

KEEPING IN TOUCH IN SCARROWBECK

Donations welcome

FEBRUARY 2026

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



Ingworth Church

FEBRUARY	CANDLEMAS 1st	2 nd before Lent 8th	Sunday before Lent 15th	1 st Sunday of Lent 22nd
Alby	--	11am HC	--	--
Calthorpe	--	--	--	--
Erpingham	9.30am Group Service with Rev Lamey Healing	9.30 HC 3pm Family Service Plough Sunday	9.30 HC	9.30 HC
Gunton	--	--	--	--
Hanworth	--	--	--	11am HC
Ingworth	--	--	--	--
Thwaite	3pm Evensong	9.30am Morning Prayer	11am HC	3pm Evening Prayer

9.30am Midweek services in Erpingham church

Wednesday 4th	Wednesday 11th	ASH WEDNESDAY HC & Ashing 18th	Wednesday 25th
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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 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 – 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 FEBRUARY

Week beginning Sunday

1st	Hanworth:	Han worth Hall
8th	Hanworth:	Hanworth Common
15th	Calthorpe:	The Street and Wickmere Road
22nd	Alby:	Church Road, Lane End and Middle Hill

From the Register

The funeral of Joyce Duffield will be on February 11th at 11.30
in Erpingham church

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



The Lent Study Groups this year will look at The Nicene Creed



Thursday 26th February
Thursday 5th March
Thursday 12th March
Thursday 19th March

All at 3 pm in the home of Helen and Stephen Burrell
Paigles, The Street, Erpingham 01263 768209

Everyone is welcome to come and join in the discussion

February letter

The Grumpy Old Men's Club meets for a pint and a chat more or less regularly at our local late on a Friday afternoon. About two months ago we got around to discussing Christmas trees. "I leave mine up all year round", said Billy. We looked at him suspiciously. "Yes," he added, "and when Christmas comes round I plug it in, turn on the lights and away you go." Our suspicions deepened. "I keep it in the loft. All those flashing lights – you can't watch the television in peace!" All around us the strings of the pub's Christmas lights winked away like a thousand fireflies practicing Morse code; very unlike the usual quiet atmosphere of the place.



I think Billy has a point. Since childhood one of my Christmas pleasures, which has grown over the years, is to sit at the end of a day of festivities with all the lights turned off except the coloured lights on the Christmas tree. I wind down by letting the steady lights gradually take over. In the stillness the tree decorations begin to manifest their memories. Just below the star on the top is the little recorder playing painted angel we bought years ago in Dresden. She hovers above a long, faded pale blue strip of ribbon draped either side of the tree. It was part of the elaborate wrapping round a wedding present sent to us by three German friends. Two sparrow sized birds in delicate foil, one gold one silver given to us by a child in one of Pauline's classes. And so on.

Other ways of relaxing and becoming still that appeal to me include walking slowly amidst the reedbeds at Cley or Hickling Broad (the birdwatching binoculars chiefly for show) and listening to the rustle of the reeds; leaning over Cromer pier on a soft summer evening after the obligatory fish and chips watching the wavelets lap on the beach; or sitting in one of our beautiful medieval churches just to feel its quietness. And with our mental defences down we can be more open to God as well.

Slowing down and becoming still is only half of what we can achieve. By looking within ourselves we can learn to face up honestly to our failings as well as our strengths. It can bring an inner peace and calm in a special way. A word of warning however, do not expect such calm to appear without a long, patient period of practice and do not expect any exalted feelings to last for long at any one time. Life is not like that. But this searching for a lasting inner calm has been the practice of Christianity, Islam, Hinduism and many other religions over the centuries as well as for anyone without religious beliefs but who can sense the reality of something beyond the merely material world.

Ian Andrews

HEALING MINISTRY

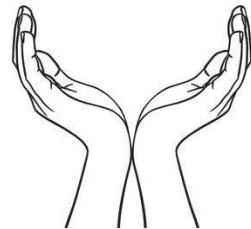
From the earliest times Christians were involved in prayers for healing.

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.



On Sunday 1st February, the Revd Richard Lamey



the Diocesan Director of Mission and Ministry, is coming to preside and preach. He will tell us something about his work and would like to interact with the congregation, to hear what you think about mission and also to ask him questions.

I have suggested to him that the best way to do this is if we collect our coffee after the service and sit in the pews for a 'Question and Answer' session. It will not be long, but I would much appreciate it if you were prepared to stay in church a little longer on **Sunday 1st February**.

Heather

Bring your mum to a family friendly Communion service before you take her out to lunch.

All families welcome.

MOTHERING SUNDAY
On Sunday 15th March at 9.30am





**The Tractors are back and this year,
Land Rovers too!**

**Plough Service 3pm Erpingham
on Sunday 8th February**

A short Family service with an opportunity for the children to Asperge (sprinkle the tractors with holy water) with refreshments to follow including spiced apple juice, sausage rolls, tea and cake!

Come and join in the fun and see the wonderful array of tractors and support our farmers who help to feed us.



**Do you want something to do this winter?
Do you knit or crochet?**

We are hoping to make a supply of lap blankets to keep in the church to help with chilly knees and hands.

Would you be willing to knit/crochet one? All we ask is that it's not lacy – (fingers can easier get caught in the holes) and easily washable. A baby blanket is about the right size, and it can be a plain or patterned as you feel like doing.

There are patterns on **Revelry**, for both the knitter or crocheter, but if you'd like to have a copy of a pattern sent to you please drop me an email:

belindanortheyis@outlook.com or give me a ring 01263732882

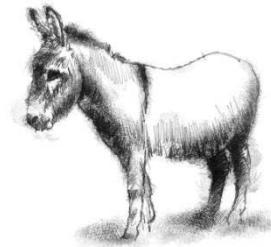


Looking ahead and reaching out to all the creative people in our benefice

- here are some thoughts I have had.....

Does anyone own a donkey which would like to lead us through the village on **Palm Sunday on 29th March**?

I would love to set up some **prayers stations** round the church for a week or so after Easter. For example one idea I have seen is an empty chair representing loss on which people can tie labels with loved ones names on. Other themes could be: saying sorry, helping others, saying thank you etc



Next Christmas it would be wonderful to have a stable scene with manikins dressed as Mary, Joseph etc. In one of my villages in the past someone actually made a full size donkey!

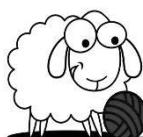
Are there any musicians out there who would like to add to the music in church occasionally? Not a regular commitment but an opportunity to play together for enjoyment.



Would you like to learn to bell ring? We have a small band at Erpingham which we would like to grow. We are learning with some very experienced ringers at Northrepps on Wednesdays 7 - 8.30.

We held a happy and enjoyable home grown concert for the Queen's Jubilee and would like to do something similar again. If you have a party piece do let me know.

Heather 07786266933



Hooked on Stitching

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

November 2025 monthly draw winners

The draw took place at “Cake & Coffee” in the Village Hall on Wednesday 26th November 2025.

The winning numbers were:

£30 prize: Number 22

£20 prize: Number 94

December 2025 monthly draw winners

The draw took place at “Cake & Coffee” in the Village Hall on Wednesday 17th December 2025.

The winning numbers were:

£30 prize: Number 77

£20 prize: Number 99

Annual Grand Draw 2025 winners

The draw took place at “Cake & Coffee” in the Village Hall on Wednesday 17th December 2025.

The winning numbers were:

£250 prize: Number 36

£200 prize: Number 169

£150 prize: Number 122

£100 prize: Number 68

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 a 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 waiting list for a number, please contact him at: petergidman@gmail.com Tel No: 07425 219292

COFFEE AND CAKE AT ERPINGHAM

“TECH SKILLS FOR LIFE”

Holli Holmes, the County Tech Coach, will help and advise on IT skills including Text Messaging, Whatsapp, Phone Data Storage, Digital Switchover and using the NHSA App.

Holli will be at the coffee mornings on 11th February and 11th March.



All welcome.



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

TEL: 01263 761938
FACEBOOK : @TheCoastalKitchen The Spread Eagle
INSTAGRAM: thecoastalkitchen01 thespreadeagleerpingham
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 – 8pm
Saturdays 12pm – 8pm
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

Do you know where your nearest defibrillator is?

Do you know how to use it?

Why not join us for a **free** training session on

Saturday 14th February

Banningham and Colby Community Hall

10.00am - 12 noon.



To book your place contact: Ingworthclerk@gmail.com



Thank you everyone who contributed to 'Jazz and soup' at Thwaite church.

Over £200.00 was raised for Cromer Food Bank despite the cold.

We would love to see you on the first Sunday of each month (15.00) for Choral Evensong followed by cake, tea and wine; a very jolly get together.

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 45 year history

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

An Allotment works for you *all year round!* ~

~ Outdoor Exercise
~ Peaceful Green Headspace
~ Your Own Fresh Flowers, Fruit, Veg
for your own Wish List, or someone you love.

At Calthorpe, you can choose to Think BIG, or choose a smaller plot Prices from just £10 Contact jim@dofygate.co.uk / 01263 761798 or 761694

The gift that really DOES keep on giving!



Teucer Wilson, stone carving & lettering

sculpture, garden pieces, memorials, signs
www.teucerwilson.co.uk 07876 243230

News from the Ingworth Parish Council

The Parish Council met on 27th November, now with nearly a full complement of councillors (6 out of 7 seats filled) - there is one vacancy. If anyone is interested, please contact the Clerk.

A date has been agreed for training in the use of the defibrillator, which is located on the side of the Reading Room. It will be on Saturday 14th February at 10.00 am held at Banningham and Colby Community Hall, in conjunction with our neighbouring parishes. It's free but there are limited places so contact the Clerk if you would like to attend – it could save a life!

The annual safety inspection of the playground has taken place, and the report is on the Council's website. We'll be looking to replace the dilapidated picnic table in the spring as well as carrying out some safety work on the trees which are encroaching on the play equipment.

District Councillor John Toye was in attendance and updated councillors on a range of topics including the proposed local government reorganisation which will see the District and County Council structure in Norfolk change to either one, two or three new authorities covering Norfolk.

Further data from the Speed Awareness Monitor has revealed some vehicles entering the village along Cromer Road at 60 mph, with many more exceeding the 30mph speed limit. Councillors are meeting with the police in December to discuss these concerns and a meeting is also to be held with our County Councillor and the County Highways Engineer. The Chairman has attended a meeting of other local parish council representatives, convened by Aylsham Town Council. The networking event was useful and well received and was to be a regular meeting.

Colin Studholme (Clerk): ingworthclerk@gmail.com 01263 587952
 Website: <https://Ingworth-parish-council.norfolkparishes.gov.uk>

WHATS ON AT ERPINGHAM WITH CALTHORPE VILLAGE HALL



For booking enquiries contact

Tony Amies : 07979 381277 / email: amiesanthony@gmail.com
or Scan the above QR code for availability

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

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

Keeping In Touch Committee

Linda Howard

editor

Corinda Carnelley

website

Stephen Burrell

distribution/Erpingham

Belinda

distribution/advertising/Ingworth
and treasurer

Mary-Claire

Thwaite

Colin Willis

Calthorpe

Sheila Goodley

Alby

Richard Harboard

Hanworth/Gunton

Rev Heather Butcher

Please send items for the **March 2026** edition by **14th February 2026** to:
Linda Howard cicely@danielbrian.co.uk 01263 833323

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PRINTING COSTS OF *KEEPING IN TOUCH IN SCARROWBECK***
Please Support our Local Businesses

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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>TRAINED PROFFESIONAL CHIMNEY SWEEP SERVICE covering Norfolk - from £70.00 - Same day service - Stove maintenance - CCTV Survey - Smoke Evacuation - NACS Trained. Fully insured. www.mrchimneysweep.co.uk hello@mrchimneysweep.co.uk Tel / WhatsApp 01603 883 463</p>