

QUINTET NEWS

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

MARCH 2022

FREE

HELLO FROM BARRY

Dear Friends,

The beginning of this year has gone rather fast.... I was startled to hear someone say that 'Epiphany was three weeks ago' – which it was, at that point – but now we have gone on to complete the Christmas season with Candlemas, a couple of weeks of Ordinary Time and now we are facing Ash Wednesday only ten or so days after I write this.

The Christian year as you may well know starts at Advent, and when it did last year, the weather was mild, calm and pleasantish for the season. Today, as I write, the weather is extremely active with heavy showers and strong gusty winds. We hear about more bits of Norfolk falling into the sea and even a caravan park having to think about relocating.

It does make us sit up and think about the future. At least, it would seem, the threat of Coronavirus seems to be receding, although we wait to see what happens if, and when, all protective measures are withdrawn.

As Lent approaches there is certainly time for reflection which is what Lent has turned into for most Christians. Initially it was a preparation time for those to be baptized into the Faith (the Catechuminate) on Easter Eve. On those occasions when I have been present for a Baptism at such a time, there has been a sense of wonder and mystery as you celebrate the Service of New Light in the dark and then mark that Light coming mystically into someone's life in the waters of Baptism at the font.

As the Baptismal questions are asked, all surrounding the font are given the opportunity to renew their own vows and commitment to Christ, and before that by 40 days is where we begin addressing ourselves with the marking of Ash Wednesday and for some, the imposition of ashes on the forehead.

So, although as I mentioned above, the Christian New Year begins on Advent Sunday, the idea of New Year resolutions can be picked up with Lent, that other penitential or preparation season in the Church.

Thinking is turning from giving something up for Lent as a sign of penitential abstinence in order to master bodily wants to focus more on Christ, to making more of a commitment to Christ and making Lent a time for positive action.

Now what this can mean will have as much variety as the number of people observing Lent.

It might vary from saying more prayer, going to see more lonely or isolated people (tricky in Covid times! but phone calls can be very reassuring), contributing to a Food Bank, or assisting more at Church. Much social type work is there to be done, and we have the words of Jesus to heed 'whatever you do to one of these, you do for me'.

So, as we pray that we will be emerging this year into something a little more 'normal', why not endeavour to use Lent as a kick-off point to make the future more constructive, more prayerful and more fulfilling.

With all good wishes,

Barry

A PRAYER FOR LENT

God our Father,
in your love and goodness
you have taught us to come close to you in penitence
with prayer, fasting and generosity;
accept our Lenten discipline,
and when we fall by our weakness,
raise us up by your unfailing mercy;
through Jesus Christ our Lord.
Amen.

LENT GROUP

Jeremy is planning to run a Lent Group on Thursday afternoons at 2:30pm starting on Thursday 10th March for the five weeks before Easter.

The plan is to meet at The Rectory, but if large numbers of people want to follow the course, then we will meet at the Runton Church Hall or have a second group.

The Lent Group will be following a course by the author Hilary Brand called '*Christ and the Chocolaterie*'. The book describes the course as follows—

"*Christ and the Chocolaterie* is an original, innovative and lively Lent course inspired by the film *Chocolat*, which was in turn based on the bestselling novel by Joanne Harris. Using the film as a starting point for exploring the issues about God, the world, and what it means to be human, Hilary Brand has designed five group sessions on the themes of:

Giving up – the prelude to change

Giving out – the power of a gift

Getting wise – the possibility of change

Getting real – the power of acceptance

Growing up – the process of change

Each session includes extracts from the film, group discussion, questions, exercises and meditations, suggestions for individual reading and related Bible passages."

It is suggested that people watch the film before we start the weekly meeting. Also, it would be useful for each participant to have a copy of the course book, "*Christ and the Chocolaterie*" by Hilary Brand. The cheapest way to get it is second-hand through e-bay for between £2.00 and £4.50 or brand new from Amazon for £6.00.

So as to judge what will be the right venue for the numbers participating, would you please let Jeremy know (if you have not already done so) if you would like to join the Group.

LENT LUNCHES

Come along to the Church Hall, West Runton on each Friday in Lent (4 March, 11 March, 18 March, 25 March, 1 April and 8 April) from 12 Noon to 1.15pm for home-made soup, bread rolls, tea/coffee and a chat. A charge of £3.00 per person will be made.

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?

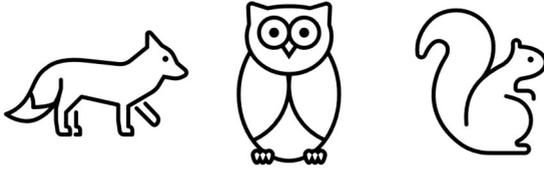
We would be very grateful if you would consider paying a regular amount by Standing Order as it helps with our forward planning.

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.

WILD CHURCH



It was with great sadness, but with safety very much in mind, that we had to postpone the launch of Wild Church on Sunday 20th February due to the various storms which we had.

**BUT NEVER FEAR, ANOTHER DATE IS BEING PLANNED
AND WILL BE ANNOUNCED SHORTLY!
DETAILS WILL BE ON THE QUINTET WEBSITE/SOCIAL MEDIA**

WHAT & WHO FOR?

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 and mental wellbeing. Families and children are especially invited. All age groups can participate.

We look forward to seeing you there!

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 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.

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.

DEADLINE FOR APRIL NEWSLETTER WEDNESDAY 16TH MARCH 2022

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

Telephone: 01263 510319 Email: pamjthompson@outlook.com

SERVICES IN THE BENEFICE FOR MARCH

	Sunday 6 th March 1 st Sunday of Lent <i>(Purple)</i>	Sunday 13 th March 2 nd Sunday of Lent <i>(Purple)</i>	Sunday 20 th March 3 rd Sunday of Lent <i>(Purple)</i>	Sunday 27 th March 4 th Sunday of Lent Mothering Sunday <i>(Rose)</i>
St John the Baptist Aylmerton		9.15am <i>Eucharist</i>		9.15am <i>Morning Prayer</i>
All Saints Beeston Regis	9.15am <i>Eucharist BCP</i>	11.00am <i>Eucharist</i>	11.00am <i>Morning Prayer</i>	11.00am <i>Eucharist</i>
St Andrew's East Runton	9.15am <i>Eucharist</i>	9.15am <i>Morning Prayer</i>	9.15am <i>Eucharist</i>	9.15am <i>Eucharist</i>
Holy Trinity West Runton	11.00am <i>Sung Eucharist</i>	11.00am <i>Sung Eucharist</i>	11.00am <i>Sung Eucharist</i>	11.00am <i>Sung Eucharist</i>
All Saints Gresham	11.00am <i>Eucharist</i>			

SERVICES FOR ASH WEDNESDAY – 2ND MARCH

St John the Baptist Aylmerton	10.00am Eucharist with Imposition of Ashes
Holy Trinity West Runton	7.00pm Eucharist with Imposition of Ashes

READINGS FOR MARCH – YEAR C

Wednesday 2nd March Ash Wednesday	Joel 2. 1–2, 12–17	2 Corinthians 3. 12–4. 2	Matthew 6. 1–6, 16–21
Sunday 6th March 1st Sunday of Lent	Deuteronomy 26. 1–11	Romans 10. 8b–13	Luke 4. 1–13
Sunday 13th March 2nd Sunday of Lent	Genesis 15. 1–12, 15–18	Philippians 3. 17–4. 1	Luke 13. 31–end
Sunday 20th March 3rd Sunday of Lent	Isaiah 55. 1–9	1 Corinthians 10. 1–13	Luke 13. 1–9
Sunday 27th March 4th Sunday of Lent Mothering Sunday	Exodus 2. 1–10	Colossians 3. 12–17	Luke 2. 33–35

EVENTS DIARY

DATE	VENUE AND EVENT
TUESDAY 1ST MARCH 11.30AM–2.00PM	PANCAKES! GRESHAM VILLAGE HALL Come and enjoy a free pancake at Gresham Village Hall. There will be a raffle and a cake stall.
THURSDAY 3RD MARCH 2.30PM	“QUESTION TIME” WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY CHURCH HALL, WEST RUNTON The members of the Walsingham Cell of Our Lady and Holy Trinity invite you to join them for “Question Time”. Lent is a time for learning and what better way than by asking our guest priests for their thoughts on those questions the Bible raises for living in today’s world. Everyone is very welcome to join us with their questions. Revd David Paskins (our Cell Priest) will be joined by Revd Jeremy Sykes and Revd Paul Yeomans.
FRIDAY 4TH MARCH 12 NOON–1.15PM	LENT LUNCH CHURCH HALL, WEST RUNTON 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.
FRIDAY 11TH MARCH 12 NOON–1.15PM	LENT LUNCH CHURCH HALL, WEST RUNTON 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.

DATE	VENUE AND EVENT
<p align="center">FRIDAY 18TH MARCH 12 NOON–1.15PM</p>	<p align="center">LENT LUNCH CHURCH HALL, WEST RUNTON</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">SATURDAY 19TH MARCH 7.00PM</p>	<p align="center">“FOLK AND FRIENDS” GRESHAM ALL SAINTS CHURCH</p> <p>An evening of music in Gresham All Saints Church. There will be refreshments in the interval. No tickets needed.</p>
<p align="center">SUNDAY 20TH MARCH 2.00PM–3.15PM</p>	<p align="center">WILD CHURCH CHURCH FIELD, ALL SAINTS, BEESTON REGIS, NR27 9QZ.</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">FRIDAY 25TH MARCH 12 NOON–1.15PM</p>	<p align="center">LENT LUNCH CHURCH HALL, WEST RUNTON</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">TUESDAY 29TH MARCH 7.00PM</p>	<p align="center">“LANDSCAPE HISTORY” – A LECTURE GRESHAM ALL SAINTS CHURCH</p> <p>Tom Williamson, Professor of History at UEA will be talking about landscape history</p>

DATE	VENUE AND EVENT
<p style="text-align: center;">FRIDAY 1ST APRIL 12 NOON–1.15PM</p>	<p style="text-align: center;">LENT LUNCH CHURCH HALL, WEST RUNTON</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 style="text-align: center;">THURSDAY 7TH APRIL 7.00PM</p>	<p style="text-align: center;">STATIONS OF THE CROSS WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY HOLY TRINITY CHURCH, WEST RUNTON</p> <p>Join us as we prayerfully follow the days leading up to and including the crucifixion of our Saviour.</p>
<p style="text-align: center;">FRIDAY 8TH APRIL 12 NOON–1.15PM</p>	<p style="text-align: center;">LENT LUNCH CHURCH HALL, WEST RUNTON</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 style="text-align: center;">EASTER MONDAY 18TH APRIL 10.00AM TO NOON</p>	<p style="text-align: center;">EASTER FAYRE AYLMERTON VILLAGE HALL</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>

NEWS FROM THE QUINTET BENEFICE

AYLMERTON

Opening Hours — St. John the Baptist Church is now open 7 days a week from 10.00am to 3.00pm.

Farewell and Thank You — We are sorry to say “Goodbye” to Jim and Hilary Dumolo who have retired and moved to Shropshire. Jim has kept our churchyard neat and tidy for many years, and Hilary has been the PCC Secretary. We wish them a long and happy retirement and grateful thanks for all that they have done for the church.

PCC Secretary — Our new PCC Secretary is Mrs Genny Bestelink and we thank Genny for taking on this role.

Easter Lilies — We are hoping that St John the Baptist will be holding a service on Easter Sunday. 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 is 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 or phone 01263 837647.

Cromer Food Bank — We are collecting food again for Cromer Food Bank. Food parcels will be needed now more than ever with gas and electricity prices going to rise. 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 would be happy to collect the goods.

BEESTON REGIS

Wild Church — Unfortunately due to the recent storms the launch of Wild Church had to be postponed on Sunday 20th February but “Thank You” for praying for this event and we ask you to continue to pray for the new “launch” date of Sunday 20th March – so that people who don’t normally come to church will come to engage with our Creator God and his Wildly Wonderful World. We pray also that helpers and leaders will come forward to assist. As we all spend time outdoors together, may it still us, awaken our senses, lead us into beauty and into God. We are also planning to host a Children’s Mission in the form of a Holiday Club during the summer. We seek to connect with the children living in, being schooled in, or attending clubs in, our parish. We intend to reach out to those visiting Beeston and the surrounding area for holidays. We hope to attract children resident anywhere within the Benefice.

Easter Lilies — We are delighted to announce the return of the Easter Lilies after an absence of two years. The 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 (24th 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 16th 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.

“OPEN THE BOOK”



Calling any casual fishermen, a centurion or two, a motley group of disciples, the Virgin Mary, perhaps even a donkey!!

Our Benefice has a small “Open the Book” team, and our chosen primary school is Gresham Village.

We use drama, props and costumes to tell scripted stories using the Lion Storyteller Bible during school assembly times.

We are currently offering two assemblies each school term.

The Head Teacher of Gresham Village is hugely supportive, and the children are enthralled by our bringing the Bible to life.

“It’s a joy to witness their faces light up” says one “Open the Book” volunteer.

In addition to the short time spent at school for each storytelling, team members attend a preparation meeting for one hour every 4–6 weeks.

Our next meeting is on Friday 4th March at 11.30am at 3 Priory Cottages, Beeston Common, Sheringham, NR26 8EU.

Our next storytelling at Gresham Village is in the afternoon of Tuesday 22nd March.

We are looking to expand our team so do come along and find out what we do.

Further details from Amanda Wooster on jawooster20@gmail.com or telephone 07985 291930.