

KEEPING IN TOUCH IN SCARROWBECK

DOUBLE ISSUE – August and September

(see back cover for September services)

This edition is also available on website: www.scarrowbeckbenefice.org.uk



St. Bartholomew's Church, Hanworth.

August	Trinity 7 3rd	Trinity 8 10th	Trinity 9 17th	Trinity 10 24th	Trinity 11 31st
Alby	--	11am HC	--	--	--
Calthorpe	--	--	--	--	--
Erpingham	9.30 Group Service	9.30am HC	9.30am HC	9.30am HC	9.30 Group Service
Gunton	--	--	--	--	--
Hanworth	--	--	--	11am HC	--
Ingworth	--	--	--	--	--
Thwaite	4 pm Evensong	9.30am Morning Prayer	11am HC	4pm Evening Prayer	--

9.30am Midweek services in Erpingham church

Wednesday 6th	Wednesday 13th	Wednesday 20th	Wednesday 27th
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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 AUGUST Week beginning Sunday

3rd	Hanworth:	Emery's Lane
10th	Calthorpe:	The Street and Wickmere Road
17th	Alby::	Church Road, Lane End and Middle Hill
24th	Hanworth::	Hanworth Common
31 st	Erpingham	Primary School

7 th	Erpingham:	Eagle Lane, Eagle Road, Eagle Close, John Franklin Way and Highnoon Road
14 th	Gunton:	Gunton Park
21 st	Erpingham:	Jubilee Close, Birch Court and Lowlands
28 th	Alby:	The Common, Blacksmith's Lane and Church Lane

From the Registers

Weddings

Alby church Anna Elizabeth Gray and William Craig Turner 28th June 2025

Alby church Eliana Phoebe Elizabeth Campbell and Frazer George Carr 12th July 2025

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 evbryantvocals@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:
evbryantvocals@gmail.com



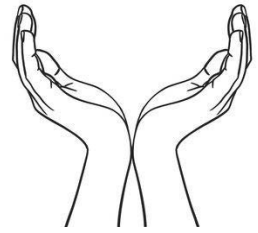
HEALING MINISTRY

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.



August and September letter

Who says church is boring! We had lots of fun at the family service this month. We shaped dough by plaiting it and took our little loaves home to bake. I hope they tasted good. We were celebrating the first loaf of harvest and thanking God for our food and for farmers.

The youth choir sang wonderfully - a song promising to care for the world. As we see the harvest being gathered in all around us we can't help but think of the plight of worried farmers, and the state of the created world which provides for all our needs.

It is overwhelming to think about the destruction caused on a large scale by some corporate bodies but that shouldn't make us give up. In small ways we can make a difference. The price of wool is going up and I was told by a farmer that this year they won't have to dump their fleeces. I hope this is a sign of a return to natural fabrics. I notice even my Magnum wrapper was made from recycled plastic so that's encouraging too. The new white Magnum's with nuts are lovely! I am still collecting stamps to send for funds for the Middle East which seems a paltry thing to do given the horror that is going on but it is my way of being of at least doing something and it is a form of recycling. Glasses, candles, pill foils can also be recycled. I would be interested to know about other things that might be collected and recycled.

We have two ways of celebrating the wonderful gift of creation in the autumn. Firstly we are having an animal blessing service on 12th October at 3pm, at least one horse is coming! We hope you will think about coming and bringing a loved pet. On the 19th October we have our annual Harvest service and supper. It might seem a bit late but we are thinking of the harvest of potatoes and fruits as well as grain. I have a tremendous crop of plums this year, so hope they all ripen.

God of the seed time and the harvest
the making and the baking
the breaking and the sharing
may food, friendship and thankfulness
nourish our compassion
and give energy to our protest
so that time will come
when all share in the feasting
and the fun.

But before October, enjoy the summer and the holidays
Heather

Thank you to everyone who contributed to our recent appeal for help with the printing costs of Keeping in Touch. Thanks to your generous gifts and the Gift Aid the church will reclaim we have so far raised £772.50 which will make a real difference to our funds. Thank you for your support.



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

June 2025 monthly draw winners

The draw took place at "Cake & Coffee" in the Village Hall on Wednesday 25th June 2025.

The winning numbers were:

£30 prize: Number 158

£20 prize: Number 126

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:

petergidman@gmail.com

Tel No: 07425 219292



UK Government

Are you over State Pension age, or know someone who is?

Pension Credit tops up pension income and can help with day-to-day living costs.

If you are over State Pension age, you may be eligible to claim **Pension Credit**, even if you own your home or have savings. People who claim **Pension Credit** may also be able to get:

- help with heating costs
- help with rent and Council Tax
- a free TV licence for those aged 75 or over
- help with the cost of NHS services, such as NHS dental treatment, glasses and transport costs for hospital appointments

You could be eligible for **Pension Credit** if your weekly income is below £218.15 or, if you have a partner who lives with you, £332.95. Qualifying income level may be higher in some circumstances.

Don't miss out.



Is the rising cost of living making it difficult for you to budget?

Has an unexpected bill, loss of income or change in circumstances meant that you are struggling financially?

Are you temporarily living with friends or family and want to gain your own independence?

Are you at threat of facing homelessness?

Does the idea of searching for private rented accommodation feel overwhelming?

Do you need advice around any other housing related concerns (e.g. disrepair, hoarding, condensation, mould and damp, etc)?

Have you recently moved to the area and want to know what support is available locally?

Are you experiencing problems in your relationship?

If your answer is yes to any of those questions, get in touch with the Community Outreach team:

• call 01263 516043

• email community.outreach@north-norfolk.gov.uk





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

TEL: 01263 761938
FACEBOOK : @TheCoastalKitchen
INSTAGRAM: thecoastalkitchen01
WEBSITE: www.thespreadeagle.pub

**OPEN 6 DAYS A WEEK 12-11 PM
CLOSED TUESDAY**

Food served: Thursdays and Fridays 5pm – 9pm
Saturdays 12pm – 9pm
Sundays 12pm – 4pm

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
Holiday Mondays

Norfolk Churches Trust

Our three Bishops endorse the Bike Ride



The 2025 Bike Ride is on Saturday 13th September!

Thank you so much to everyone who took part in the 2024 Bike Ride – it was a glorious day and we hope you had a great day out and enjoyed visiting our wonderful churches. Let's hope this year's will be just as good!

**Since the Bike Ride started, we have raised over £4 million!
A tremendous effort by everyone who has taken part.**

If you would like to register, you can do that on line.

Congratualtions! Sean Lock of Town Green Alby has been awarded the BEM, on the King's birthday honours list, for his services to the Scouts and work with young people.

Profits from this year's Erpingham Church Harvest supper will be sent to

Mind Norfolk and Waveney - REST

REST stands for Recover, Eat, Support and Talk

The REST Community Wellbeing hubs provide one-to-one, and group- based support to people who are experiencing mental health difficulties in a non- clinical environment.

There are hubs – open 7 days a week - in Thetford, Norwich, Kings Lynn, and Aylsham where can be found: Coffee social hours (not Wednesdays), Sunday fun-day, kindness café, Art group, Bereavement café, Suicide Bereavment café and English as a second language, from 11am to 5.30pm.

Contact: aylshamrest@norfolkandwaveneymind.org.uk or call 03003305488

St Mary's Church, Erpingham

HARVEST FESTIVAL



Sunday 19th October

SERVICE at 6.30pm

followed by SUPPER at 7.30pm



Supper Tickets £10.00

(please bring your own drink)

From:- Helen Burrell 01263 768209

OR Linda Howard 01263 833323

(profits from the supper to MIND Norfolk and Waveney)

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



sculpture, garden pieces, memorials, signs
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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
with a focus on: '*Allotments and Wellbeing*'

At Calthorpe you can have a smaller, easy-to-manage plot.

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



What's on at Erpingham with Calthorpe Village hall

Day	Activity	Time	Contact
Monday	Pilates	10am to 11am	Sally sally@remedyflows.co.uk 07788102328
Tuesday	Twinkle Toes Baby Massage - Music, Movement and Sensory Classes (by prior arrangement)	10am to 12:30pm	Amber babymassage.twinkletoes@gmail.com 07595167359
	Carpet Bowls (Sept to March)	7pm to 9pm	John johnsnelling0@gmail.com 07300 215830
Wednesday	Coffee Club	10am to 12pm	Tony mr.tonymoore@yahoo.co.uk
Thursday	Stretch Leisure	9:30am to 10:30am	Annamarie Stretch@daytimefitnessclasses.co.uk
	St Mary's mini melodies	11am 12pm	evebryantvocals@gmail.com
	Erpingham Young People's Choir	4:15pm to 5:15pm	evebryantvocals@gmail.com
	Yoga	6:45pm to 8:15pm	Pia pia.shell@gmail.com
Friday	Art Group	10am to 1pm	Jinny Vinden@sky.com 01263 768223
	Short Mat Bowls (Sept to March)	2pm to 4pm	John johnsnelling0@gmail.com 07300 215830

For booking enquiries please email Tony on:
amiesanthony@gmail.com or telephone 07979381277

Report of the Annual Meeting of Erpingham with Calthorpe Parish Council Held on Wednesday 12th March 2025

In the chair Rob Goodliffe welcomed all those present and apologies were received from Mr Alan Witham and Cllr S Penfold (Norfolk County Council). There were no Declarations of Interest then the Council approved the minutes of the Annual Meeting of the Council held on May 14th 2025. Under matters arising the 'priority' on Eagle Road had now been reversed and the verge cut to provide improved visibility. The Clerk would refer to Norfolk County Council the missing 'Erpingham' sign on The Street, Calthorpe. On the Annual Parish Meeting items the Clerk had made contact with the Art group about display boards for their exhibitions. Under planning the Council had no objection to the 'Alby Horseshoes' change of use to flats. and the Council had no objection to the 2-storey dwelling on land north of The Street, but the application had been refused. The Eagle Hose conversion from 2021 had been approved. On finance, in his report, the Clerk had renewed the electricity contract with E.ON for 3-years at an estimate of £255 pa; he advised that a payment for PAYE/nic was due this month (first qtr); he had submitted the Council's return to the external auditor. He had reviewed the query over asset records and included the bike rack under 'Other' in the accounts. The Council approved payments due for electricity , bin collections, website hosting and grass cutting as well as the HMRC payment and the Clerk's June pay.

In Council business on the play area there were no further issues and the inspection record was signed. On the rectification work – following difficulty in obtaining a quotation the Clerk was asked to arrange a site meeting with a prospective repairer and two members would attend. The Council reviewed the progress of the new path project – the Chairman had prepared a summary of the works required which can be used as a basis for quotations to be obtained. A number of potential contractors were identified so the Clerk would contact them to establish their willingness to quote. The quotation document would be finalised and sent out for quotation. An extraordinary meeting may be required depending on timings. The Chairman was in discussion with North Norfolk District Council over some queries and also obtaining the necessary permission from them to proceed on their land. The Council considered a response to poor mobile and broadband service in the parish and urged residents who experience 'no reception' or broadband outage to contact their mobile company or their broadband provider as appropriate and copy in the District Councillor who has taken a special interest in the problem. It is understood that North Norfolk District Council is using detection equipment on refuse vehicles to identify any areas where the mobile signal is unavailable.

In reports the Clerk advised that he was in contact with Norfolk Assoc. of Local Councils regarding the change in website and email address in due course. It is not expected to have a significant effect on Council business but would be used in official communications. The Clerk would be required to monitor an additional email address. The next meeting is scheduled for Wednesday 10th September 2025. From members the Council heard that the defibrillator was in order; that the SAM sign was now outside the village and that the MUGA was to be resurfaced. Cllr J Toye (NNDC) briefed the Council on the planned changes to unitary authorities and mayoral elections. The Council discussed the potential ramifications. In open meeting the Council heard about the Village Hall Committee's plans to introduce acoustic panels to improve the sound in the hall; also that there is now a 'Bleed Kit' at The Spread Eagle. With no other business the meeting closed at 20.40.

NORWICH LIFELONG LEARNING – AYLSHAM BRANCH

AUTUMN COURSES 2025

Aylsham Branch - NLL will be holding two 5 week courses in the autumn term.

Norwich Shawls – tutor Pippa Lacey

Tuesday afternoons 2.00 – 4.00 from September 23 at Emmanuel Church Aylsham

This course explores the beautiful Norwich shawls of the late 18th and 19th centuries. We look at the desire to imitate Indian shawls imported from Kashmir. Shawls were first produced in Norwich by entrepreneurs who manufactured hand-embroidered shawls and counterpanes. By the mid -19th century thousands of workers were employed producing woven or printed wool and silken shawls. Leading Norwich manufacturers won awards for their masterpieces at international trade fairs, their creations worn by royalty and exported around the world.

Course code AAU25C0001 Fee £45.00

America in Transition – Fiction from the Gilded Age to Modernism- tutor Maggie Selby

Tuesday afternoons 2.00 – 4.00 from November 4 at Emmanuel Church Aylsham

This course looks at the fiction that reflected and shaped America as it evolved from the post- Civil War age through to early Modernism. This period spans crucial transitions in American identity, culture and literature. How did writers such as Henry James, Charlotte Perkins, Ernest Hemingway and F. Scott Fitzgerald chronicle and critique a nation redefining itself through unprecedented change?

Course code AAU25C0002 Fee £45.00

Apply via the website www.norwichlifelonglearning.co.uk

If you cannot book online either email info@norwichlifelonglearning.co.uk or phone 01603 629557 and leave a message including your contact details.

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.



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:

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

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Website
Distribution & Erpingham representative
Alby representative
Calthorpe representative
Thwaite representative
Hanworth with Gunton representative

Linda Howard
Belinda Northey
belindanortheyis@outlook.com
Corinda Carnelley
Stephen Burrell
Sheila Goodley
Colin Willis
Mary Claire Marriott
Richard Harbord

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.			 <p>Details of films on posters at ACC or email David at dpg.jazz@icloud.com</p>
Monday	6.15-7.15pm	Zumba	
Tuesday	5-6pm	Belly Dancing	
Wednesday	2-3pm	Tai Chi (starts Sept 24)	
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)	
			
 <p>Every Tuesday from 10-noon -filter coffee, teas, cakes, newspapers and chat. ALL WELCOME! DOG-FRIENDLY TOO!</p> <p>New! Light lunches on first Tuesday of the month from 12.30</p> <p>HUB TALKS & AFTERNOON TEA 2pm</p> <p>August 5th: Benjamin Court Campaign will show and discuss their latest film <i>Healthcare Crisis in North Norfolk</i> September 2nd :Ellie Baker 'Cromer Artspace and the Bigger Picture' including fascinating insights on the pictures now on display outside the community centre</p>			
<p>ACC Bookings and Hire</p> <p>Please use our online booking system on our website: www.aldboroughcommunitycentre.com £13/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/</p>			<p>Date for the diary</p>  <p>For the Love of Craft Christmas Fair Nov15th & 16th</p>

Please send items for the next edition **October 2025** by **14th September 2025** to:
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**

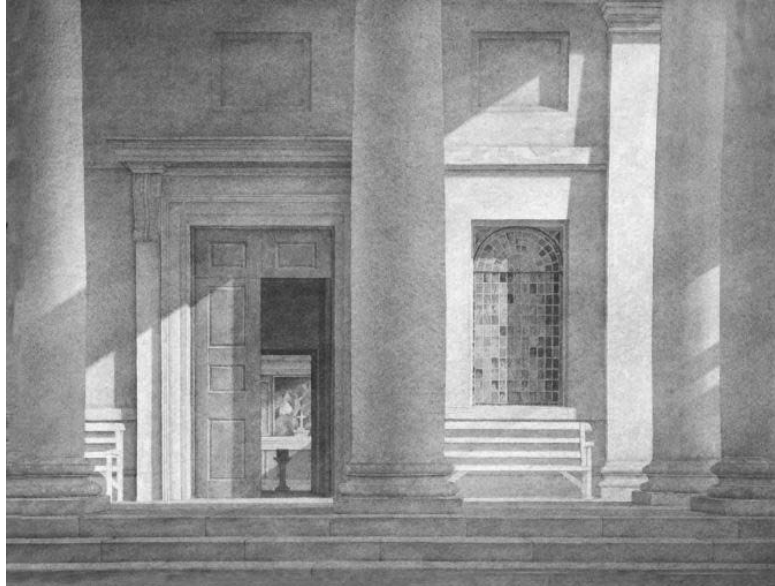
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<p>BICYCLE REPAIR MAN Punctures, Repairs and Servicing Rose Cottage, Thwaite Common, Erpingham Phone Paul 01263 768082</p>	<p>A and M CARPETS Established 1979 Carpets, vinyl, blinds Email: Info@aandmcarpets.co.uk 01263 732066</p>
<p>M. NEWLAND, BUILDERS All building work undertaken. Over 30 years experience. 077 8090 3694 or 01263 768323</p>	<p>ANDY DANIELS YEW TURN Timber framed buildings, carpentry, wood turning, landscaping, repairs, restoration. 30, Silvergate, Blickling yewturndaniels@aol.co.uk 07768680926 01263 734413</p>
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<p>TRULY SCRUMPTIOUS 5* HYGIENE RATED BY NNDC We specialise in Wakes, Celebration Parties, Christenings, Baby Showers, and Afternoon Teas Home-made produce. All dietary requirements catered for. We also hire out Crockery (Plain or Vintage), glasses etc. Plus Wedding Items. For personal service please ring 01263 768076</p>	<p>CHESTNUT BARN, THURGARTON Spacious self-catering holiday accommodation. Sleeps 10-12 plus cots in 4 bedrooms (3 are ensembles). Open plan living area. Enclosed garden with private hot tub. Pets welcome. 01263 761169 07918 673716 www.chestnutbarnnorfolk.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 style="text-align: center;">To advertise here contact Belinda Northey 01263 732882 belindanortheyis@outlook.com</p>

KEEPING IN TOUCH IN SCARROWBECK

DOUBLE ISSUE – August & September 2025

(see front cover for August services)

St Andrew's Chapel, Gunton



September	Trinity 12	Trinity 13	Trinity 14	Trinity 15
	7th	14th	21st	28th
Alby	--	11am HC	--	--
Calthorpe	--	--	--	--
Erpingham	9.30 Group Service	9.30am HC	9.30 HC	9.30 HC
Gunton	--	--	--	--
Hanworth	--	--	--	11am HC
Ingworth	--	--	--	--
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9.30am Midweek services in Erpingham church

Wednesday 3rd	Wednesday 10th	Wednesday 17th	Wednesday 24th
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