

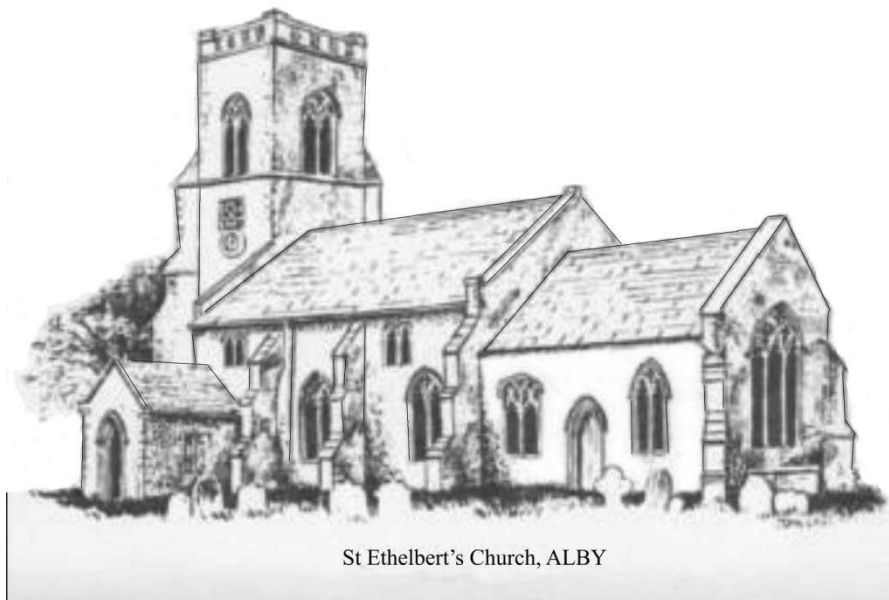
KEEPING IN TOUCH IN SCARROWBECK

Donations welcome

JUNE 2025

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

St Ethelbert's , Alby



JUNE	Easter 7 1st	Pentecost 8th	Trinity Sunday 15th	1 st after Trinity 22nd	2 nd after Trinity 29th
Alby	--	11am HC	--	--	--
Calthorpe	--	--	--	--	--
Erpingham	9.30am Group Service & Healing	9.30 HC	9.30 HC	9.30 HC	9.30am HC
Gunton	--	--	--	--	--
Hanworth	--	--	--	11am HC	--
Ingworth	--	--	--	--	--
Thwaite	4pm Evensong	9.30 Morning Prayer	11am HC	4pm Evening Prayer	--

9.30am Midweek services in Erpingham church

Wednesday 4th	Wednesday 11th	Wednesday 18th	Wednesday 25th
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Priest-in-Charge of Scarrowbeck Benefice

Rev 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 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 JUNE

Week beginning Sunday

1st	Erpingham:	Blacksmith's Lane & Loke, Butts Common
8th	Alby:	Alby Hill, Goose Lane, Low Common
15th	Hanworth:	Hanworth Hall
22nd	Erpingham:	Calthorpe Road, Chapel Road, Cromer Road
29 th	All clubs and societies in the benefice	



CAN YOU HELP TO SAVE KEEPING IN TOUCH ?

Keeping in Touch is produced and distributed entirely by volunteers. The only cost is printing. Although the Committee has increased advertising costs for 2025, the annual income from advertising is only half of the printing costs and there are only enough funds for the rest of this year. Please can you help?



Charities and not for profit organisations make donations for their advertisements and we are grateful for their support. We are grateful to all who donate towards the printing costs of Keeping in Touch. You can give easily by using your smartphone or tablet to scan this link.

Or please send a regular or one-off donation to

Erpingham Parochial Church Council

Sort Code: 20-03-26

Account Number: 40358452

Please reference the payment "Keeping in Touch"

Please let us know if you can Gift Aid your donation.

Thank you for your support!

From the Registers

FUNERAL

Alby

7th May

Peter Daniels

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

Tinned fish

Tinned meat

Tinned vegetables

Pasta sauce

Squash/fruit juice

laundry detergent

shampoo

pot noodles

deodorant

Toilet rolls

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.



Help needed

Could you spare 30 minutes on a Saturday afternoon to help prepare the church for Sunday morning? Timings to suit you.

We currently do this on alternate weeks in two teams of two people - but there are occasions when either holidays or other unforeseen events invade, and it would be useful to have a couple of other people available.

Full training will be given!

*If you think you can help - speak to Corinda or Glynis.
We're very approachable!*

June letter

By the time this edition of In Touch appears I shall be on my way to Italy. Why? It is June and the holiday season is beginning. Many of you will also be thinking about holidays, in the next few months. Those of you with school age children will be wrestling with the usual problem of the greater expense of going away in the school holidays, others, like me, will hope to avoid the July/August period. We all, now, in our modern society, expect a week or two of change, rest and recuperation at some point during the year. However, things were not always so. In earlier times, work, perhaps on the land, or in domestic service, for example, did not stop for a 'holiday'.

The word itself, 'holiday' is an abbreviation of 'holy day', originally one of the Feasts of the Church, which were the only occasions when workers might have a day, certainly not more, free from their labour. There were, of course, advantages in this, as everyone was able to celebrate at the same time and from which the whole concept of a local celebrations arose. This was not confined to Christian society either. In Roman times, for instance, there was Saturnalia a winter feast where masters changed places with their servants and which centuries later provided elements of what became Christmas.

So our concept of a period of 'time off' took some time to develop and it is only in comparatively modern times that 'holidays' as we understand them, developed.

We still keep some 'holy days', whether with a Christian emphasis or not. Christmas, as a celebration of the birth of Christ, did not appear until about the fourth century AD. But a winter celebration had long been common in many societies. A spring festival, too, was common, celebrating the end of the barren earth and rejoicing in the new growth gradually appearing. Again, there were versions of this, and for Christians it became the most important, part of the Christian Year, the commemoration of the Passion and Resurrection of Jesus.

Ascension, six weeks after Easter, was originally a feast day, reminding us that, although the risen Jesus disappeared from our human sight, He is with us always, and this we celebrate the week after Ascension at Pentecost, or Whitsun, the great feast of the coming of the Holy Spirit, the belief that the Spirit, which is the same word as for wind, and life, is Jesus in us, giving us strength and life. 'Whitsun,' a contraction of White Sunday, was traditionally so called because in the Early Church it was a time for baptisms, at which those to be baptised wore white. In many countries, including Britain, it was a time for feasting and celebration. An 18th century poster advertised the following attractions:

'On Whit Monday, in the morning, will be a punting match... The first boat that comes in to receive a guinea... On Whit Tuesday, in the morning, a fine Holland smock and ribbons, to be run for by girls and young women. And in the afternoon six pairs of buckskin gloves to be wrestled for.'

Since the reorganisation of English bank holidays some years ago the so-called 'Spring Bank Holiday' does not usually coincide with Pentecost, or Whitsun, (though we may often still refer to it as the 'Whit holiday' and in many countries the school half term break takes place at the 'real' Whitsun. Nowadays the Church usually calls it Pentecost, which, fifty days after the Passover, was originally a Jewish harvest festival, and it was at that time when, according to the book of Acts, the followers of Jesus received the Holy Spirit.

The celebration of the coming of the Holy Spirit is an important part of our Christian faith but one that people often find strange and confusing.

The colour for Pentecost is red, symbolising the 'tongues of fire' described in the book of Acts as resting on the heads of the disciples, and another common symbol is a dove, the bird of peace and love.

So as we all look forward to our holidays, let's remember that the origin of these reminded us, and still reminds us, of the important events of the Christian year which form the foundation of our faith.

Angela Parkes
Lay Minister (Reader)



**On Sunday 6th July
we welcome the choir of Aylsham Church
to sing Evensong
at Thwaite Church at 4pm.**

Evensong, with its mixture of poetic language and music is thought by many to be the pinnacle of Anglican Worship.

We welcome all to this service that it may lift your hearts.



Wine & cake to follow as usual

Erpingham with Calthorpe Village Hall 200 Club
April 2025 monthly draw winners

The draw took place at "Cake & Coffee" in the Village Hall
on Wednesday 30th April 2025.

The winning numbers were:

£30 prize: Number 52

£20 prize: Number 5

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

Opening Times

Tuesday to Saturday 10:00am till 5:00pm

Chat 'N' Craft Groups

Crafting not essential, just come for a chat and a cuppa to make friends, share ideas, knowledge and skills over a cuppa and cake.

£5:00 donation per session.

Wednesday 1:00 till 3:00pm, Thursday 1:00pm till 3:00pm

Saturday 1:00pm till 3:00pm

Crochet and knitting lesson by arrangement.

For further details please contact Jill on jilly.hookedonstitching@gmail.com

07970 016 961



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

TEL 01263 761938

FACEBOOK : The Spread Eagle

INSTAGRAM: thespreadeagleerpingham

WEBSITE: www.thespreadeagle.pub

OPEN 6 DAYS A WEEK 12-11 PM

CLOSED TUESDAY

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.

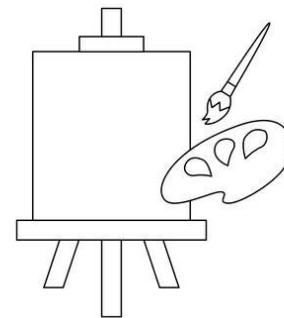
Beautiful large beer garden, with patios and large car park.

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

North Norfolk Open Studios
Sat 24 May - Sun 8 June
Aylsham and district art trail
- showcasing nine local artists



Lesley Ash	Sculpture & paintings -
Wickmere	
Richard Berry	3D and 2D mixed media- Brampton
Jackie Dorass	2D & 3D exploration of natural form- Thurgarton
Bob Grimble	Wooden furniture, carvings, wood turning -Thwaite Common
Jackie Grimble	Dry felted wool- dogs and wild animals - Thwaite Common
Jo Hillam	Oil paintings: land & seascapes, impressionist and tonalist - Wickmere
Angie Maddigan	Linoprints, monoprints, paintings, drawings - Wickmere
Mary Newton	Paintings in oil, watercolour, pastel- Aylsham
Michael Scott	Oil paintings: still life & landscape- Wickmere

Artists are opening their studios individually, or in collaboration with fellow artists, to exhibit and showcase their work. Entry is free. Some venues offer refreshments. Come to browse, chat or purchase original artwork. Support our region's local visual artists.

Brochures with art trail maps available now in all local public venues. Or see website <https://www.northnorfolkstudios.co.uk/> for more information.

Edgefield Open Gardens



Sat 28th + Sun 29th June 2025
11am – 4pm

Tickets, maps, parking at Edgefield Church NR24 2AF
9 Gardens open (4 new this year) and Norfolk Flower Farm
Refreshments at the
Village Hall
Coffee
Ploughman's lunches
Afternoon tea
Assistance dogs only please

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.**

We will be getting information together in early April, and will email all those on our mailing list with details. If you would like to register, you can do that on line.

“Norfolk Churches Trust do an amazing job helping to care for the hundreds of stunning Churches around the Diocese. Coming into Norfolk last September I have become increasingly grateful for the work the Trust do, and I know many of our Churches have benefitted from grants that have helped to preserve the remarkable mission that happens in and around our parishes.”

The Bishop of Thetford 2024

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

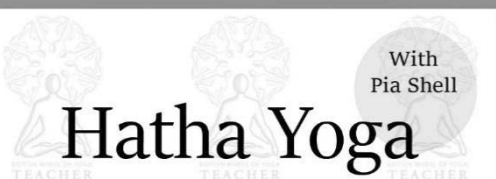


Alby Gardens – a Little Gem



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



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
www.teucerwilson.co.uk 07876 243230

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"

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

What's on at Aldborough Community Centre?

(Registered charity 268101)

Exercise at ACC

Stay local, save time and fuel!

Check website for details.

Monday	6.15-7.15pm	Zumba
Tuesday	5-6pm	Belly Dancing
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)

Upcoming events

Details of films on posters at ACC or email David at dpg.jazz@icloud.com

Hearing Support Service

HEAR FOR NORFOLK

Supporting people with hearing loss and related conditions

MOBILE UNIT
AT ALDBOROUGH COMMUNITY CENTRE
10am-12noon

First Tuesday of the month
(May 6th, June 3rd, July 1st, Aug 5th)

THE HUB CAFÉ

Every Tuesday from 10-noon -filter coffee, teas, cakes, newspapers and chat.
ALL WELCOME! DOG-FRIENDLY TOO!

New! Light lunches on first Tuesday of the month from 12.30

HUB TALKS & AFTERNOON TEA

June 3rd 2-4pm

'The Reality of Hospice Ethiopia'

July 1st 2-4pm

'Medical Detection Dogs'

ACC Bookings and Hire

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/AldbroughCommunityCentre/>

A brief introduction

BOWEN THERAPY

Florence Lacy, Bowen Therapist
Wednesday May 28th
7.00 pm

Bar Lounge, Aldborough Community Centre

Please send copy for **JULY 2025** by **14th JUNE 2025** 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>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>
<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>
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<p>PEGG ELECTRICAL SERVICES (NICEIC approved/Domestic installer) Domestic, commercial, industrial wiring, test and reports. 46 years experience. Please call Andy on 01263 768564. Mobile 07799 264370.</p>	<p>JONES THE SWEEP Stoves, open fires & solid fuel appliances swept. Member of Guild of Master Sweeps. Fully insured. 07799 484012 www.jonesthesweep.co.uk</p>
<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>
<p>JEMCO for all your signage needs! Off the shelf health and safety signs or bespoke. Professional friendly service for over thirty years. No minimum order. Your one-stop safety shop. Jemco 01263 761798 marion@jemcosigns.com</p>	<p>BRIAN THE SWEEP Stoves and Chimneys, Agas, Open Fires. Birds nest and obstruction removal, camera inspection, certificates issued for insurance. Fully certified and insured. Likes dogs and cups of tea. 01263 761127 BrianTheSweep@gmail.com</p>
<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>To advertise here contact Belinda Northey 01263 732882 belindanortheyis@outlook.com</p>