

Ambassador

August 2019



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

45p

Who's Who in our Benefice

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Churchwardens Metton

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Rev Janet Frymann 01263 768075

Alternatively:

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The Bishop's Adviser for Safeguarding

Inscription, words on a church wall in Upwaltham, West Sussex.

I will not wish thee riches, nor the glow of greatness,
but that wherever thou go some weary heart shall gladden at thy smile,
or shadowed life know sunshine for a while.
And so thy path shall be a track of light,
like angels footsteps passing through the night.



What does this mean to me? Encouragement. Encouragement can mean the action of giving someone support, confidence, or hope. What does it take to encourage one another? Not a lot really. A 'thank you', a smile, a pat on the back. "Good job" our American friends would say, and why not?

I was giving someone a lift back from Felbrigg Church this last weekend and as we traveled down the drive from Felbrigg Hall, on a bright sunny morning, an older man was at the side of the drive "thumbing for a lift". Now, I don't know about you but I have not encountered many people in recent years thumbing for a lift. It is not something that is as popular as it once was. I remember my elder brother who, when returning from University in the 1970's, would make his way from Exeter to South Yorkshire mainly by hitch-hiking.

Anyway, on this particular day I stopped the car and asked if he was OK? "Yes" he replied "but can you give me a lift to the end of the drive its a long way". "Hop in" I said. Well my passenger and I decided that we would drop this man off at the nearest bus stop that would get him home which was down in Roughton. As the man was getting out of the car he said "thank you, you're a Christian". "Well", said I, "I hope so. I'm the Rector of this parish!" At this the man laughed and so did we. I don't think he was expecting that one.

In our turbulent political and economic world today, both here and world wide, it is good to do something kind for others. If that means, for me, giving someone a lift to help them out well, why not? I think sometimes we as humans are all too ready to be suspicious of each other. I'm not saying

that it is always safe to do the kind I have outlined in the story. Every situation needs to be carefully considered and personal safety is paramount.

There is a film called "Pay it Forward". You may have heard about it already as it was released in 2000. In the story a young school-boy in America is asked by his social studies teacher to think of a project that would benefit humanity or that would "change the world". It's a tall order. This young man eventually comes up with the theory that if he did a kind deed to someone he would ask for nothing in return other than they then repay the kindness to 3 other people. The process is repeated by those three people and so on. At first the experiment seems to have failed but the ending is quite spectacular. What makes it more exceptional is that the story is set in Las Vegas, not a city known for kindness.

The Bible has a great deal to say about encouragement. One of my "go to" verses for encouragement is found in the book of Joshua:

"I hereby command you:

*Be strong and courageous; do not be frightened or dismayed,
for the Lord your God is with you wherever you go.'*

Whenever I feel that life is tough or it feels like there is thick mud all around, I remember these words. The Lord is speaking to Joshua and encouraging him that we are never to be frightened or scared as God is with us. Encourage one another and be like *"angels footsteps passing through the night"*.

With my continued prayers Revd Janet

Time for Prayer

Tuesday August 13th 7.30 @
"Hotspur" Old Turnpike Rd. Roughton,
led by Dave Wiltshire.

Tuesday August 24rd 7.30 @
13 The Green, Felbrigg led by
Mary.

* * * * *

MOTHERS' UNION

On 21 August there is a service to
mark Mary Sumner's Day.

* * * * *

Things to Come

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 con-
tact Simone on 01263 711346.

* * * * *

Roughton & District WI

Roughton & District WI meets in
Roughton Village Hall on the sec-
ond Wednesday of the month, 7
pm for 7.30 pm. Visitors are wel-
come.

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

REMINDER

Norfolk Churches Trust

Annual Bike Ride 2019

The Annual Bike ride is taking place
on Saturday the 14th of September.
Further details are now available.

The Bike Ride has raised over
£2,800,000 in the last 32 years.
The 2018 Bike Ride raised £91,047.

Riders are now seeking sponsorship.
Please support our riders. Remem-
ber, half of the money raised by our
riders comes straight back to the
home church and over the years we
have received generous grants
funded by the balance!

Why not get the bike out and join
us? You can ride, walk or drive
round by car. There are some stun-
ning churches in this area.

* * * * *

Rectory Garden Party

This will be held again on the first
Saturday in August. You can expect
teas, coffee, cakes (Including gluten
-free!) and other goodies, various
garden games and the same high-
light as previously, namely archery!

We start at 2pm. You will be most
welcome. Bring your friends.

Peter D Frymann

Roughton & District WI

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.

For more information contact:

Angela Newton (01263 514476)
angelamcnewton@gmail.com

Village Hall Bookings

Felbrigg - Julia Bayle
01263 513103
Hanworth - Jeanette Ayling
01263 768875 (580070)
Roughton - Chloe Bennett
01263 5168

The Ambassador

The cost of the **Ambassador** is 45p per copy or £4.00 per year

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**.

Editors are: Peter Raynor, Peter Frymann & Richard Harbord.

Deadline for the September issue is Friday 16th August.

General Enquires 01263 768075

It pays to Advertise

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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A Norfolk Church in the 19th century

Not far from Roughton is a small village that benefits from having a church at its heart and centre. At the beginning of the 19th century this was still a very agricultural community with seven farms. Nearly all its man-power was engaged in agriculture including the vicar and the older children. The vicar was also a curate in several of the smaller villages nearby and that, with his farming was the only way he could sustain a living. The bench of bishops in the House of Lords wanted to curtail this form of small 'pluralities' but Edward Lord Suffield of Gunton robustly challenged them saying it was their own large pluralities that needed curtailing, not the smaller ones. This way of life left very little time for the vicar to fulfil the Church of England's traditional role of providing pastoral care and basic education for children. That meant most of the community was illiterate and had no means of social mobility. Feudalism was supposed to have been ended by Oliver Cromwell but tenants still had to swear loyalty to the manorial lord and much of the Medieval landscape with its ancient strips and furlongs continued to exist. An expensive Enclosure Act was passed early in the 1800s for the parish and the power of the manorial courts was toned down. Tenant families could still be ejected from their cottages and propelled into the ghastly Norwich slums though. Stepping into the breach at the same time was the Methodist Church. Its followers preached on street corners and when they had attracted a following especially from one of the yeoman farmers, they built a chapel. Sunday School classes taught the reading of the Bible which attracted large numbers not just from the village but from the surrounding countryside. The vicar responded by setting up a boys boarding school run by himself in Aylsham Old Hall. It was fee-paying so only those well off could afford to go there. It meant that for the first time a vicar of this village did not have to resort to being a small-holder but he was far away from his flock. Then there was a fall-out amongst the chapel folk and a break-away chapel was built in the same village, not once but twice so there were three chapels in this small but growing community

Then came a new vicar who was pleased to publish his sermons – especially those he delivered with stern warnings whenever a murderer was hanged at the gates of Norwich Castle. Out of a population of over 300 people, only 10% attended the parish church – well it was also in dire need of repairs and there was no wealthy local family willing to donate the funds.

The hated Tithes were abolished in 1840. Even those supporting religious denominations other than the Church of England had to pay the latter which caused huge resentment. Then the legal restrictions on the Roman Catholics were relaxed by Parliament. All this reduced social tensions but it did little to boost support for the parish church. In 1860, the Rector of Merton claimed that there had been no resident vicar in this village for more than 30 years. He thought that chronic fear and superstition which had always been so widespread across Norfolk could open the door again to witchcraft. This was a wake-up call for the church and a few years later a large vicarage was built – opposite one of the chapels. From then onwards the 'gentrified' vicar was properly beneficed. A few decades after that it was decided to sell three of the four bells in the church tower to finance the repair of the ancient church. The custom then was to pay little attention to heritage so some of the old features were lost – like the Medieval south door with its wonderful cast-iron work and sanctuary ring. The old roof was discarded in favour of a 'modern' one but otherwise the window tracery was replaced on a like-for-like basis. Though these repairs were drastic, they secured the church for at least another century. About the same time, the Education Act introduced Board Schools for all and a splendid new building was erected only a mile away from the village. From then on the chapels went into decline. Only one survives into present times though it has long been converted into a house. The Church of England came through all of the above and in this village it continues to flourish.

Richard of Gunton

"Bible Society"

Behaviour improves in schools thanks to Bible storytelling project

Dear Helen

Headgear, accents and all the actions — yes, it's our Bible storytelling programme, Open the Book, and, in this its 20th anniversary year, we're excited to tell you that Open the Book has crossed the seas!

<https://biblesociety.cmail19.com/t/r-l-jikrba-kkkhghhiy-y/>

Ghana has piloted and ached the Open the Book programme over the last few years and we're now able to share some of the amazing impact it's had during that time.

<https://biblesociety.cmail19.com/t/r-l-jikrba-kkkhghhiy-j/>

Head teacher John Ambonay said: 'Open the Book has done so much for my school' and told us that since the project started four years ago, behaviour in his school has visibly improved. He said children's Bible knowledge has increased, children have stopped insulting each other and, amazingly, more pupils are completing their education. And because storytellers are a paid a small amount, it's also providing employment.

Our team in Ghana are so excited about the potential for this project. One leader told us Open the Book could 'bring a new generation to Christ.'

Please celebrate with us!

Blessings

Helen Crawford
Digital Content Manager

PS: If you'd like to support this programme, we'd love you to join us! Find out what's involved and how you can have an impact.

<https://biblesociety.cmail19.com/t/r-l-jikrba-kkkhghhiy-i/>

Explore our Book of the Month!

Anger, mirrors, and bits in horses' mouths... find out more about our Book of the Month with a free reading guide on James.

<https://biblesociety.cmail19.com/t/r-l-jikrba-kkkhghhiy-k/>

Run The Bible Course in September

<https://biblesociety.cmail19.com/t/r-l-jjkrba-kkkhghhiy-u/>

Discover the big picture of the Bible in this eight-session course. Find out more.

<https://biblesociety.cmail19.com/t/r-l-jjkrba-kkkhghhiy-u/>

My Bible

Reasons to believe in the power of the Bible

'I set up an ice cream business in 2002 with the aim of making the most delicious ice cream available in the market. We want Christian principles run right through the company and we do our best to care for everybody who comes into contact with Jude's. We pray for our staff, suppliers and customers, try to always act in a just way and are very focussed on bringing joy and delight into peoples' lives. I suppose the most outward and visible thing that we do is give 10 per cent of our profits to charity, inspired by Leviticus 27.30...'

A.A.A.D.D - KNOW THE SYMPTOMS!

Thank goodness there is a name for this disorder - Age-Activated Attention Deficit Disorder. This is how it manifests:

I decide to water my garden. As I turn on my hose in the driveway, I look over at my car and decide it needs washing.

As I start towards the garage, I notice the post on the porch table. I decide to go through the post before I wash the car.

I lay my car keys on the table, put the junk mail in the rubbish bin under the table, and notice that the bin is full. So I decide to put the bills back on the table and take out the rubbish bin first...

But then I think, it might be better to pay the bills first so go inside the house to my desk where I find the can of Diet Coke I'd been drinking.

I'm going to look for my cheque book, but first I need to push the Diet Coke aside so that I don't accidentally knock it over. The Diet Coke is getting warm and I decide to put it in the fridge to keep it cold.

As I head towards the kitchen with the Diet Coke, a vase of flowers on the counter catches my eye - they need water.

I put the Diet Coke down and discover my reading glasses that I've been searching for all morning. I decided I'd better put them back on my desk, but first I'm going to water the flowers. I set the glasses back down on the counter, fill a container with water and suddenly spot the TV remote someone had left on the kitchen table.

I realise that tonight when we go to watch TV I'll be looking for the remote but, won't remember that it is on the kitchen table, so I decided to put it back in the den where it belongs, but first I will water the flowers.

I pour some water in the flowers, but quite a bit of it spills on the floor, so I put the remote back on the table. Get some towels and wipe up the spill.

Then I head down the hall trying to remember what I was planning to do.

At the end of the day: the car isn't washed, the bills aren't paid, there is a warm can of Coke sitting on the counter, the flowers don't have enough water, I can't find the remote, I can't find my glasses, and I don't remember what I did with the car keys.

Then, when I try to figure out why nothing got done today, I am really baffled because I know I was busy all day, and I am really tired.

I realise this is a serious problem and I'll try to get some help for it, but first I'll check my emails!

Weekly Readings

As a church we follow the lectionary of the Church of England. For the coming month the readings are:

4 August Trinity 7

Reading 1 Hosea 11:1-11

Psalm 107:1-9, 43

Reading 2 Colossians 3.1-11

Gospel Luke 12:13-21

11 August Trinity 8

Reading 1 Isaiah 1:1, 10-20

Psalm 50:1-8, 23-24

Reading 2 Hebrews 11:1-3, 8-16

Gospel Luke 12:32-40

18 August Trinity 9

Reading 1 Isaiah 5:1-7

Psalm 80: 1-2, 9-20

Reading 2 Hebrews 11:29-12:2

Gospel Luke 12:49-56

25 August Trinity 10

Reading 1 Jeremiah 1:4-10

Psalm 71:1-6

Reading 2 Hebrews 12:18-29

Gospel Luke 13:10-17

If you want to follow the readings as we use them you can find them in the NRSV (The New Revised Standard version) of the Bible. If you do not have this translation to hand you can find it online at <https://www.biblegateway.com/passage/> or <https://www.biblesociety.org.uk/explore-the-bible/>.

Peter D Frymann

Report from the Deanery Synod Open The Book presentation.

The rural Dean said he was thrilled that so many people had come and given their time to be involved with the presentation. The presentation was introduced by Sue Wells who explained that Open The Book had started twenty years ago with one man and one team taking dramatised Bible stories into a school and using the Lion Storyteller Bible by Bob Hartman. Now there are teams in 3,099 schools, 16,800 storytellers, and many thousands of children who now have a knowledge of Bible stories. Two storytellers from each of the four groups in our deanery took part in telling the story of "Josiah the boy king" Chrissie and Helen represented Roughton. Chrissie was the storyteller, and Helen led the synod members in doing all the actions that went with the story.

It was a bit odd at first working with people we didn't know, in Cromer church with all that space! and using microphones too. We arrived early for a practise which was OK, but the actual performance went really well, and the synod members joined in amazingly well, although Helen did threaten them that if they didn't join in properly, they would have to do it again!

Everyone seemed genuinely interested and asked lots of questions afterwards. One of which was, how can we pray? The answer was to pray for more opportunities to get into more schools, not just in our deanery. Pray for more groups and more storytellers and continued freedom to do this work in schools. It was a good evening.

I was telling Dave the other day, that when I was collecting subs for the mag., one lady had said she wouldn't have it any more as there was never any news from the school. It is such an important part of our benefice. I explained that we had tried no end of times to get someone from the school to write a little piece, but all the staff are so pushed. But Dave and I know quite a bit of what goes on, and will attempt to get something in the mag. this month before the school holidays, and then try and keep it going when they start again in the Autumn. Of course there won't be anything much to report at first, but it's a start.

Helen

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Snowdrops are native to the Middle East, and following the Crimean War several soldiers returning to Norfolk brought home some snowdrop bulbs and these were planted in various gardens and swapped between interested gardeners. Notably locally is Warham Rectory, from where several distinct forms have been collected, one of the best of these is Diggory with a unique petal shape.

So when we go out for a walk in the Spring we always look carefully at snowdrop clumps, and we noticed a flower in Bessingham churchyard that looked a bit different and asked permission to take a few bulbs to see if it was a permanent or transitory thing caused by the growth conditions. So we have planted it out and now we wait and see!

Many thanks for allowing us to take a sample and should it prove to be different we will let you know.

All best wishes

John Wilson

August 2019

**Morning Prayer every Wednesday at 9.30 am.
St Andrew's Church Metton**

4 August Trinity 7

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

11 August Trinity 8

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

18 August Trinity 9

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

25 August Trinity 10

| | | | |
|----------|--|----|----------|
| 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 | | |