

Ambassador

May 2019

Ascension Day is Thursday 30 May
Jesus ascended into Heaven



He sits at the right hand of God

Parish magazine of the Roughton Benefice - comprising Roughton, Bessingham, Felbrigg, Sustead, Metton and Hanworth with Gunton

Rector, Reverend Janet Frymann

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www.roughtonbenefice.uk

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Ignatius of Loyola, Teresa of Avila and Julian of Norwich, what do they have in common?

They were known as "Mystics". When I first heard of these names it was in a book I bought in a Christian bookshop in Halifax. On returning home and looking at this word "mystic" I thought I had bought a book that was to do with pagan or other ritual worship. The word "mystic" scared me and later that day I returned the book, vowing never to go there again! Years later, I have come to understand that Ignatius, Teresa and Julian are not names or people to be wary of. They were known for their Wisdom and Spirituality.



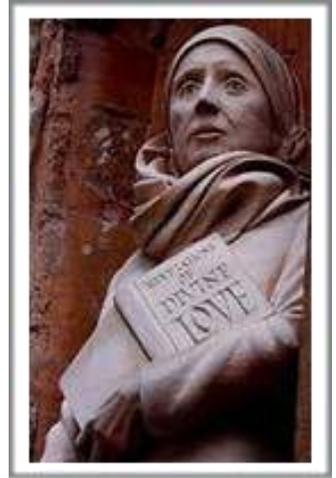
Ignatius was born, of a noble family in Northern Spain, in 1491. Ignatius, as a young man was full of life and romance dreaming of a life of dare-doing in the noble court and the military. He was injured in a battle while fighting the French in 1521 and while he was recovering he experienced a Christian conversion. After reading about the life of Jesus and the Saints, Ignatius felt that God was calling him to greater things than his previous life of dare-doing. Ignatius has become best known as the founder of the Society of Jesus, The Jesuits. Today, Christians sometimes follow what is known as Ignatian Spiritual Exercises.

These exercises, are a series that one follows, usually in a retreat over a month, but they can be modified into a form of prayer that one could practise in the middle of our everyday life.

Teresa of Avila, born in 1515 in Spain of noble birth, entered into a Carmelite Convent in 1535. Although very contemplative and prayerful, she was a woman of action and reform. She lived in observance of prayer and had visionary experiences. Teresa actively encouraged social reform and the founding of new Carmelite houses who helped the poor and the sick. It is reported that Teresa was an active and yet down to earth person having a strong emphasis on the Christian life - as one of faithfulness to prayer, daily work and charity to other people. Teresa wrote a number of works, *Life*; *The Way of Perfection* and *The Interior Castle*, where she vividly describes the spiritual journey, in a metaphorical way as "*progressing through the*

different rooms of a castle", the "castle" being the soul. Her mystical approach is orthodox, Christ centered. There are some very romanticised pictures of Teresa, many depicting a nun's face looking heavenward.

Julian of Norwich (obviously a favourite here) born 1392 is said to be one of the greater English theologians of all time. Julian lived at a time of great social and religious upheaval, people lived in great poverty. Julian's real name is unknown but what is known is that following a devastating illness where in her sick room she experienced visions of Jesus on the crucifix . Julian lived in solitary (became an anchoress) in Norwich and people, would go to her cell for spiritual counselling. Her most famous writing is *The Revelations of Divine Love*. It is reported on the juliancentre.org that her book "*is acknowledged as one of the great classics of the spiritual life. Julian is thought to have been the first woman to write a book in English which has survived.*"



So why do I write about these wonderful examples of spiritual people? They all loved God, they devoted themselves to prayer, work and charity. They shared their experiences of God at work in and through them. Teresa said "*There are more tears shed over answered prayers than over unanswered prayers.*" Julian tells us "*All shall be well, and all shall be well and all manner of thing shall be well.*"

with my continued prayers Revd Janet

By the way, have you recognised the picture on the cover? It is an extract from the East Window of Bessingham Church. There is much beauty in the various stained glass windows in our churches which will prove rewarding if you study and contemplate them well.

Time for Prayer

Tuesday May 14th 7.30 @ The Owls, 195 Holt Road, Led by Helen.

Tuesday 28th May 7.30; 13 The Green, Felbrigg Led by Mary.

* * * * *

MOTHERS' UNION

A warm welcome awaits anyone wishing to join in fellowship at Mothers' Union on Wednesday 15th May 2019 at 2.30pm at Felbrigg Village Hall when our Speaker will be Rev'd Rosemary Maskell who will be talking on Assisi. All welcome.

* * * * *

Things to Come

Sustead Coffee Morning - Saturday 8th June. Details below.

Felbrigg Flower Festival - 20th, 21st and 22nd July. The theme will be The Saints.

Rectory Garden Party - Saturday 3rd August. Details to follow.

* * * * *

Craft Workshop

1st, 3rd & 4th Monday from 10.0am - 12.30pm at Roughton Village Hall.

£2.50 including coffee. Some materials provided. Quilting, crochet and much more.

For further information please contact Simone on 01263 711346

Sustead Church

Coffee Morning

Saturday 8 June 2019

At The Old Hall

10am – 12 noon

Bring & Buy, Books, Cakes

Bric a brac

Plants & raffle

Entry £1 (includes coffee)

* * * * *

Open the Book with St. Mary's School Roughton

For those of you who haven't heard of Open the Book, it's a Bible Society initiative where small groups from churches go into their local school for an assembly. There is an introduction to a story, and then the storytellers dressed in costume, act out a story from the bible, often involving the children in some shape or form. There is a time afterwards for thought and prayer. The children love it, and it is generally voted their favourite assembly.

At our next deanery synod meeting at Cromer church in June, the four Open the Book groups from around the deanery (Overstrand, Roughton and two from Cromer) will be doing a presentation to all the representatives from around the deanery. We will be telling the story of Josiah the boy King with a wise head on his shoulders. This meeting is open to anyone who is interested. Wednesday 19th June 7.30 at Cromer Church.
Helen Mortimer

Roughton & District WI

Roughton & District WI meets in Roughton Village Hall on the second Wednesday of the month, 7 pm for 7.30 pm. Visitors are welcome.

For more information our website is: www.roughtonwi.org.uk

Our Craft Group

This meets twice a month at Roughton Village Hall. We welcome WI members and visitors. Tea, coffee and biscuits are provided. Our members also belong to Norfolk Knitters and Stitchers and knit and stitch rugs, shawls, garments etc as and when needed for their various charities and hospitals.

Second Monday of the month 10am to 12 noon (£2) A wide range of crafts are pursued by members: e.g. knitting, crochet, embroidery, patchwork, quilting etc.

Last Tuesday of the Month: 10am. to 2pm. (£1 per hour - stay for as long as you like and bring a packed lunch.) Because we have more time we tend to focus on quilting and patchwork, but all crafts are encouraged and welcomed.

NOTE FOR YOUR DIARY:

Saturday 8th June: Quilt Exhibition & Craft Fayre, 10am. to 4.30pm. Cromer Parish Hall.

For more information contact:

Angela Newton (01263 514476) angelamcnewton@gmail.com

New Blood

We hope that you like this edition of the Ambassador. There are some changes that you will notice, some you may like, others you may not. If you have any comments or suggestions, please let us know, preferably by e-mail, or by phone. We have a dedicated e-mail address just for **the Ambassador**, namely roughton.ambassador@gmail.com.

Please note that copy for future issues will need to be emailed to roughton.ambassador@gmail.com.

Peter Raynor, Peter Frymann & Richard Harbord

Deadline for the May issue is Friday 17th May

General Enquires 01263 768075

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Your firm could benefit and you would be supporting your community magazine at the same time for only £1.45 per word per annum. For more information about advertising in

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Village Hall Bookings

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Hanworth - Jeanette Ayling
01263 768875 (580070)

Roughton - Chloe Bennett
01263 516892

Paul's Letter to the Phillipian Church – a review of our Lent Course

A letter is delivered to your house, could be a four page Christmas essay, a speeding summons or perhaps much more acceptable news from a very close friend. Well how about a letter written from a roman prison in 66 ad to a group of Jesus' followers including a very successful business woman and a jailer plus family. This is recorded in the bible as Paul's letter to the first church in Europe at place called Philippi which is in modern day Greece. Over five weeks of Lent a group of us met together at the Rectory to read and discuss this old letter and discover how relevant it still is today. The first week was an overview of where Philippi is and how a Christian group was formed there after a visit by missionary Paul. The following weeks looked at how he considered his incarceration a gift as he could tell different people the good news about Jesus including his guards. Encouraging humility looking at how Jesus lived by taking on the status of a slave. Further weeks covered being satisfied and thankful for what we have and keeping focused never giving up regardless of circumstances. The financial generosity of this group really touched him and it's obvious that they are very close to his heart.

Nice ending with "All God's people here send you greetings. Most of all, those who live in the palace of Caesar send you greetings".

Thanks to Peter Frymann who put together a very helpful booklet to cover the five weeks and a good time was had by all. Future ones are planned so watch this space.

Peter Wrighton

* * * * *

During the Lent Course we collected money to send to the Bible Society for their Bible a Month Project. We have reproduced an article from their newsletter (with the permission of the Bible Society) on pages 8 and 9 to show how different life is in Pakistan, particularly for women. All too often we take literacy and the availability of Bibles for granted. You might not after reading this feature.

To find out more about Bible a Month go to <https://www.biblesociety.org.uk/get-involved/bible-a-month/>

Peter D Frymann

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Disclaimer: The views expressed by individuals in this Magazine are not necessarily the views of the group of churches in this Benefice. Advertising in this magazine does not imply an endorsement or promotion of the advertisement, nor its content, products or services. Errors and omissions, whilst regrettable, may occur. Please advise the Editor and appropriate action will be taken

Helping Pakistani women to read the Bible

By Tim Foggin

It's hard to believe just how low down some women are considered in Pakistan's hierarchical, caste-based society, 'Almost at the level of animals', someone said to me.

Can you imagine pulling your daughter out of school, so she can help around the home and be ready to marry when she reaches her teens? As a father, the tragedy of the situation hit me hard. Here in England, you would never thwart your child's prospects in such a way.

This is the entrenched view in Pakistan, an Islamic republic where 97% of people are Muslim and where Christians account for less than 2% of the population, So when I last visited the country, I was thrilled to visit our literacy project which aims to teach young Muslim women to read using the Bible.

Three out of five women in Pakistan are illiterate, but thanks to your ongoing generosity through *Bible a Month*, 7,000 women and girls learn to read and write every year, and each receives a Bible. They attend classes for two hours a day, five days a week, for six months. While I was there, I had the privilege of joining a graduation ceremony for 200 women.



Learning to read and write together.

I arrived into a chaotic atmosphere and was given guest of honour treatment! I participated in the Bible distribution ceremony, shook hands with the women, and posed for photos. The books they receive are called TAZI Bibles. TAZ stands for 'Taurat, Anbiya, Zabur, Injil', the Torah, Prophets, Psalms and Gospel. The pages read from right to left, and it's written in a way that resonates with the cultural context of the Middle East.

What struck me was that, even though all the women were Muslims, they knew a

fair amount about the Bible When I asked them about its various stories. They learn to read from Scripture as their tutors help them unpack God's word. Remarkably, women of all ages take part in the classes.

I even met one lady who'd attended the literacy classes with her grand-daughter.

Thanks to your generous support, our team in Pakistan our team is able to give tremendous hope to these women. Despite the poverty, hardship and lack of respect, the women learn that God loves them. When they feel down, they can draw upon that steadfast truth, leaning on the Bibles they carry home to give them courage amidst the challenges.

And the impact doesn't stop there, women are at the very heart of Pakistani home life. So When a woman is moved by God's word, it radiates to her family and beyond. It reminds me of the verse in Isaiah: 'then the darkness around you will turn to the brightness of noon.' (Isaiah GNB).

Factfile



Pakistan is one of the most dangerous countries of the world in which to be a Christian. Although many Christians happily coexist alongside their Muslim neighbours, the threat of Islamic extremism growing, My Pakistani colleagues live in fear every day. There's an armed guard on the front door of Bible Society's bookshop and office in Lahore. the second largest city in Pakistan. I don't think any other Bible Society in the world has that. Yet the courage and determination of my colleagues is astounding.

It's vital that we pray for our team in Pakistan. The window of opportunity is open. Now's the time to share the word of God with a society that deeply needs it. Thank you for your faithful, regular gifts which help to make this life-transforming work possible.

This article has been reproduced from the Bible A Month Newsletter April/May 2019 with permission. You can find the whole newsletter at https://www.biblesociety.org.uk/content/get_involved/bible_a_month/newsletters/bam-newsheet-april-may-2019.pdf

The Bible Course – The Big picture – a review

Have you ever tried one of those photomosaic jigsaws where the picture is made up of lots of small pictures which when you stand back make up a big picture? Trying to see how a particular small bit fits into the overall big picture seems beyond us. All too often we are a bit like that with the Bible. We may read small passages but we cannot see how they fit into the big picture.

Dr Andrew Ollerton showed us how the Bible is one cohesive whole, starting with the Tree of Life in the Garden of Eden, and ending with the Tree of Life in the Holy City. In between there is the tree on which Jesus died, namely the cross. It is all one story of God's choosing to involve himself with the lives of ordinary people, of how they repeatedly ignore his wishes and yet he still remains true to his commitment to them. Those "ordinary people" include every one of us.

We met on Monday evenings and Saturday mornings for 8 weeks from mid-January to mid-March. We were usually a group of 7 on a Monday and 11 on a Saturday. We watched DVD's and had good discussions in between often leading to laughter as well as serious discoveries, drank lots of tea and coffee, ate lots of biscuits and chocolates.

We explored the schematic that Bible Society used for the course. If you did not manage to attend but would like to explore the issues a bit more, please contact Rev'd Janet.

Peter D Frymann



Saul to Paul; his conversion

Peter led us through an emotional/ spiritual roller-coaster during the recent Bible Study meetings, studying St Paul's '*Letter to the Philippians*' - so how did Paul first become a Christian? In the decades after the crucifixion there was great persecution of Christians in Jerusalem (**Acts 8**). In the city itself the Sanhedrin sent out its agents searching house to house to flush them out. They fled to all parts of Israel and beyond but that only served to disseminate the Holy Gospel far and wide. Saul as he was then known, was a Pharisee and amongst the chief persecutors – a zealot of the Law. He was 'breathing threats of murder' against the Christians. After he had authorised the martyrdom of St Stephen, he went to the High Priest asking for a letter of passage to Damascus where he intended to capture Christian refugees and bring them back to Jerusalem to face justice. This was granted so he set off on the journey of 150 miles which probably took him nearly two weeks if he was walking under the blazing hot sun. During the journey his curiosity about Jesus probably got the better of him and he began to ask his companions – *just what is the power of that man?* He may have been helped in all that as in **Romans 16.7**; it says that Saul had relatives to encourage him who were Christians before his conversion – Andronicus and Junia. They were later imprisoned with him and the former eventually became the Bishop of Pannonia.

Saul then seems have got heat stroke and collapsed on the ground in a state of delirium. He had a vision where God was berating him for his evil ways. On arrival in Damascus the companions took him to the house of one Judas in the 'Straight Street'. This was the main road (the *Decumanus Maximus*) of the city, 1.5 kms long east-west, and part of a grid of streets laid out centuries earlier. In that house Saul lay, still blind and in a state of collapse for three days during which he could eat nothing. His friends probably called for a doctor resident in the city and one Ananias found his way to the house. In **Acts 22.12**; Paul later described Ananias as 'a devout man according to the law, having a good report of all the Jews that dwelt in Damascus'. This suggests that he was not one of the recent refugees from the persecution in Jerusalem but had been an early convert and reputed to be one of the '70 Disciples'. Ananias was afraid of Saul, whose reputation for persecution had gone before him. He bravely laid his hands on Saul in a blessing saying; (**Acts 9.17**) '*Brother Saul receive your sight - and it was so. The God of our fathers has chosen you that you should know His will to see the Just One (Jesus) and hear what he said, for you will be his witness to everyone of what you have seen and heard. So what are you waiting for? Get up; be baptised so your sins can be washed away*' (**Acts 23.12-16**).

St Luke gave three accounts of Saul's conversion in **Acts 9, 22** and **26**; so based on that, several writers claim that his conversion happened only when he was baptised – not on the road to Damascus. By then he had become a turncoat in the eyes of other Jews so he was in danger and he could only escape from the city by being lowered down its walls in a basket. The city was then governed by King Aretus of Arabia and it was his guards who Saul had to escape from so why did he then go for a long stay in Arabia? Was it to meditate and preach as well as working in his trade as a tent-maker and seller? Whichever it was he must have gone through a long period of introspection. In Jerusalem he was the son of a Pharisee had trained under the leading teacher of the day and he was an outstanding pupil before he himself became a Pharisee – did he aspire to become the chief priest? Whatever hopes for the future he did have, he had thrown all that away when he chose to follow Christ. He must have been in a state of great emotional turmoil.

Saul also had a sense of his unworthiness to fulfil God's mighty task and when he encountered God's holiness. As Saul he was well read of the Jewish Bible. In it he learnt about Isaiah's vision of the Temple in Jerusalem filled with God's servants and smoke. Isaiah felt daunted by all that until a seraphim approached him and purged him of his sins. Then he heard God ask '*who shall I send*', to which Isaiah replied, '*send me*'. This must have been a very important piece of Scripture that deeply moved Saul. By reading **Isaiah 6, 1-8**; he became aware that his ministry did not come from himself and God had not called him for his worthiness or his own strength to empower him to preach but it came entirely through God's grace. We can take much of that for ourselves. He said, '*do not be afraid – My grace is enough for you*'. Do not be consumed with emptiness; respond to God's invitation. Be filled with the Holy Spirit.

In **Galatians 1.17** it is said that after his conversion, Saul 'went away into Arabia and returned again (much later) to Damascus'. By then he felt strong enough to begin his missionary journeys to bring the Gospels to the world but first he had to receive the authority of the Christian Council in Jerusalem. He waited three years before he found someone who was able to present him and placate the Council there. Only when that had been achieved was he able to begin his holy mission. Saul had been born a Roman citizen (**Acts 22.28**) perhaps with the Latin name of Paul but he first used it when he arrived in Cyprus (**Acts 13.9**). This protected him from summary local justice – but not from persecution by non-Christians. His missions were to be a supreme act of faith.

Richard in Gunton

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Telling the Easter Story

This year we thought it would be good to tell the Easter story in the style of “Open the Book”, moving around the churchyard at Roughton. Starting in the garden of Gethsemane right at the bottom of the churchyard, then moving up to the back of the chancel for the courtyard scene, we then moved to the front side where three crosses had been placed to portray the crucifixion. The main porch had been made into the tomb, and then the whole school walked through the tomb into the chancel for the final scene when Jesus appeared alive to his disciples in the upper room.

The whole school came to the church, half in the morning, and half in the afternoon, and we had several storytellers from Cromer church and people from around our villages who had never done Open the Book before. I think everyone enjoyed taking part even though there was a bitterly cold wind that day. The children were brilliant. These school children are tough as they go out in all weathers for woodland learning.

Helen Mortimer

May 2019

**Midweek Service every Wednesday at 9.30 am.
St Andrew's Church Metton**

5 May Easter 3

| | | | |
|----------|-----------------|-----|----------|
| 9.30 am | Holy Communion | BCP | Sustead |
| 11.00 am | All Age Worship | CW | Roughton |

12 May Easter 4

| | | | |
|----------|---------------------------------------|----|------------|
| 9.30 am | Holy Communion | CW | Hanworth |
| 11.00 am | Morning Prayer | CW | Felbrigg |
| 3.15 pm | Sing For Joy St. David's Nursing Home | | Sheringham |

19 May Easter 5

| | | | |
|----------|----------------|----|----------|
| 9.30 am | Morning Prayer | CW | Sustead |
| 11.00 am | Holy Communion | CW | Roughton |

26 May Easter 6

| | | | |
|----------|----------------|----|----------|
| 9.30 am | Morning Prayer | CW | Hanworth |
| 11.00 am | Holy Communion | CW | Felbrigg |

Thursday 30 May (Ascension Day)

| | | | |
|---------|-----------------------|--|----------------------|
| 7.30 pm | Ascension Day Service | | Cromer Parish Church |
|---------|-----------------------|--|----------------------|