

KEEPING IN TOUCH IN SCARROWBECK

Donations Welcome

October 2026

“Keeping In Touch in Scarrowbeck” the current month is also available on our website:

www.scarrowbeckbenefice.org.uk



St. Bartholomew's Church, Hanworth.

OCTOBER	18 th Sunday after Trinity 4 th	19 th Sunday after Trinity 11 th	20 th Sunday after Trinity 18 th	Last Sunday after Trinity 25 th
Alby		11am HC		
Calthorpe				
Erpingham	Bishop Jane 9.30am Group Service and Healing	9.30am HC 6.30pm Harvest Service 7.30pm Harvest Supper	9.30am HC	9.30am HC
Gunton			3pm Harvest Service	
Hanworth				11am HC
Ingworth				
Thwaite	4pm Evensong	9.30am Morning Prayer	11.15am HC	4pm Evening Prayer

9.30am Midweek services in Erpingham church

Wednesday 7 th	Wednesday 14 th	Wednesday 21 st	Wednesday 28 th
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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	01263 761698 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 with Gunton	Richard Harbord	01263 768723 richard_harbord@hotmail.com
	Sally Martin (Warden Designate)	01263 761202

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 be normally working

PRAYERS FOR THE PARISHES IN OCTOBER

Week beginning Sunday

4 th October	Alby:	Town Green and Thwaite Road
11 th October	Thwaite:	The Common and Thwaite Hill
18 th October	Erpingham::	Ives Way
25 th October	Erpingham::	Scarrowbeck Road and School Road

From the Registers

At St Mary's Church Erpingham, the following weddings took place

1st August	Ruby Brown & Luke Hester Thwaite
22nd August	Ellena Cartlidge & James Breakes
5th September	Evie Perry & Ryan Warren

At St Elethbert, Alby

18th August	Ryan Harmer & Jessica Tye-Leech
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The Letter

The biennial pilgrimage to Iona that Heather has arranged over the past two decades took place this year from Friday, 17th July until the next Friday. Heather, Pauline and I went from Scarrowbeck and five from the Chet Valley Benefice including Rev'd Miriam Fife, the rector. We went by train but I will draw a veil over our journeys to and from Oban!

After excellent fish and chips in Oban, Heather and Miriam know the chip shop well, and a very pleasant overnight stay in a hotel we were at the ferry terminal building awaiting the ferry to Cragmuire on Mull. It arrived late – an omen – but once there we boarded a very large bus along with many other passengers for the drive to Fionnphort where there is a small ferry for the short trip to Iona. Once there we were welcomed by a party from the Iona Community based in the abbey itself. Our luggage and that of others coming to the abbey was loaded into the community's minibus and we walked to the abbey through the village to our destination and given a much needed cup of tea/coffee and a biscuit before being shown to our rooms. A tall American pastor picked up Pauline and my cases and carried them up and down a lot of stairs; an act of kindness which set the tone for the week. Everyone seemed keen to help whenever needed.

After a breather in our rooms, which were comfortable following a recent refurbishment, we had an evening meal in the refectory sitting on benches at long tables that seated ten to a dozen people. We then were given much information about our visit and a printed programme for the week which included the names of forty visitors and twenty staff, many of whom are volunteers. We each had a copy of "Ways of Working", seven in all, that included; Respectful listening (We will listen in order to understand with the intent of being influenced; not necessarily to agree); Respectful talking (We will allow one voice to be heard at a time. This includes stilling the voice in my own head). Very useful.

A service of welcome in the church brought the day to a close.

The daily pattern of activities began with breakfast, a morning service, daily tasks, other activities throughout the day which were optional. Interspersed with meal times and an evening service.

Our food was largely vegetarian, varied and good. It was during mealtimes that we began to know each other. We were encouraged to split up from our groups and vary where we sat so that we got to know most people there.

There was a large contingent of Americans, an extended Irish family of four generations, Canadians, Scots, an Italian and a number of Dutch. This latter group grew as the week went on as various staff and visitors left once their stay had ended and new people came. I noticed that the Americans often plunged into quite personal

matters from the start whereas the Dutch are naturally more reticent.

The Iona Community is very ecumenical, noted for its tolerant attitude to a wide range of beliefs and views. Although Christian based a few visitors who have no religious beliefs repeatedly come for a reflective time and to work at a less stressful pace than normal life allows. There was also time allowed for a trip to Staffa and Fingal's Cave. This had to be booked privately but was so popular that it was repeated as the first day's booking was soon full.

Iona was a centre of Celtic Christianity in the 6th. century and is full of Christian sites from large Celtic Crosses to late 19th. Century sites and current ones. The abbey itself was rebuilt as a Benedictine abbey in the 13th. Century. So on the Tuesday there was a guided pilgrimage walk around the island split so that the morning was less energetic than the afternoon part. Most people did one or both parts.

For me, the morning service was the most memorable part of the week's visit. One particularly moving service was taken by two American pastors, one a Baptist from Utah and the other a Lutheran from Minnesota. One of our party read a lesson. Different people took this service each day and it was often led by lay people. I hope that there will be a chance soon for us to experience the format of this service.

All in all I did find it needed stamina and I am not as young as I was. I am glad I went. I came away both excited and yet, strangely, a little disturbed. Time will tell if the pilgrimage has any lasting effects on me but I am aware that I am looking at our benefice and Aylsham, where I live, in a changed way.

Ian Andrews

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 Mil	Tinned Vegetables	Laundry
Detergent		
Tinned Fish	Pasta Sauce	Shampoo
Tinned Meat	Squash/Fruit Juice	Deodorant
Pot Noodles	Washing Up Liquid	Toilet Rolls

Keeping In Touch In Scarrowbeck Committee

Editor	Linda Howard
Treasurer, Advertising, Distribution & Ingworth rep	Belinda Northey
Website	Corinda Carnelley
Distribution& Erpingham representative	Stephen Burrell
Alby representative	Sheila Goodley
Calthorpe representative	Colin Willis
Thwaite representative	Mary-Claire Marriott
Hanworth with Gunton	Richard Harbord
Incumbent	Rev Heather Butcher

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, make a direct payment or set up a Standing Order:

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



YANA Big Breakfast

Join us at Itteringham Village Shop for the YANA Big Breakfast, fundraising in support of YANA (You Are Not Alone), a charity providing vital mental health support for anyone involved in agriculture and rural businesses in East Anglia.

Enjoy delicious bacon, sausage, or halloumi baps, pick up YANA freebies, and learn more about their work. Come along to join the community for a great breakfast and help support an important local cause. Sunday 4th October, from 9 am.

Everyone is welcome. We hope to see you there!

Thank you, we really appreciate your help. There has been a village shop in Itteringham since 1637. When the shop's future was under threat, the community came together to fight for its survival. For the past 30+ years, the shop has been successfully run by the community, we wouldn't be able to do this without the help of our amazing volunteers, so thank you for team's hard work.

A Calthorpe Allotment works for you *all year round!*

Always providing

- ~ Outdoor Exercise
- ~ Peaceful Green Headspace

Our Allotment Community will soon benefit from added rainwater harvesting, thanks to a grant from the Norfolk Community Foundation *Greening Our Communities* fund!

Join us now, and prep YOUR plot for early Spring crops.

Various sizes - from just £10 a year

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

Erpingham with Calthorpe Village Hall 200 Club

July 2026 monthly draw winners

The draw took place at "Cake & Coffee" in the Village Hall on Wednesday 29th July 2026.

The winning numbers were:

£30 prize: Number 174

£20 prize: Number 13

August 2026 monthly draw winners

The draw took place at "Cake & Coffee" in the Village Hall on Wednesday 2nd September 2026.

The winning numbers were:

£30 prize: Number 78

£20 prize: Number 26

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.

If you are interested in joining the waiting list for a number, please contact Peter Gidman at: petergidman@gmail.com Tel No: 07425 219292

What an achievement!!!

On Sunday October 4th at 9.30am

At Erpingham Church

Bishop Jane will be coming
to preside at a service to
celebrate

50 Years of Lay Ministry by COLIN WILLIS

(who will be 95 years old on October 11th as well!)

Refreshments available

EVERYONE WELCOME

Please come and help celebrate with us





Pilates

With Sally

A full-body stretch, tone and relaxation mat class for those happier with a more gentle pace.

Erpingham Village Hall Monday 10am

Emmanuel Church Aylsham Monday 5.30pm

Broadland Dance Studio Aylsham (Mobility Class) Tuesday 10am

Aldborough Community Centre Thursday 4.30pm

Pay As You Go
Discount for block booking

For more information or to book a place



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www.remedyflows.co.uk

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Erpingham Young People's Choir

For ages 7 to 16 years

FREE

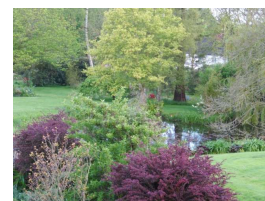


Join us every **Thursday** during term time
from 4:15 to 5:15pm

Erpingham with
Calthorpe Village Hall
NR11 7QD

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

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



Hatha Yoga

With
Pia Shell

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

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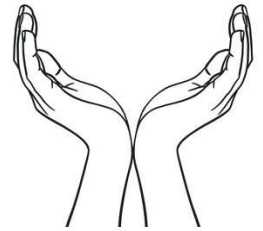
WINTER TIME CHANGES AT THWAITE CHURCH

Evensong on the first Sunday and Evening Prayer on the third Sundays both change to 3pm, throughout the winter beginning 1st November

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.

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Erpingham with Calthorpe Macmillan Coffee Morning

Wednesday 21st October 2026 at Erpingham with Calthorpe Village Hall NR11 7QB



10am - 12noon, raising vital funds for

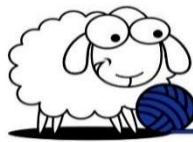
MACMILLAN CANCER SUPPORT

Please come along and enjoy a cuppa and slice of cake, we would love to see you...



If you would like to donate a cake 🍰 or a Raffle Prize, please contact Ros on 01263 761702

Every slice of cake and a cuppa helps make a difference to supporting people living with cancer



Hooked on Stitching

The Pavilion, Aylsham Recreation Ground. Your local not-for-profit social enterprise yarn shop. Working in the community, for the community

Floragami Paper Flower Marking workshop

Sunday 25th October 11.00am-1.00pm

£32 per person including all materials and refreshments

BOOKING ESSENTIAL

For further details please contact Jill on jilly.hookedonstitching@gmail.com
07970 016 961

**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

CELEBRATE the HARVEST At THWAITE CHURCH

4.00pm on 4th October

Evensong followed by tea,
cake and wine

Proceeds to Farm Africa

Report of the Ordinary Meeting of ERPINGHAM with CALTHORPE Parish
Council held on Wednesday 9th September 2026

In the chair Rob Goodliffe welcomed all those present and apologies were received from four members. The meeting was adjourned to hear from Cllr Callum Ringe (Norfolk County Council) who introduced himself and updated the Council about NCC matters. He would attempt to obtain the £750 for a seat identified by his predecessor in March 2026. The 'Erpingham' sign, the damaged milestone and the verge cutting programme would all be followed up. The proposed 20 mph limit was aired and could be discussed with the Highways Engineer. Costs including a feasibility study were usually for the parish council to fund.

In his finance report the Clerk had initiated the Digital AGAR electronic registration. The Council had received advice of a 3.3% pay award to Clerks; The Clerk had worked with a member to print the new version of the Parish Information pack. The Council considered support for the Agincourt Memorial and the Council decided to set aside £1000 to support the proposal.

- On the Play Area Health and Safety there was nothing to report There was an up-date on additional items for the new path –
- The delivery of the seat is now awaited; installation would be by the parish council with the seat cost is to be by private donation.
- Arrangements for the dog bin are in hand with information from Serco (installer) and Broadland Housing (landowner) awaited.
- The kestrel box is to be addressed, and the table tennis table is in hand and would be purchased shortly.
- On the adjacent land acquisition from NNDC - the Chairman had submitted the application to NNDC and a response is awaited.

The Clerk advised that there would be half-marathon road closures for about 2 hours in the morning on October 18th (affecting Eagle Road, The Street and Scarrowbeck). In open session the Council heard that the Village Hall Is arranging for their information to be up-dated on the website, that there are some parking issues which they are addressing. With no other business the meeting closed at 20.45. The next scheduled meeting is set for Wednesday 11th November 2026

“Tech Skills for Life”

At

“Coffee & Cake”

Erpingham with Calthorpe Village Hall

Norfolk County Council Tech Coach Holli Holmes will be available to help and advise on IT skills including **Text Messaging, WhatsApp, Phone Storage, NHS App, Digital Switchover, etc** from 10.30 to 12.15 On the following Wednesdays:

- 28th October
- 18th November
- 9th December

All welcome!

St Mary's Church, Erpingham

HARVEST FESTIVAL



Sunday 11th October 2026

Caring and Share Supper

**Profits from the Harvest Supper will be donated
to Break**

Service at 6.30pm followed by SUPPER at 7.30pm

Tickets cost £10.00—Wine and soft drinks will be available to purchase or bring your own

For tickets or offers of help with cooking or organising
please contact

Ros Horne: 01263 761702 OR Helen Burrell 01263 768209

New Prayer Group

From Wednesday 7th October at 10am in Erpingham Church we are beginning a new monthly prayer group

We will pray for the people who leave prayers on the prayer tree and for any other needs we become aware of. The prayers will last for about 30 minutes and will include some silence.

Everyone is welcome to come along – you don't have to be a regular worshipper.

If you have anything you would like us to pray about, please put a prayer request on the tree in the porch, email me (Canonhdb@gmail.com) or speak to anyone who comes to church

Please send items for the **NOVEMBER 2026** edition by
14th October 2026 to:

Belinda Northey Belindanortheyis@outlook.com

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 PRINTING COSTS OF *KEEPING IN TOUCH IN SCARROWBECK*

Please Support our Local Businesses

To advertise here contact

Belinda Northey 01263 732882

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Professional website design, creative support and business administration for Norfolk businesses. Whether you need a new website, newsletters, graphics or an extra pair of hands, Norfolk's Virtual PA provides practical, reliable support. www.norfolks-virtual-pa.co.uk patience@norfolks-virtual-pa.co.uk	Holiday accommodation available on Thwaite Common. Self-contained, ground floor. Bedsit plus single room, kitchen, bathroom with over-bath shower. Parking. Shared garden and grounds. Contact Chris Snape 07768 645603 or email chris.snape1616@gmail.com