

June 2019

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

2 June Easter 7

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

9 June Pentecost

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

16 June Trinity

9.30 am	Morning Prayer	BCP	Sustead
11.00 am	Holy Communion	CW	Roughton

23 June Trinity 1

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

30 June Trinity 2

9.30 am	Holy Communion	CW	Metton
11.00 am	Family Service with Baptism	CW	Roughton

Guest Speaker is Tim Morton of Cromer Food Bank

Ambassador

June 2019

Bees Busy making honey



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

Rector, Reverend Janet Frymann

01263 768075

www.roughtonbenefice.uk

Who's Who in our Benefice

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Email rev.roughton@gmail.com.

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Authorised Worship Assistant

Simone Hume

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None (contact Revd Frymann)

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Hilary Kirkland 01263 514380

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Richard Harbord 01263 768732

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None (contact Revd Frymann)

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Deanery Synod and "Open The Book"

You may be wondering what happens at Deanery Synod meetings. You may be intrigued to know more about "Open The Book". You may have wondered about any possible link between the two.

Your chance to learn more about both come in June, on Wednesday 19th at 7.30 pm when the Deanery Synod meeting will be held at Cromer Parish church. 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.

Come and learn more of their work. Come and find out how you can be a part of this very stimulating venture that takes Bible stories into schools and wins an amazing response from the children.

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.

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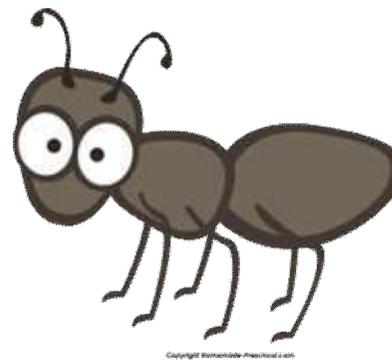
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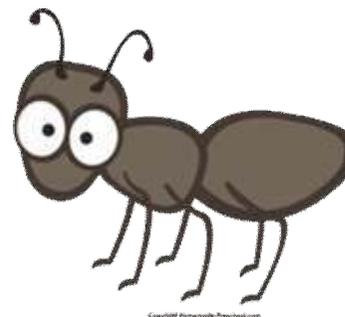
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There are many creatures in this world that
are indeed very busy each hour, the Bee and
the Ant are just two of the creatures that
come to mind.

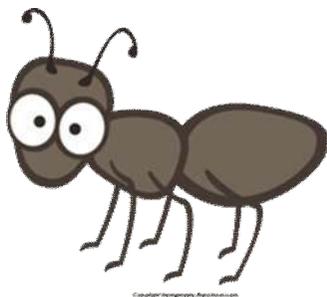
The Bee is the greatest pollinator we have in
the world. Bees are crucial for our economy
as UK farmers would need to spend approx
£1.8 billion a year to pollinate the crops.
Bees pollinate the plants in our gardens,
parks and the wider countryside. Bees are a
sign of how healthy our countryside is. The saying "busy as bees" is said to be
used first by Chaucer. There have been
hairstyles named after the bee. The
Cornish word for the bumblebee is,
Dumbledore (of Harry Potter fame also!).
It is reported that there are over 270
species of bee recorded in Great Britain
but the best know is probably the honey
bee. The honey bee lives socially and are
led by a Queen who is served by male
drone bees and the workers are the fe-
male bees.



We often think that the ant is a pest, especially on
picnics! Again the ant is a social insect living in
large colonies (consisting of millions of ants). The
queen ant is the only one that lays eggs. While
reading "Ant Facts for Kids" I found our that there
are over 12,000 species of ants all over the world.
An Ant can lift over 20 times its own body weight.
Instead of ears and hearing ants feel vibrations on
the ground through their feet. Ants don't have
lungs! Oxygen enters though tiny holes all over the
body and carbon dioxide leaves through the same holes. Some ants can sting and
leave a painful redness on the effected area but on the whole they are not danger-

The Bible says of the ant: "You lazy fool, look at an ant. Watch it closely; let it teach you a thing or two."

Having said all of this, life is teaching me that over-committing oneself is not fair to everyone else. It is beneficial to all that we try to commit ourselves to do "what we can and not what we can't." Becoming too busy to speak to people, have time for each other, to watch the bees and the ants, or even that lovely Red Kite flying around over Roughton these days is easy and dangerous to our health and relationships.



It is so important to remember that we are also social be-ings not do-ings, (note the pun be-ings not doings). Our first and foremost job is to "be" cultivating a quality time with God. The Psalmist says ""Be still, and know that I am God!" Galatians 6:5 (NLT) "For we are each responsible for our own conduct."

With my prayers as always Revd Janet



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Peter soon became one of the leading Apostles for whom he became a spokesman. He recognised that Jesus was a revolutionary who threatened centuries of careful synchronisation between the pagan religions of the Romans and their subject states supported by whole local economies. Peter expected Jesus to replace Roman rule with a Davidic monarchy based on a new interpretation of the Law. Towards the end of the Ministry, Peter appealed to Jesus not to go to a crowded, dangerous Jerusalem during the Passover feast. Again Jesus roughly rebuked him saying, *'your mind is not on God but only on human concerns. Get behind me Satan!'* (**Mark 8.33**). Soon after that, Jesus was arrested despite Peter trying to ward off the attackers.

After the crucifixion his position allowed Peter to adjudicate over disputes with growing authority over the early Christians. This alarmed the Jewish authorities so he was twice arraigned before the Sanhedrin but escaped from their condemnation. The Christian Council led by St James encouraged him to go north into Samaria to preach but he was often back in the city where he met St Paul and other disciples. Eventually he seems to have settled in the port of Antioch.

While Peter was closely associated with Jesus, his life is described in some detail. After the crucifixion, an account of Peter's movements continue in the Acts of the Apostles' as written by St Luke but with decreasing detail. Eventually the story fades away so we have no way of knowing beyond Church traditions whether he ended up in Rome where is alleged to have been martyred. There is even uncertainty whether he wrote the two 'Letters of St Peter'. None of that diminishes the huge influence he still has in the Church.

Richard in Gunton

St Mary's School, Roughton - School Fete

Saturday 29 June 2019 1:00 - 4:00pm

Many attractions including: Dance displays, Martial Arts displays, Multi-sports games, BBQ, Refreshments, Ice Creams, Art and Craft, Face Painting, Tombola, Grand Raffle, Bouncy Castle, various stalls and much more to make it a fun afternoon for all.

Time for Prayer

Tuesday June 11th 7.30 @ Sylvan Lodge, Hall Road, Cromer led by Hilary.

Tuesday June 25th 7.30; 5 Orchard Close, Roughton, led by Heather.

MOTHERS' UNION

A warm welcome awaits anyone wishing to join in fellowship at Mothers' Union on Wednesday 19th June 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. This talk was postponed from May.

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

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

The group is now taking a well-earned break over the summer.

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)

Easter at Felbrigg

On Easter Sunday about 40 people – including children and 3 dogs – joined together to celebrate Jesus' resurrection and his continuing presence with us at all times.

We heard of the work of the Zambesi Mission helping to restore houses and churches damaged or destroyed in the recent storms. To assist them our offering of just over £200 went to support this work. ML

We have included extracts for the Zambesi Mission "Update" magazine (with permission) on pages 8 & 9 to give you more information. These show their short-term work in relief and the longer-term work of missionary work.

St Mary's School, Roughton.

The annual Fete will be on Saturday 29th June from 1pm to 4 pm on the School Grounds. Everybody welcome!!

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

The Ambassador

This is just a reminder that 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 July issue is Friday 14th June.

General Enquires 01263 768075

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St Peter the Apostle

Church dedications sometimes use Saints Peter and Paul together as they were indeed the twin pillars of early Christianity. They were very different figures though and when they crossed paths it was not all harmony as they had different visions of how things should develop.

Peter is mentioned more than any other in the New Testament apart from Jesus. A recent TV programme gave a deep insight into his character. His name means 'modest' but he had many qualities. Although Peter never seemed to fully understand the full potential of the teachings of Jesus, he pulled Christianity together; moulded it so that it could lead Western civilisation and became the world's biggest religion.

He was born the son of John, in Bethsaida. This was a fishing village at the head of a lagoon north-east of Lake Galilee. It had a mixed community with extended families living in crowded houses who probably spoke with a broad 'northern' accent. Now there is a church on the site where he is alleged to have been born. When the lagoon began to silt up he moved west to Capernaum with his brother Andrew. This was also a fishing village but with a community more Jewish; on a sheltered site and economically vibrant. There he married. Soon after, he encountered Jesus who appeared to be walking on the water of the Lake. As Peter impetuously tried but failed to imitate the Master, he was rebuked. Jesus may have been staying with Peter's family so when he cured Peter's sick mother-in-law, they became close friends. The brothers began to realise the power of Jesus and they decided to follow him, thinking it would only be for a short time. Together they travelled with the other disciples north to Pannus. This was a rocky place with a cave-like sanctuary to the pagan god, Pan. It was there that Jesus asked Peter who he was (**Matthew,16-18**). When Peter replied that he was the expected Messiah, Jesus looked at him and the setting, saying '*you are the rock on which I will build my church*'. '*Cephas*', (meaning 'Rocky') became the special name for Peter used by Jesus and the disciples. Then they went even further north to a great mountain which was covered in winter snow. It was so cold that only three of his disciples followed Jesus - Peter, James and John. There they had a vision of Jesus standing in an aura of dazzling white accompanied by the prophets - the '*Transfiguration*' (**Matthew 17,1-8**).

The Pilot

A good pilot does what it takes to get his passengers home. I saw a good example of this while flying somewhere over Missouri. The flight attendant told us to take our seats because of impending turbulence. It was a rowdy flight and the folks weren't quick to respond. "The flight is about to get bumpy. For your own safety, take your seats." Most did, but a few didn't. So she changed her tone "Ladies and gentlemen, for your own good, take your seats. "

I thought everyone was seated but, apparently, I was wrong, for the next voice we heard was that of the pilot. "This is Captain Brown" he advised. "People have gotten hurt by going to the bathroom instead of staying in their seats. Let's be very clear about our responsibilities. My job is to get you through the storm. Your job is to do what I say. Now sit down and buckle up." About that time the bathroom door opened and a red-faced fellow with a sheepish grin exited and took his seat.

Was the pilot wrong in what he did? Was the pilot being insensitive or not thoughtful? No, just the opposite. He would rather the man be safe and embarrassed than uninformed and hurt. Good pilots do what it takes to get their passengers home.

So does God. Here is a key question. How far do you want God to go in getting your attention? If God has to choose between your eternal safety and your earthly comfort, which do you hope he chooses? Don't answer too quickly, give it some thought.

"I'm the pilot, you're the passenger. My job is to get you home safely. Your job is to do what I say. "

God will whisper. He will shout. He will touch and tug. He will take away our burdens. He'll even take away our blessings. If there are a thousand steps between us and Him, He will take all but one. But He will leave the final one for us. The choice is ours.

Virendra Govin, California

Food Banks

Cromer Food Bank is one of a national network of food Banks many started under the guidance of the Trussell Trust. To get an understanding of the Trussell Trust you could go to their web-site, or read on as this article is based on their website.

The Trussell Trust is founded

The Trussell Trust was founded in 1997 by Carol and Paddy Henderson based on a legacy left by Carol's mother, Betty Trussell.

The Trussell Trust's initial Bulgaria projects focused on improving conditions for the 60+ children sleeping at Central Railway Station in Bulgaria.

In 2000, Paddy received a call from a mother in Salisbury saying: "My children are going to bed hungry tonight – what are *you* going to do about it?"

Paddy investigated data on poverty and deprivation in the UK and found that significant numbers of people faced going hungry as a result of a sudden crisis. So Paddy started **Salisbury Foodbank** in his garden shed and garage, providing three days' of emergency food to local people in crisis.

Network of food banks

The trust now support a [network of food banks](#) which provide emergency food to people in crisis, and additional support to help tackle the root causes that sweep people into poverty and build people's resilience so they are less likely to need a food bank in the future.

When I was a Trustee with Derby City Mission we ran a Food Bank that dated back into the 90's and was a life-line to many in desperate circumstances. We then teamed up with the Trussell Trust in due time. We received donations from supermarkets as well as members of the general public. While I was there we gave out an average of 800 food parcels each year.

At the end of June we have a visit from Tim Morton who heads up the Cromer Food Bank. Why not join us at Roughton to learn more on 30 June to learn more? You will be most welcome.

Peter D Frymann

Devastating storms and flooding

Our front cover shows Friday Kamwendo standing in front of his badly damaged home. Friday is pastor of Nanluka Zambezi Evangelical Church (ZEC) in southern Malawi. Four days of incessant torrential rain caused widespread flooding over the weekend of 9th/10th March. Less than a week later, Tropical Cyclone Idai made landfall on the coast near Beira: it left a grim trail of destruction in Mozambique and Zimbabwe. 56 lives were lost in Malawi. The Government of Malawi estimated that over 80,000 people have been displaced. In Mozambique nearly 600 people were killed and about 200,000 houses destroyed. Many homes and churches in Malawi and Mozambique were severely damaged - like Pastor Kamwendo's or even worse.

The Zambezi Mission (zm) partners don't have a ministry presence in the worst affected parts of Mozambique. Even so, the General Secretary of ZEC Mozambique James Hamilton told us that eight of their churches in the north had collapsed.

zm's Field Director Simon Chikwana is coordinating the mission's relief operation amongst our church partners. The mission is helping those in need with food, kitchen utensils, plastic sheeting (for temporary shelters), soap, clothes and blankets. We will have to wait and see what the impact on this year's maize harvest will be. But it seems probable that the impact of these storms will be felt by our brothers and sisters in Christ for months to come.

Thank you to everyone who has already given to support the mission's relief efforts, as we seek to help the most vulnerable in our partners' churches.

Receiving the love of Christ

The earliest zm missionaries delivered first class healthcare in parallel with the preaching of the gospel. zm partners with the Zambezi Evangelical Church (ZEC) to help support their missional healthcare today. ZEC has five health centres in Malawi: at Mitsidi, Matanda, Ntonda, Nthorowa and Muluma.

zm supports ZEC's healthcare services in two ways: firstly, zm funds the construction of healthcare facilities such as the new health centre and recently built staff houses at Muluma. The mission also supports the training of medical staff: Felistone Kapenuka (pictured right) served as a Patient Attendant at Nthorowa health centre for six years. But he was determined not to remain in the same role for the rest of his life. He completed his secondary school exams in 2013 whilst working full-time. zm then supported him to study on a three year Certificate in Clinical Medicine course at Malumulo College of Health Sciences. After successfully completing his training he qualified as a Medical Assistant. Today Felistone diagnoses and treats patients at Nthorowa. He told us: "they come here because they receive the love of Christ". He expressed his thanks to zm's supporters: "thank you for your help, may the good Lord Jesus Christ bless you. I promise to return the good you invested in me."

Extracts from the Zambezi Mission magazine "Update" May to July 2019 reproduced with permission

