4QT09> or type the address into the browser. The Meeting ID is: 847 5169 5104 and the Passcode is 239946.

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 (as above) followed by #, you will then be asked for a participant ID press #, finally you will be asked for the passcode (as above) followed by # you will then be put into a waiting room until we let you into the service.

Alternatively, please see the “services page” on the website for joining details and an order of service.

	<b>Sunday 7<sup>th</sup> March 3rd Sunday of Lent</b>	<b>Sunday 14<sup>th</sup> March Mothering Sunday</b>	<b>Sunday 21<sup>st</sup> March 5<sup>th</sup> Sunday of Lent <i>Passiontide begins</i></b>	<b>Sunday 28<sup>th</sup> March Palm Sunday</b>
	<i>(Purple)</i>	<i>(Purple)</i>	<i>(Purple)</i>	<i>(Red)</i>
<b>Holy Trinity West Runton</b>	11.00am <i>Holy Communion (Virtual Service)</i>	11.00am <i>Holy Communion (Virtual Service)</i>	11.00am <i>Holy Communion (Virtual Service)</i>	11.00am <i>Holy Communion (Virtual Service)</i>

## READINGS FOR MARCH – YEAR B

<b>Sunday 7<sup>th</sup> March</b> 3 <sup>rd</sup> Sunday of Lent	<b>Exodus</b> 20. 1–17	<b>1 Corinthians</b> 1. 18–25	<b>John</b> 2. 13–22
<b>Sunday 14<sup>th</sup> March</b> Mothering Sunday	<b>1 Samuel</b> 1. 20–28	<b>2 Corinthians</b> 1. 3–7	<b>Luke</b> 2. 33–35
<b>Sunday 21<sup>st</sup> March</b> 5 <sup>th</sup> Sunday of Lent	<b>Jeremiah</b> 31. 31–34	<b>Hebrews</b> 5. 5–10	<b>John</b> 12. 20–33
<b>Sunday 28<sup>th</sup> March</b> Palm Sunday			
<i>Liturgy of the Palms</i>			<b>John</b> 12. 12–16
<i>Liturgy of the Passion</i>	<b>Isaiah</b> 50. 4–9a	<b>Philippians</b> 2. 5–11	<b>Mark</b> 14. 1–15. 47

See the Quintet Benefice website for more weekly worship resources:  
[www.quintetbenefice.com](http://www.quintetbenefice.com)

**GIFT AID CLAIMS** — We hope you may be saving your weekly collection for when you return to church. If you have completed a Gift Aid Donation Form you are able to pay this amount by cheque or cash. If you are not a tax payer then the church can still claim Gift Aid under the Small Donations Scheme for collections. Please under these circumstances do not pay your donations by cheque but 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. Preferably please put in your weekly envelope.

### ***Benefice Gift Aid Officers***

#### **DON'T FORGET.....**

If you would like to receive the Newsletter by email then please contact Ali Wharton, the Benefice Administrator, at [quintetchurchesnorfolk@gmail.com](mailto:quintetchurchesnorfolk@gmail.com) and “Thank You” to everyone who has already gone paperless

#### **.....AND REMEMBER**

If you would like to have an item included in April’s Newsletter then please call or email Jenny or Pam by Sunday 21<sup>st</sup> March—

**Jenny Barrie:**  
 07727 188837  
[jennybarrie27@gmail.com](mailto:jennybarrie27@gmail.com)

or  
**Pam Thompson:**  
 01263 510319  
[pamjthompson@outlook.com](mailto:pamjthompson@outlook.com)

## NEWS FROM AROUND THE BENEFICE

### AYLMERTON

**Vacancy for PCC Members and a Churchwarden** — There are vacancies on the PCC and for one role of Churchwarden in the coming year, and elections will take place at the Annual Parochial Church Meeting which is due to be held in either March or April. Anyone who is on the Electoral Roll for St. John the Baptist is entitled to stand for election and so, if you are interested in coming forward to take on one of these positions, please contact Revd. Jeremy Sykes or Connie Burchett.

### EAST RUNTON

**A message from Jean Steward:** “It is hard to believe that it is a year since we had services and coffee mornings in St. Andrew’s – such happy times. I think the church has been missing us too, as it looks very sad. The inclement weather has taken its toll and has resulted in considerable damp to the wall adjoining the neighbouring building. The problem has been identified and we are working very hard to rectify it. We are grateful to Mary Parker and Barbara and Graham Wright for the loan of their dehumidifiers, which are doing a sterling job.

We are looking forward to all being together again in our churches as soon as permitted, but extremely grateful to be able to share in both worship and informal “coffee mornings” with Father Jeremy, via zoom.”

### EAST & WEST RUNTON

**Runton Parochial Church Council Treasurer Vacancy** — We are sorry to report that Brenda Hones has resigned as Treasurer to Runton Parochial Church Council after some years of sterling work for us and we thank her for all that she has done. The Churchwardens have temporarily taken over the role but we need a new Treasurer. Are you that person? If you have been a Church Treasurer before then you know what it entails, but for those who don’t know here is a brief job description—

- Should be reasonably computer literate.
- Able to undertake the banking of the monies (accounts are held at NatWest Cromer).
- Keep the accounts and report to the PCC probably four times a year.
- Compile the Financial Statements for the end of the year.

If you are interested but feel that it is too much work for one person then we do have someone who is willing to do the day-to-day tasks. For more information about the role please ring either Rosemary Large (838121) or Brenda Hones (838948).

### LOCAL NEWS

**Runton Parish Council** — The next meeting is scheduled for Tuesday 23<sup>rd</sup> March but until further notice the meetings are being held virtually by “Zoom”. Members of the public are welcome to join the meeting but if you wish to speak then please contact the Clerk not less than 24 hours before the meeting to register your intention to do so. The Clerk can be contacted on 01263 512214 or email [runtonpc@aol.com](mailto:runtonpc@aol.com) to receive a link to the meeting.

## DID YOU KNOW.....?

**Mothering Sunday** is the fourth Sunday of Lent and although it is often called Mothers' Day it has no connection with the American festival of that name. Centuries ago it was considered important for people to return to their home or 'Mother' church once a year and so each year, in the middle of Lent, everyone would visit their 'Mother' church – the main church or cathedral of the area. Inevitably the return to the 'Mother' church became an occasion for family reunions when children who were working away returned home. In those days it was quite common for children to leave home for work once they were ten years old. It was probably this return to the 'Mother' church which led to the tradition of children, particularly those working as domestic servants, or as apprentices, being given the day off to visit their mother and family and, as they walked along the country lanes, children would pick wildflowers or violets to take to church or give to their mother as a small gift.

Mothering Sunday was also known as Refreshment Sunday because the fasting rules for Lent were relaxed that day. Originally, both Old and New Testament lessons on mid-Lent Sunday made a point of food. The Gospel reading from the New Testament told the story of how Jesus fed five thousand people with only five small barley loaves and two small fish.

**Simnel Cake** is the food item specially associated with Mothering Sunday. A Simnel cake is a fruit cake with two layers of almond paste, one on top and one in the middle. The cake is made with 11 balls of marzipan icing on top representing the 11 disciples – Judas is not included. Traditionally, sugar violets would also be added. The name Simnel probably comes from the Latin word *simila* which means a fine wheat flour usually used for baking a cake. Legend has it that a man called Simon and his wife Nell argued over whether the cake for Mothering Sunday should be baked or boiled. In the end they did both, so the cake was named after both of them: SIM-NELL.

**Palm Sunday** is the beginning of Holy Week – a celebration of the final week of Jesus' life on earth. On Palm Sunday we remember the time when Jesus went into Jerusalem, riding on the back of a donkey. Like many Jews, Jesus was going to Jerusalem so as to celebrate the Jewish feast of Passover, the time when the people remembered the story of Moses. On this occasion, the people welcomed Jesus like a king and threw coats and palm leaves on the ground for the donkey to walk over. The people shouted: 'Hosanna! Blessed is he who comes in the name of the Lord!' Hosanna means 'help' or 'save' and so the people were calling out to Jesus to help or save them. The Old Testament prophets wrote about a king that would ride upon a donkey. The prophet Zechariah wrote: "Rejoice greatly, O Daughter of Zion! Shout, Daughter of Jerusalem! See, your king comes to you, righteous and having salvation, gentle and riding on a donkey, on a colt, the foal of a donkey". So, in riding on a donkey, Jesus was showing people that he was like the king that Zechariah had written about. The donkey was a symbol of peace and humility. Jesus was a king – but he was not riding a war-horse – he was coming in peace to bring about his mission not through violence but through love and sacrifice. Later in that week many of the people in that cheering crowd would be among those shouting that Jesus should be executed.

**Holy Week** was called the Great Week in the Greek and Roman liturgical books because great deeds were done by God during this week. The name Holy Week was used in the 4<sup>th</sup> Century by St. Athanasius, Bishop of Alexandria, and St. Epiphanius of Constantia. Originally, only Good Friday and Holy Saturday were observed as holy days.

**THE BENEFICE OF AYLMEYTON, 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>c/o The Vicarage, 1 Grange Close, Briston, Melton Constable, NR24 2LY Email: <a href="mailto:Jeremy.Sykes@Dioceseofnorwich.org">Jeremy.Sykes@Dioceseofnorwich.org</a></b>	<b>860280</b>
<b><u>Benefice Administrator</u></b>	<b>Mrs Ali Wharton – Email: <a href="mailto:quintetchurchesnorfolk@gmail.com">quintetchurchesnorfolk@gmail.com</a> Office open Mondays from 11:00 to 13:00</b>	<b>07880 776720</b>
<b><u>Readers</u></b>		
<b>Mr C Mitchell</b>	Apt. 6 Seafields, Cliff Avenue, Cromer NR27 0AN	519229
<b>Mrs P Thompson</b>	14 Yaxley Loke, Cromer NR27 0FG	510319
<b><u>Churchwardens</u></b>		
<b><u>Aylmerton</u></b>	<b>Mrs M Mitchell</b> , Apt. 6 Seafields, Cliff Avenue, Cromer NR27 0AN <b>Mrs C Burchett</b> , 44 Renwick Park West, West Runton NR27 9LX	519229 837647
<b><u>Beeston Regis</u></b>	<b>Vacancy</b> <b>Mr J Meikle</b> , Shannock, Morley Road North, Sheringham NR26 8JB	820364
<b><u>Gresham</u></b>	<b>Mr R Batt</b> , East Beckham Hall, Otters Lane, E. Beckham NR11 8GA <b>Mr P Campbell</b> , Yew Tree Cottage, 40 Holt Road, Gresham NR11 8AD	822234 570281
<b><u>East Runton</u></b>	<b>Miss J Steward</b> , 78 Central Road, Cromer NR27 9BW <b>Mrs B Wright</b> , 69 Clifton Park, Cromer NR27 9BG	512624 513402
<b><u>West Runton</u></b>	<b>Mr P Strudwick</b> , 6 Nelson Road, Sheringham NR26 8BU <b>Mrs R Large</b> , Wild Orchids, The Common, West Runton NR27 9QU	823657 838121
<b><u>PCC Secretaries</u></b>		
<b><u>Aylmerton</u></b>	<b>Mrs H Dumolo</b> , Church Farm Bungalow, Church Road, Aylmerton	838632
<b><u>Beeston Regis</u></b>	<b>Mr D Nightingale</b> , 31 Abbey Park, Beeston Regis NR26 8SR	824389
<b><u>Gresham/Runton</u></b>	<b>Mr R Fennell</b> , Davey House, Top Common, East Runton NR27 9PR	512291
<b><u>PCC Treasurers</u></b>		
<b><u>Aylmerton/Gresham</u></b>	<b>Mrs R Large</b> , Wild Orchids, The Common, West Runton NR27 9QE	838121
<b><u>Beeston Regis</u></b>	<b>Mr M R Braybrook</b> , Duart Lodge, Furze Hill, Cromer NR27 0HU	512342
<b><u>Runton</u></b>	<b>Vacancy</b>	
<b><u>Gift Aid Officers</u></b>		
<b><u>Aylmerton/Gresham</u></b>	<b>Miss J Idiens</b> , Breckwood, Tower Road, Aylmerton NR11 8QG	07775 622333
<b><u>Beeston Regis</u></b>	<b>Mr M R Braybrook</b> , Duart Lodge, Furze Hill, Cromer NR27 0HU	512342
<b><u>Runton</u></b>	<b>Dr R May</b> , Jesiam, Britons Lane, Beeston Regis NR26 8TR	822041
<b><u>Bereavement Support</u></b>		
<b>Pamela Kilgour</b>	Email: <a href="mailto:pamkilgour@yahoo.co.uk">pamkilgour@yahoo.co.uk</a>	837944
<b><u>Honorary Assistant Priests</u></b>		
<b>The Revd. Canon W Bestelink</b>	Email: <a href="mailto:wmcbestelink@btinternet.com">wmcbestelink@btinternet.com</a> Mobile: 07909 690073	514045
<b>The Revd. Canon B Oake</b>	Email: <a href="mailto:barryoake@gmail.com">barryoake@gmail.com</a>	514192
<b>The Revd. P Baggaley</b>	Email: <a href="mailto:patriciabaggaley@gmail.com">patriciabaggaley@gmail.com</a>	837490
<b>The Rt Revd. D Leake</b>	The Anchorage, Lower Common, East Runton NR27 9PG	513536
<b>The Revd. D Paskins</b>	8 Blackthorn Avenue, Holt NR25 6TY	715905