

KEEPING IN TOUCH IN SCARROWBECK

HOME DELIVERY FREE

donations welcome

July 2024

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

St Andrew’s Gunton



July	Trinity 6	Trinity 7	Trinity 8	Trinity 9
	7th	14th	21st	28th
Alby	--	11am HC	--	--
Calthorpe	--	--	--	--
Erpingham	10am Group Service	9.30 HC	9.30 HC	9.30 HC
Gunton	--	--	--	--
Hanworth	--	--	--	11am HC
Ingworth	--	--	--	--
Thwaite	4 pm Evensong	9.30 Morning Prayer	11am HC	4pm Evening Prayer

9.15 am Midweek services are in Erpingham church

Wednesday 3rd	Wednesday 10th	Wednesday 17th	Wednesday 24th	Wednesday 31st
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KEEPING IN TOUCH PRINTING COSTS

We are grateful to all who donate so generously towards the printing costs of Keeping in Touch. You can now donate securely on line with your smart phone or tablet. Please scan the QR code.



Please see the information inside the back page for donations by cheque or direct payment.
Thank you for your support.

Priest-in-Charge of Scarrowbeck Benefice

Canon Heather Butcher

25, Muskett Way, Aylsham NR11 6GF 01263 735922 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 mcmarriott@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 (Readers)

The Lay Ministers/Readers in this benefice help take services in the benefice but in addition if you or anyone you know, would like to be to be prayed for, please let Angela know, or indeed any of us, and we will gladly pray for you in our own prayers and at the services if you wish.

Please let us know as well 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 Helen in the first place and this can be arranged at a time to suit you, or we are always on the end of a telephone:

Angela Parkes	0779969281
Helen Burrell	01263 768209
Colin Willis	01263 577288

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 which are published on the service rota. 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.

REMINDER

The next edition of *Keeping In Touch* will be for
August and September
Please send items by 14th July

PRAYERS FOR THE PARISHES

Week beginning Sunday

July

7th	Ingworth:	Cromer Road, Priory Lane, Gulgate, West End
14th	Ingworth:	Banningham Road, Butts Common
21st	Hanworth:	Parrow Lane
28th	Calthorpe:	Aldbrough Road

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

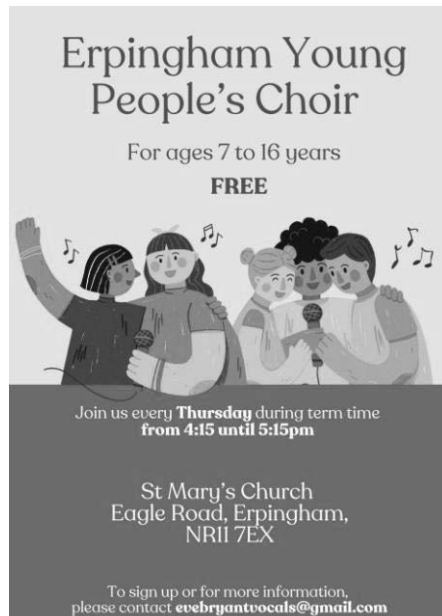
Community Table

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



Erpingham Young
People's Choir

For ages 7 to 16 years
FREE

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

St Mary's Church
Eagle Road, Erpingham,
NR11 7EX

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

The poster features an illustration of five children singing into microphones, with musical notes floating around them. The text is arranged in a clear, hierarchical layout, starting with the choir name and age range, followed by the cost (FREE), the meeting schedule, the location, and finally the contact information for sign-ups.

July letter

I have learned (or perhaps relearned) some important lessons since I have been unwell. Firstly, the power that kind words contain. Some people wrote their kind words, some just said an encouraging word, others a simple "how are you" and took the time to wait for an answer. I learned again how healing words can be. But more than that, they gave me a sense of worth, and perhaps there are times when we all need that. Then because my vulnerability made others open up to me I realised again how much we all carry. Inside us all are the scars and wounds, some of which are still raw, that life inflicts on us. Then out of the blue from 60 years ago the jingle that helped us remember the Girl Guide promise came to mind

'Trusty, loyal, helpful, friendly, courteous, kind.....'

Not a bad foundation for living and not far from the 'fruits of the spirit' which St Paul speaks of in his letter to the Christians living in Galatia. They are love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self control. My belief is that wherever we see these gifts being lived, we see the Holy Spirit at work.

I found this poem which might help us on our way, not brilliant poetry but the sentiments are good:

Let us be kind
The way is long and lonely
And human hearts are asking for this blessing only,
That we be kind We cannot know the grief that men may borrow
We cannot see the souls storm-swept by sorrow
But love can shine upon the way today, tomorrow
Let us be kind

Let us be kind
This is a wealth that has no measure
This is of Heaven and earth the highest treasure
Let us be kind
A tender word, a smile of love in meeting
A song of hope and victory to those retreating
A glimpse of God and brotherhood while life is fleeting
Let us be kind

Let us be kind
Around the world the tears of time are falling
And for the loved and lost these human hearts are calling
Let us be kind
To age and youth let gracious words be spoken
Upon the wheel of pain so many lives are broken
We live in vain who give no tender token
Let us be kind

Let us be kind
The sunset tints will soon be in the west
Too late the flowers are laid then on the quiet breast
Let us be kind
And when the angel guides have sought and found us
Their hands shall link the broken ties of earth that bound us
And heavens and home shall brighten all around us
Let us be kind

With prayers and good wishes
Heather

A Night at the Opera with Choral Society



Sheringham and Cromer Choral Society April 2024

Image copyright Paul Hurst

Sheringham and Cromer Choral Society return to St Peter's Sheringham Saturday 20 July at 7:00 pm the final concert of the 2023-2024 season

This will be a delightful programme comprising a selection of popular choruses from the worlds of opera, operetta and oratorio. Whilst this may be a slight departure from the choir's usual choral repertoire it promises to be a joyous programme perfect for a summer evening.

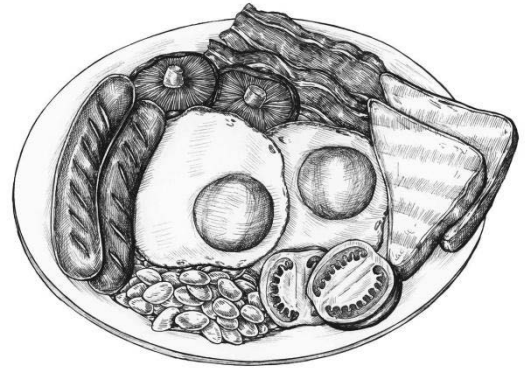
The programme includes such favourites as Verdi's *Brindisi* from *La Traviata* and *Chorus of the Hebrew Slaves* from *Nabucco*, excerpts from *Judas Maccabeus* by Handel as well as Gilbert and Sullivan choices like *A Wandering Minstrel I* from *The Mikado* and *Hark the hour of ten is sounding* from *Trial by Jury*.

The choir is directed by David Ballard and Philip Adams will accompany at the organ.

Tickets £12 (under 18's free) from the box office at Sheringham Little Theatre 01263 822347 or online at www.sheringhamlittletheatre.com

For full programme details and more information about the Society please visit www.sheringhamandcromerchoral.org.uk

THE VILLAGE BIG BREAKFAST



**Saturday 14th
September 2024
9am until 11am**

**Erpingham with Calthorpe Village Hall.
You are invited to come and enjoy a
cooked English breakfast with a
selection of pastries and cereals
(Vegetarian option will be available)
This event is open to all please bring
friends and family or just come along
and enjoy the company of others.**

£10.00 per adult

**£5.00 per child or for a non-cooked
breakfast**

**There will be limited breakfasts to just
turn up on the day but to guarantee your
space**

Please call

Ro - 01263 768220/07899842379

Lucy - 01263 768855/07523331118

THE SPREAD EAGLE EAGLE ROAD



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FACEBOOK: pig at the pub

OPEN 6 DAYS A WEEK 12-11 PM
CLOSED TUESDAYS
LUNCHTIME MENU: WED, THURS, FRI, and SAT 12-2.30PM
SUNDAY 12 – 3pm
EVENING MENU: WED, THURS, FRI and SAT 5-9PM
NO NEED TO BOOK

At the heart of the village is our Dog friendly pub with a friendly atmosphere, a great selection of drinks and Real Ales. We are also very proud to say that we are in The Good Beer Guide .

We are very much a traditional pub serving delicious food by ***pig at the pub***; to pre-book please phone 01263 649070 requesting a table for ***pig at the pub***.

Beautiful large beer garden, with patios and large car park.

Please look online or on our blackboards outside the pub, for special events an Live music.
We also have a function room available to hire.

EVERYBODY IS WELCOME

Erpingham with Calthorpe Village Hall 200 Club

May monthly draw winners

The draw took place at "Cake & Coffee" in the Village Hall on Wednesday 29th May 2024

The winning numbers were:

£30 prize: Number 196

£20 prize: Number 2

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 has taken over as Administrator of the 200 Club.

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

peterjgidman@gmail.com

Tel: 07425219292



The Pavilion, Aylsham Recreation
Ground
Your **local** not-for-profit social enterprise
yarn shop

Our ever-popular **Shetland Hat**
workshop is taking place on
Saturday 14th September
2024 from 10:30-3:00pm



By the end of the workshop, you will be well on the way to having your own version of this popular hat, which is a different pattern each year. Included are all the necessary colours in 100% Merino yarn, pattern, tuition and refreshments.

For prices and availability please contact Jill on
jilly.hookedonstitching@gmail.com or 07970 016 961

The Pavilion, Aylsham Recreation Ground
Your **local** not-for-profit social enterprise yarn shop



Hospice Ethiopia UK Jane Austen fundraising event
3pm Sunday July 28th 2024

One of Norfolk's great country houses, Cromer Hall will host dramatic readings from Jane Austen's *Northanger Abbey* in July. Cromer Hall is privately owned and was built in a variant of the Gothic Revival style in 1829 and is not usually open to the public. It is an ideal venue, for dramatic readings from this much-loved novel - and the guests will be treated to live music from the brilliant Emma Nuule and a sumptuous cream tea along with a themed raffle.

Book your tickets now for this fabulous event at:
Cromer Hall, Hall Road, Cromer. NR27 9JG.

Tickets cost £20 each: please contact info@hospiceethiopia.org.uk or ring Sue 01263 768699

Southrepps Chorale sings

Into The Stars

Requiem (John Rutter)

Songs of Peace (Will Todd)

Cantique
de Jean Racine (Gabriel Fauré)

With Lauren Dove (soprano)
and William Lambert (Norwich Cathedral choir)

Choir and Musicians directed by Stephen Richards

Saturday 20th July 2024, 7.30pm
St. Nicholas Church,
North Walsham NR28 5BT

Tickets £15 (under 18's free)

www.ticketsource.co.uk (no booking fee)
tel. Olga on 07979 833124
email info@southreppschorale.org.uk

www.southreppschorale.org.uk

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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
Holiday Mondays

**Enjoy the north Norfolk
countryside in summer**

**Tea, homemade cakes and scones
Alternate Wednesdays
2pm to 4.30pm**

Cake on the Common

Hanworth with Gunton Memorial Hall

Opening dates:

Wednesday May 8th

Wednesday July 31st

Wednesday May 22nd

Wednesday Aug 14th

Wednesday June 5th

Wednesday Aug 28th

Wednesday June 19th

Wednesday Sept 11th

Wednesday July 3rd

Wednesday Sept 25th

Wednesday July 17th

Walkers welcome

Hanworth Common, 33 acres of enclosed common, the largest in England.

Grazed by cows in summer

On the long distance walk - Weavers Way

Reach it by road by turning off the A140 (between Cromer and Aylsham) at the stone cross. Follow this road past the church, over the cattle grid to the crossroads. Straight across the crossroads taking the first left at the phone box. You will find the Memorial Hall on the right.

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

Please contact Pia
pia.shell@gmail.com
07767896610

Teucer Wilson, stone carving & lettering



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Diary Dates 2024

Night at the Opera St Peter's church Sheringham	7pm	20 th July
'Into The Stars' Chorale concert St Nicholas' church North Walsham	7.30pm	20 th July
Pop-up pub & bbq Hanworth & Gunton village hall		3 rd August
The Village Big Breakfast Erpingham with Calthorpe village hall	9am -11am	14 th September
Hallowe'en & Pop-up pub Hanworth & Gunton village hall		3 rd October
Weavers Way Marathon by Boghopper Races		5 th October

If any readers would like to make a one-off or regular donation, please make a direct payment or set up a Standing Order to:
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:
Liz Ashness, Beech Cottage, Chapel Road, Erpingham,
Norwich NR11 7QJ
Tel: 01263 761224 liz.ashness@btinternet.com

(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

THE NEXT DOUBLE ISSUE:

Please send copy for the **AUGUST & SEPTEMBER 2024** edition
by **14th July 2024**

to the editor: Linda Howard cicely@danielbrian.co.uk 01263 833323

**THANK YOU TO ALL WHO CONTRIBUTE TO THE
PRINTING COSTS OF *KEEPING IN TOUCH IN SCARROWBECK***

Please Support our Local Businesses

<p>ROPER HEATING SERVICES Oftec Registered Engineer covering local Oil Boiler Servicing and Breakdowns. Small heating maintenance calls and warranty calls. Grant boiler G1 engineer covering every make and model of oil boiler. Oil boiler changes and upgrades available with plenty of notice. Fully Registered and Fully Insured. Call Steve on 07788414514</p>	<p>NORFOLK CHILDREN'S BOOK CENTRE 60,000 wonderful books for children. Come and have a look! Parents, children, teachers, everybody welcome! Open Mon-Fri 9-5, Sat 10-5. Church Lane, Alby NR11 7HB Tel. 01263 761402 nbc.co.uk</p>
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<p>ERPINGHAM WITH CALTHORPE VILLAGE HALL is available to hire throughout the year. It provides excellent facilities for clubs, children's parties, wedding receptions, anniversary celebrations, theatre, dances, exhibitions, and much more. For further information and enquiries please contact Tony Amies at 07979381277 or email: amiesanthony@gmail.com</p>	<p>EASTLAKE DECORATING SERVICES Local independent lady decorator specialising in interior painting and decorating. Friendly, reliable and high-quality service. Not sure about colour or finish? Why not try my colour consultancy service. Call or email me today for a no obligation quote on 07984 086496 or amanda@eastlakedecorating.co.uk. www.eastlakedecorating.co.uk</p>