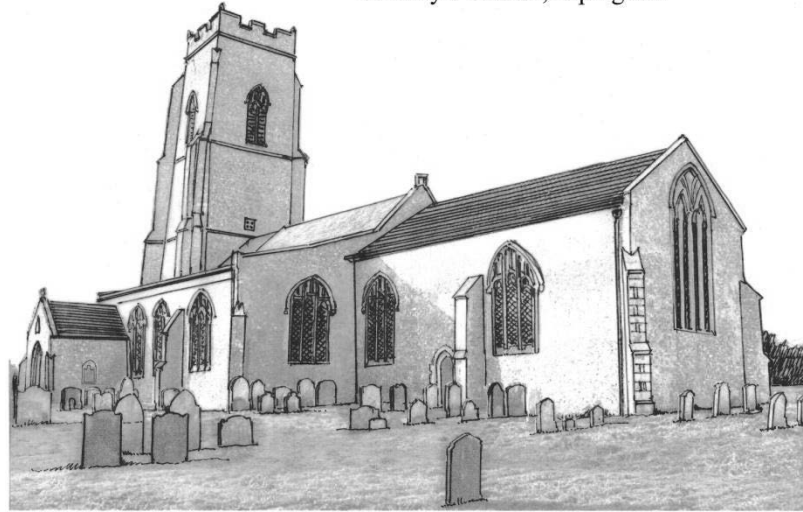


KEEPING IN TOUCH IN SCARROWBECK

Donations welcome NOVEMBER 2025

“Keeping in Touch in Scarrowbeck” the current month is also
on our website: www.scarrowbeckbenefice.org.uk

St Mary's Church, Erpingham



NOVEMBER	4 th before Advent 2nd	3 rd before Advent REMEMBRANCE 9th	2 nd before Advent 16th	Christ the King 23rd	1 st in Advent 30th
Alby	--	--	--	--	--
Calthorpe	--	--	--	--	--
Erpingham	9.30am Group Service & Healing	9.30 HC 10.55 Remembrance Service	9.30 HC	9.30 HC	9.30am Group Service
Gunton	--	--	--	--	--
Hanworth	--	10.40 for 10.55 Remembrance Service in Village Hall	--	11am HC	--
Ingworth	--	--	--	--	--
Thwaite	3pm All Souls Evensong	10.55 Remembrance Service	11am HC	3pm Evening Prayer	--

9.30am Midweek services in Erpingham church

Wednesday 5th	Wednesday 12th	Wednesday 19th	Wednesday 26th
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Priest-in-Charge of Scarrowbeck Benefice

Rev Canon Heather Butcher
25, Muskett Way, Aylsham NR11 6GF

07786266933 canonhdb@gmail.com

Scarrowbeck Benefice Churchwardens

Alby	Mecki Green	01263 761480
Erpingham	Keith Harrison	01263761698 harriswine@doctors.org.uk
	Linda Howard	01263 833323 cicely@danielbrian.co.uk
Thwaite	James Buchan	01263 768901 jebuchan@btinternet.com
	Mary-Claire Marriott	01263 761373 mcmariott@yahoo.com
Hanworth	Richard Harbord	01263 768723 richard_harbord@hotmail.com

Calthorpe and Ingworth are part of the Diocesan Churches Trust and have no churchwardens

Scarrowbeck Benefice Lay Ministers – LLMs (Permission to Officiate)

The Lay Ministers (LLMs) in this benefice help take services.

Our Lay Ministers are:

Angela Parkes	0779969281
Helen Burrell	01263 768209
Colin Willis	01263 577288
Ian Andrews	01263 732780

In addition if you, or anyone you know, would like to be to be prayed for please let Heather know and we will gladly pray for you in our own prayers, and at the services if you wish.

Please let Heather know if you know of anyone who has died and they too can be included in our prayers.

If you would like a home visit for any reason, or home Communion, please contact Heather and this can be arranged at a time to suit you.

Clergy Care and Well-Being in our benefice

With the current emphasis on mental health, the Church of England has asked local church councils to consider the wellbeing of their clergy. In the light of this we have decided to remind people of Heather's working days so that her days off are protected. Heather normally works on Wednesdays and Thursdays and two Sundays per month. Inevitably, she works on other days because of weddings and funerals but we try to avoid unnecessary phone calls when she would not normally be working

PRAYERS FOR THE PARISHES

IN NOVEMBER

Week beginning Sunday

2nd	Erpingham:	Calthorpe Road, Chapel Road and Cromer Road
9th	Erpingham:	Blacksmith's Lane & Loke, Butts Common
16th	Alby:	Alby Hill, Goose Lane and Low Common
26th	Hanworth:	The Old Coach House and Carpenter's Cottage

November letter

As the weather cools, the nights draw in and days are sometimes dull, the time of year suggests a melancholy and many people, indeed, feel melancholy with the loss of brighter light. So it seems a fitting time of year for the Remembrance Season.

On 31st October we celebrate Halloween, the Eve of All Saints, a day to remember those who gave of their best for God and their fellows. It is sadly lost in the madness that has become the commercial festival.

The second November is All Souls day when we remember all of those whom we have loved and continue to cherish though we see them no longer. We shall have time to light candles and remember loved ones at the

All Souls Evensong at Thwaite Church on 2nd November at 3pm.

Everyone is welcome.

We shall as usual hold the Act of Remembrance and laying of wreaths at the war memorial at Erpingham on 9th November at 10.50 followed by a Remembrance service in church. It is a time to remember, to commit ourselves to peacemaking and also to lament. The modern world does not spend much time lamenting but perhaps we should all remember and hold the suffering of people before God. It is a necessary thing to make the space to sit with our sadness as we reflect on the enormous cost of war. This year when we have celebrated VJ day I shall especially remember my dad who came through the war but left many of his comrades behind in the Far East. It was from Norfolk and Suffolk that many who were captured in Singapore came.

God does not ask us to forget
those we have known and loved.
But sadness has to be tinged with gratitude
for lives that shaped us,
for hands that held us,
for voices that inspired us,
for love that enriched our lives.
Believing that those we remember
are held in God's embrace,
we trust that we will meet them again –
in a place where there can never be farewells

Heather



St Mary's Church Erpingham - Help with the cost of living

Community Table

The Community Table in the church continues to be well supported and used.

Thank you to all who provide items for the table.

Food donations to the Community Table can be taken to church.

Items recommended:

Long life milk	laundry detergent
Tinned fish	shampoo
Tinned meat	pot noodles
Tinned vegetables	deodorant
Pasta sauce	Toilet rolls
Squash/fruit juice	washing up liquid

St Mary's Church Erpingham invites you to.... Young People's Choir..... and Mini Melodies!

Erpingham Young People's Choir

For ages 7 to 16 years

FREE



Join us every **Thursday** during term time
from **4:15 to 5:15pm**

Erpingham with
Calthorpe Village Hall
NR11 7QD

To sign up & for more information,
please contact evebryantvocals@gmail.com

St Mary's Mini Melodies

11am
Every Thursday

Erpingham With Calthorpe
Village Hall, NR11 7QD

Immerse your little one in the enchanting world of music
with Mini Melodies! Join us for a delightful hour of musical
exploration and percussion play designed for toddlers.

£2 per session
or 12 sessions for £20

For more info:
evebryantvocals@gmail.com



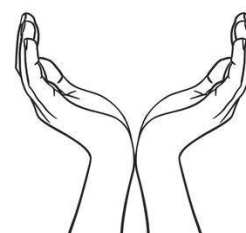
HEALING MINISTRY

From the earliest times Christians were involved in prayers for healing.

Religious communities offered hospitality to the sick, grew and used herbs to help with healing through the ages, and they were the founders of hospitals. We are following in this tradition and will be offering laying-on of hands, and prayers for healing, at the end of the service on the first Sunday of each month at Erpingham.



During this time the choir will sing or the organist will play. Requests for prayer will be confidential. It will be a time when the congregation will keep silent prayer. Prayer such as this often brings comfort. We offer this healing prayer to anyone who would like to come, and we welcome you to church.



Keeping us all safe

Sadly we will all be aware that abuse of every kind seems to be in the news every day. No where seems to be exempt and to its great shame the church has had more than its fair share of horrendous stories. To this end there has been a big effort on the part of the church, and in particular in this Diocese, to increase the awareness of abuse, encourage reporting, and supporting anyone who has suffered in this way.

November 16th has been designated Safeguarding Sunday.

It is said that 1 in 5 people will have suffered domestic abuse and 1 in 3 women, although the figures may well be higher because of historical under reporting. This is truly shocking.

For this reason I have been appointed as the Parish Safeguarding Officer for this benefice and have been making sure that anyone in any church roll has completed safeguarding training required of them and information is available in the churches giving contact details of people and organisations that can help.

My plea is that we don't put our heads in the sand but recognise where there is something that we uncomfortable with and report it. Respond to anyone who tells you about abuse, listening to them, reassuring them that something will be done, but please, don't promise confidentiality. You must record what you have heard – in writing within 24 hours - and refer it to those who need to know but only those who need to know. This can be to me or Heather or any of the help lines below. Please don't investigate by talking to other people, or judge, and record facts not opinions. In this way we hope that the abuse that appears to be escalating everywhere can be stemmed and we can all show respect and care for each other.

RECOGNISE, RESPOND, RECORD AND REFER

'Love your neighbour as yourself' Matthew Ch 22 verse 39

Parish Safeguarding Officer – Helen Burrell 01263 768209

Canon Heather Butcher – 07786266933 canonhdb@gmail.com

Diocesan safeguarding team – 01603 882345

Local Council – 03448008020 Samaritans 116 123

NSPCC 0808 800 5000 Childline 0800 1111

Family Lives 0808 800 2222 Stop it Now 0808 1000 900

NAPAC 0808 801 0331

Respect Phoneline 0808 8010 327 National Care line 0800 0699 784

National Domestic Abuse helpline 0808 2000 247



Pre Advent study group led by Rev Philip Butcher “Fear and Anger”

Thursdays: 30th October
6th November
13th November
20th November

All at 3pm in the home of Helen and Stephen Burrell
Paigles, The Street, Erpingham: 01263 768209
Everyone is welcome to come to join in the discussion

ALL SOULS DAY

2nd November is the day on which the Church offers the opportunity to remember loved ones no longer with us.

So, at **Evensong at Thwaite at 3pm on 2nd November** there will be an opportunity to light a candle and have the name of the person who has died read aloud.

All who have had funerals for loved ones in the benefice will be invited to this service but it is also there for all of us who wish to remember those whom we have loved in this life and whom we continue to treasure though we see them no longer.

After the service there will be tea, wine and cakes as usual.

We hope you will come

WINTER TIME CHANGES AT THWAITE CHURCH

Evensong on the first Sundays and
Evening Prayer on the third Sundays both change
to **3pm**,
throughout the winter, beginning on
November 2nd

Remembrance Day



Some years ago I made a film called 'Magpies in Picardy' about the importance of nature to those serving in the stress of war.

I have now re-edited the film which I have put onto my website. You can find it here: johnsnape.uk

If you put this link into your browser it will take you to it.

The film is intended to be both informative and inspirational and I hope you will feel that it is a suitable reminder for this very important day.

John Snape

CHRISTMAS IN SCARROWBECK THIS DECEMBER



<i>Wednesday 10th 4pm</i>	<i>Chocolate Nativity</i>	<i>Calthorpe church</i>
<i>Thursday 11th 6.30pm</i>	<i>Carols</i>	<i>The Spread Eagle, Erpingham (to be confirmed)</i>
<i>Friday 12th 6.30pm</i>	<i>Carols</i>	<i>Hanworth Memorial hall</i>
<i>Sunday 14th 6pm</i>	<i>Carols by Candlelight</i>	<i>Erpingham church</i>
<i>Sunday 19th 6.30pm</i>	<i>Carols followed by punch & nibbles</i>	<i>Alby church</i>
<i>Sunday 21st 6.30pm</i>	<i>Carols Service</i>	<i>Ingworth Church</i>
<i>Wednesday 24th 3pm</i>	<i>Carol Service</i>	<i>Gunton Chapel</i>
<i>Sunday 24th 8pm</i>	<i>Candlelit Communion and Carol Service</i>	<i>Erpingham Church</i>
<i>Christmas Day 11am</i>	<i>Carol Service</i>	<i>Thwaite Church</i>



Learn to Crochet with Jilly

Contact Jilly to book: Mobile: 07970 016961

or email: jilly.hookedonstitching@gmail.com

- ♥ Two-hour workshops with individual tuition to suit your availability and ability. Learn basic/advanced crochet techniques at your own pace.
- ♥ Find out how to crochet hats, mitts, scarves, toys, purses, flowers etc.
- ♥ Learn the various stitches used and how to follow patterns.
- ♥ Complete beginner to more experienced crocheter welcome.
- ♥ Book for one workshop or as many as you wish.
- ♥ Workshops are provided on a one to one basis, or up to a group of 3 friends,
- ♥ Book your session(s) between 10.00am and 4.00pm on Saturdays.
- ♥ There is also a weekly Thursday evening crochet group where you can practise your new found skills with help at hand.

What's included in the price?

Crochet hook, wool and pattern on your first lesson - Tea, coffee and biscuits -
Friendly atmosphere with lots of laughter and fun.

Erpingham with Calthorpe Village Hall 200 Club **July 2025 monthly draw winners**

September 2025 monthly draw winners

The draw took place at "Cake & Coffee" in the Village Hall on Wednesday 24^h
September 2025.

The winning numbers were:

£30 prize: Number 85

£20 prize: Number 179

You too could be a winner. Some spare numbers are now available. As well as the monthly draws of **£30 & £20**, there is a Grand Draw in December with prizes of **£250, £200, £150 & £100**. For a one off payment of £12 a year you stand the chance of winning up to **£610!** All profits go towards the upkeep and maintenance of the Village Hall.

Peter Gidman is the administrator of the 200 Club.

If you are interested in joining the Club contact him at:

peterjgidman@gmail.com

Tel No: 07425 219292



**THE SPREAD EAGLE (FREEHOUSE)
EAGLE ROAD
ERPINGHAM
NORFOLK NR11 7QA**

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WEBSITE: www.thespreadeagle.pub

1ST OCTOBER TO 31ST MARCH OPEN 5 DAYS A WEEK
Wednesdays to Fridays 2pm to 11 pm. Saturdays and Sundays 12pm to 11 pm

Food served: Thursdays and Fridays 5pm – 9pm
Saturdays 12pm – 9pm
Sundays 12pm – 4pm
Take-aways available

At the heart of the village is our dog-friendly pub with pool table, dart board and a friendly atmosphere. Plus a great selection of drinks and Real Ales.
Beautiful large beer garden, with patios and large car park.

EVERYBODY IS WELCOME

Please look online, or on our blackboards outside the pub, for special events and Live music. We also have a function room available to hire for all of your special events and parties including weddings.

We are proud to say that due to the money raised from pub quizzes, and your kind support, there is now a defibrillator on the pub wall facing Eagle Road and The Street

G'DAY HANDYMAN SERVICES

General property maintenance, painting & decorating,
man with a van, flat pack assembly,
garden maintenance, odd jobs.
All work considered in the north Norfolk area.
Telephone: 07876 455731



Alby Gardens – a Little Gem



Come and visit Alby gardens. They are a hidden gem that many people do not know exist - tucked away at the back of Alby Crafts. Four acres of consummate quiet and a place to reflect which have evolved over its 45year history

OPEN Summer: (late March to late October)
Tuesday to Sunday 10am to 5pm and Bank
Holidays Mondays



An Allotment works for you
all year round! ~

Outdoor Exercise ~ Peaceful Green Headspace ~
Your Own Fresh Flowers, Fruit, Veg for
this year and next

National Allotments Week is 11-17 August
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*At Calthorpe you can have a smaller, easy-to-
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Use our **Wellbeing Special**: choose your space now,
pay once (from just £10), and keep it thru 2026.

Contact jim@dofygate.co.uk / 01263 761798 or 761694



With Pia Shell

Hatha Yoga

Yoga to strengthen, stretch, release and relax
A quiet and mindful practice

Thursday evenings
6.45 - 8.15 pm

Erpingham Village Hall,
NR11 7QB

First class
free of charge

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pia.shell@gmail.com
07767896610

Teucer Wilson, stone carving & lettering



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Report of the Annual Meeting of Erpingham with Calthorpe Parish Council on Wednesday 10th September 2025

In the chair Rob Goodliffe welcomed all those present and apologies were received from Mr Glen Carr, Mr Bill Goreham, Cllr J Toye (North Norfolk District Council) and Cllr S Penfold (Norfolk County Council). There were no Declarations of Interest then the Council approved the minutes of the Ordinary Meeting of the Council held on July 9th 2025. Under matters arising Norfolk County Council had advised that the 'Erpingham' village sign would be replaced and were seeking a price to repair the A140 milestone. The Eagle Road bank had been cut again. On planning the Council had no objection to the 2-storey extension at Littlewood Lodge, Butts Common.

In his finance report the Clerk advised that the External Auditor had confirmed that the AGAR submissions were signed off with no matters for the Council to consider; he would display the Notice of Conclusion of Audit shortly. The review of Clerk's pay had been concluded nationally and the Clerk submitted a claim for back pay (from 1.4.25) and a letter to amend the bank's Standing Order. He had amended the Council's Asset Register to include the 'bike rack'. PAYE/nic was due to HMRC shortly. The Council had received a Section 106 payment from NNDC of £1272.30. The following payments were approved for Clerk's expenses, external audit fee, HMRC paye, Clerk's back pay, grass cutting and the Clerk's salary.

There was no Health and Safety report for the play area but the Clerk and a member had met a contractor to discuss rectification works - the recommendation is to make minor repairs on 'moderate risk' items inc. reducing the 'multi-play' slightly. This would allow the Council to plan over the next few years to raise funds to replace other items under question. The Council asked the Clerk to request quotes for the above and for the total cost of repairing the equipment in question. Two members undertook to arrange the pruning of overhanging branches.

In general council business the Chairman had finalised the specification document for the new path and this would sent out shortly. The Council discussed a 20 mph speed limit and asked the Clerk to liaise with the County Councillor to establish the ground rules. The Council considered administrative changes as the Council has a .gov website address and a new email for the Clerk (also .gov). The new contact email for the Council had been set up but was not yet active. The Clerk would gradually migrate the Council's business to the new address. The Accounts and Audit Regulations require the Council to have an IT Policy in place. The Clerk issue a first draft for the consideration of members. The Council would review the policy at the next meeting. The Council considered a defibrillator for Calthorpe; providing electricity to the church wall would be problematic so the item was deferred so other locations can be considered.

In the clerk's Report he would be preparing a budget for the next meeting on Wednesday 12th November, taking into account the plan to generate funds for play area enhancement. The precept proposed would be the first step in achieving this. From members the Council heard that the police priority is 'anti-social behaviour inc motor cars'; also the defibrillator is in good order and the SAM sign is due to return soon. The plan to resurface the MUGA will be progressed with the Clerk.; also the current thinking at NNDC on the Local Government Review. The meeting closed at 20.50.

KEEPING IN TOUCH PRINTING COSTS

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Erpingham Parochial Church Council

Sort Code: 20-03-26

Account Number: 40358452

Please reference the payment "Keeping in Touch"

or send a cheque payable to Erpingham PCC to our Treasurer:

Belinda Northey, St Petroc, Cromer Road, Ingworth NR11 6PJ

(please write "Keeping in Touch" on the back of the cheque)

Please let the Treasurer know if you are able to Gift Aid your donation

Keeping In Touch Committee

Linda Howard

Corinda Carnelley

Stephen Burrell

editor

website

distribution/Erpingham

Belinda

distribution/advertising/Ingworth
and treasurer

Mary-Claire

Colin Willis

Sheila Goodley

Richard Harboard

Thwaite

Calthorpe

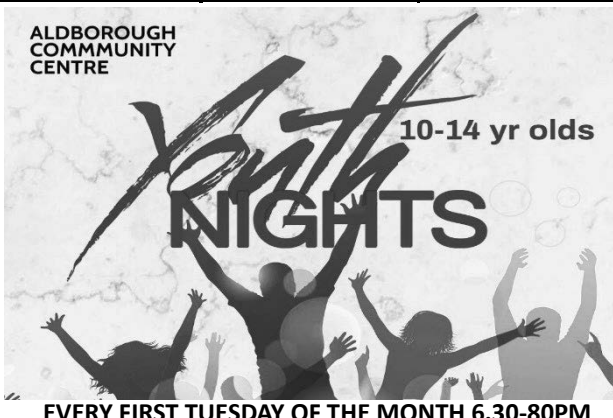
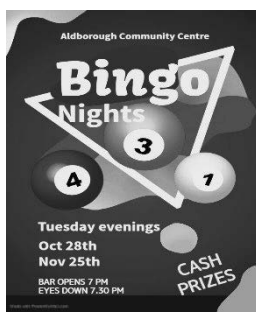
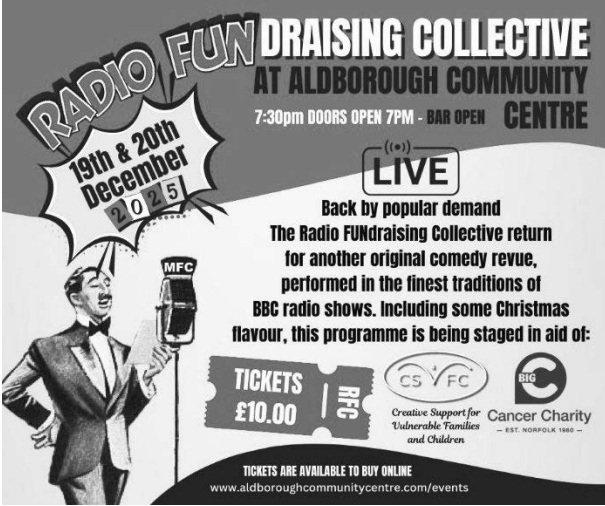
Alby

Hanworth/Gunton

Rev Heather Butcher

What's on at Aldborough Community Centre?

(Registered charity 268101)

Exercise at ACC <i>Stay local, save time and fuel!</i>			Upcoming events	
Check website for details.				
Monday	6.15-7.15pm	Zumba		
Tuesday	5-6pm	Belly Dancing		
Wednesday	2-3pm	Tai Chi		
Wednesday	6-7pm	Seed Yoga		
Thursday	4.30-5.30pm	Pilates		
Thursday	6.15-7.15pm	Zumba		
Friday	10-11am	Extend fitness		
Friday	6-7pm	Yoga (self-help group)	BAR OPENS 7pm Details of films on posters at ACC or email David at dpg.jazz@icloud.com	
			 	
 Every Tuesday from 10-noon -filter coffee, teas, cakes, newspapers and chat. ALL WELCOME! DOG-FRIENDLY TOO! Light lunches on first Tuesday of the month from 12.30 before Hub Talks HUB TALKS & AFTERNOON TEA 2pm November 4th <i>From Concept to Creation</i>. Chelsea Flower Show Gold medal winner 2025, Jo Carey will talk about how he designs his award winning gardens December 2nd <i>It's a wrap!</i> Creative ways to wrap Christmas presents and manage those tricky-shaped ones.			 Need a little digital confidence boost? Come along to Computer/phone Club every Thursday 2-3pm	
ACC Bookings and Hire Please use our online booking system on our website: www.aldboroughcommunitycentre.com £15/hour for hire of the main hall, £10/hour for fitness classes. See website for rates for all other rooms. https://www.facebook.com/AldboroughCommunityCentre/			Other events Cricket Club Quiz Night Nov 7th 7.30pm Yin and Sound Dec 3rd 6-7.30pm For the Love of Craft Christmas Market Nov 15th & 16th 10-4pm	

Please send items for next double edition **December & January** by **14th November 2025** to:
Linda Howard cicely@danielbrian.co.uk 01263 833323

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