

Ambassador

September 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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The Bishop's Adviser for Safeguarding



At the Christian Conference Peter & I attended last week, I came across the idea of Bible Journaling. I have heard about this idea but not investigated it very much. However, I have decided to do just that. The image you see here is just one part of the project. It is a picture & a verse from a Psalm in outline, waiting to be coloured. The premise is that as one reads the Psalm, in full from your Bible and then meditate on the verse on the sheet. The inspiration comes to colour the picture and the words in. One is able to be in touch with the deepest desire of our hearts - to connect with God. In our contemplation we are open to the Holy Spirit's guiding and leading.

Very interestingly as I began this letter the magazine "The Reader" arrived. It is a magazine for those who are Lay Readers in the Ministry and has feature articles, reviews on new books and resources, news items related to ministry and usually a featured theme. This issues theme is "Engaging with the Psalms". This is what I call "a God incidence" resulting in me reading through some of the articles and adding to the letter.

One article highlights the Psalms as "A resource for contemplative practice." Patrick Woodhouse, the writer, says that *"We normally think of the psalms as the most fundamental part of our public worship... which is indeed true. Down the centuries in cathedrals, churches and monasteries the psalms have been the backbone of the daily prayer of the gathered community."* He goes on to say *"public praise or thanksgiving, while being a most important characteristic of the psalms, is not the deepest note that the psalter sounds. That belongs to the private sphere. Again and again the deepest note is a private note of longing for intimacy with the Mystery of God."* *The psalms are the backbone of Jewish worship which predates Christian worship.*

The psalms include expressions of utter joy as well as every other emotion we express.

In a world full of noise, television, computer, business, stress and indeed loneliness, in the contemplation of the psalms, the personal and private longings of our inner being are able to rise to the surface and be expressed in the colouring or writing as a prayer. If I were to ask "what is the most memorable psalm today" it would probably be psalm 23, The Lord is my Shepherd. It is sung in school and church, it is the theme tune to a memorable TV programme and a psalm that is included in the funeral rite. The most memorable tune is to "Crimond (I can hear myself humming it now)! Psalm 23 speaks of the One

who leads to green pastures (our provider), the One who walks with you in times of trial (our strength and protector), the One in whom we trust. There are many psalms that speak of the One who is with us when we are in personal need, when we need strength and guidance, protection and provision, of loneliness or pain. There are also psalms that address these tougher issues in life and it is then when we find ourselves looking or searching for intimacy with God. These private, personal and heartfelt times, penetrating the very core of being, connecting with the One who know us inside out.

Psalm 139 is one of my most favourite. It is a psalm that speaks of the "Inescapable God." "Where can I go from your spirit? Or where can I flee from your presence? If I ascend to heaven, you are there;" This psalmist speaks of the One who is every where, we could not escape from even if we tried, the One who knows my most inner being. The One whom we can trust with all our heart and soul.

I am impressed with the idea of creating a journal of my prayers, especially the contemplating side of it. I shall pray for all our communities as I do so.



Revd Janet

Time for Prayer

Tuesday September 10th at 7.30,
@ Orchard Close, Roughton, led by
Heather Wrighton

Tuesday September 24th at 7.30
@Sylvan Lodge, Cromer at 7.30, led by
Hilary Kirkland

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MOTHERS' UNION

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Things to Come

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Craft Workshop

Meets again on 2nd September
10-12.30

At Roughton village hall, and thereafter
on the 1st Monday of each month.

Everyone is welcome to this friendly
Gathering.

Come and be inspired

For further information please contact
Simone on 01263 711346

* * * * *

Village Hall Bookings

Felbrigg - Julia Bayle
01263 513103

Hanworth - Jeanette Ayling
01263 768875 (580070)

Roughton - Chloe Bennett
01263 5168

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 vari-
ous 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, cro-
chet, 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.) Be-
cause 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

* * * * *

Harvest Thanksgiving

See Page 15 for details of Harvest
Thanksgiving in September.

Norfolk Churches Trust Annual Bike Ride 2019

The Annual Bike ride is taking place on Saturday the 14th of September. Further details are available in most of our churches or from Rev Janet, Helen Mortimer, Peter Frymann, Priscilla MacDougal, all of whom are riding and would welcome your sponsorship.

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

* * * * *

Tombola

Once again it was lovely to be a part of Felbrigg's Flower Festival. It's always a really good occasion to meet with lots of different people. I wasn't there all weekend, but an awful lot of people I spoke to were on holiday, and most were Christians from other churches and other denominations. We're not alone! and we all worship the same God! Halleluiah!

Thank you to all who donated prizes and helped over the weekend. We raised nearly £400. Helen Mortimer

The Ambassador

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

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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 October issue is Friday 20th September.

General Enquires 01263 768075

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The Pattern of Services - Sundays

You may have noticed recently a slight change in the pattern of weekly services.

Until last year we held frequent services in Bessingham and no services were held in Felbrigg during the winter months of December to March.

Early last year the care of Bessingham Church was handed to the Norwich Diocesan Church Trust. We still conduct 6 services a year (in addition to Occasional Offices of baptism, weddings and burials). As with Gunton we still provide pastoral and spiritual care for the residents of Bessingham.

Since the track across the field to Felbrigg Church has been covered with new stones it is now passable all the year. The need for the transfer to Metton during the winter has therefore diminished and Felbrigg will now be used throughout the year.

It has been agreed that Metton and Hanworth should hold one service per month, Metton on the second Sunday and Hanworth on the fourth Sunday. There will be one service of Holy Communion and one of Morning Prayer between the two churches each month. The aim is that each church will celebrate Holy Communion once in two months.

Where there are 5 Sundays in a month (as happens four times a year), there is one service (usually Holy Communion) at 11am and this Combined Service migrates around the benefice.

The pattern of services looks like this:

First Sunday

Second Sunday

Third Sunday

Fourth Sunday

Fifth Sunday

Sustead and Roughton

Metton and Felbrigg

Sustead and Roughton

Hanworth and Felbrigg

Combined Service

Midweek Services

The midweek service the Daily Office from Common Worship and is some 20-25 minutes long.

It is a space for reflection in the middle of the week, an opportunity to take time in the busyness of a week to listen to God and to reflect on his involvement in our lives and ours in his.

Rev Janet

News from St. Mary's School.....

What a busy term our summer term has been!

Once again the Open the Book team (Helen, Ron, Chrissie, Dorothy, Heather and Dave), with the help of some of the children, presented fortnightly bible stories to the whole school. This term we learnt about David and Goliath, Jonah, Jeremiah, King Solomon, and Daniel in the Lions' Den. It's a fantastic way of bringing the bible alive and the children love taking part in it. The stories link in to the Christian Values we learn about each half-term.

We entertained parents, grandparents, wider family members, carers and governors with country dancing and maypole dancing. We practised the routines in our PE lessons. It was fun performing in front of a large audience. Thank you to the Friends of the School for proving creams teas and other refreshments.

On 18 June, we had our special Prayer Space day. The day focused on the parable of The Prodigal Son with all the day's activities relating to the story. We started the day by all joining together in the hall to listen to the story of the Prodigal Son. Then we split up into groups, each group comprising of children across the whole age range in the school, to take part in the activities arranged for the day. Oak classroom was used to host 'Money to Spend' where we made a list of things we would buy if we had £1,000 to spend. Did we spend wisely or recklessly? In Ash classroom, we considered social justice around the world. We looked at a map of the world and identified countries affected by disasters, many man-made, and we prayed for the people there. In the hall, we made and decorated welcome home banners to welcome home someone we knew and loved. Beech class was used for the main Prayer Space activities. The room had a dark setting that was lit by candle light (battery operated candles!) and relaxing music played in the background. The activities were spread around the room and included: Forgiveness and Reconciliation (reconciliation zips – open zips were closed bringing both sides together and then placed on a large cross); Saying Sorry (we held a stone tightly in our hands, said sorry for a mistake we had made and then we placed the stone into a bowl of water and watched as the water covered over it); Gods Boundless Love (we sucked a love heart sweet as we said a silent prayer for someone we loved and then we drew or named them on a heart shaped piece of paper); God's Unqualified Love (God loves us as we are and we drew a picture of ourselves and pegged it up on a line); God Waits For Us (we placed a small wooden person on a pathway to God depending on where we thought we were in our relationship with God); Hope and Restoration (on a cut out shape of a drop of water we drew or wrote a BIG dream and stuck it on a large 'dream' cloud with everyone else's); Love your Neighbour as yourself (while thinking of someone we find it difficult to be friends with, we drew or wrote a kind thought or prayer on a heart shaped post-it note and placed it on a large heart); Compassion (while thinking of a time when someone was kind to us, we drew or named them on a post-it note, said thank you and placed it on a bubble tube and watched as the bubbles moved upwards);

Everyone Matters in God's Kingdom (on one of the different coloured hand shapes, we wrote our first name, drew something about ourselves and tied it on to the family tree); Reflections on the Prodigal Son story (in the quiet tent we were able to look at pictures of the Prodigal Son story, consider questions and read the story again). The day finished with us all back together in the hall where we reviewed the day. Thank you Constance, Maggie, Dave, Chrissie, Helen and Jo for helping with the day's organisation and activities.

Our school Sports Day was held on Friday 28 June. It was a very warm afternoon that was well attended by parents, grandparents, carers and governors. All the children took part in numerous sporting activities and demonstrated great ability and technique in running, jumping, skipping and balance, putting into practice what had been successfully taught and learned in PE lessons.

Oak class have been engaged on a topic based around the book 'Street Child' by Berlie Doherty. The children have been learning about life for children in Victorian times alongside crime and punishment, culminating in the school production of 'Oliver (with a twist). Everyone took part in the performance, even Peggy our school dog. The performance was extremely well attended and enjoyed by the wider school family.

Beech class have been engaged with a topic called 'A secret Garden' and the children have followed a science-based topic focussing on biomes and vegetation belts. They have also looked at animal life in the locality and its effect on the environment and world environmental problems. This topic has inspired the children to keep our school grounds tidy and we now have a band of litter-pickers!

Elm's topic on our 'Lonely Planet' has looked at plants and animal life around the world, focussing on the wild-life of Africa, using the book 'The Hunter' by Paul Geraghty. Their topic included a trip to Banham zoo where they were able to find out more about how these animals live. The children went on to consider the pros and cons of keeping animals in zoos.

The children's work on plants has also promoted the development of the school allotment, which is in its early stages but we now have a number of raised beds in which we are growing tomatoes, beans, lettuces and leeks. We will run a gardening club in the autumn to help maintain this project.

Children throughout the school have continued to take a very active part in cluster sporting activities including football, cricket, athletics, cycling and cross country. We currently hold 3 trophies for sport. Children from Oak have once again taken part in a poetry slam, entering 2 groups into the final competition at Sheringham Little Theatre. Children from Oak and Beech went to see a performance of 'The Tempest' at the Auden theatre in Holt.

Children have also engaged on cycling skills, poetry workshops and had a pet day.

On 24 July, we held our end of term service in St. Mary's Church. The service was

led by our year 6 leavers. In celebrating their time at St. Mary's, they treated us to readings, singing, piano recitals, and a martial arts display demonstrating what a talented group of children they are. Each leaver was presented with an action bible and an 'It's Your Move' booklet, by the Trustees of the Rev. Robert Brown School Trust. We thank them all for their contribution to our school throughout their time there and wish them every success for the future.

The new school year starting in September will be equally busy and challenging but also very exciting as a number of changes takes place. More about that next time!

Weekly Readings

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

1 September Trinity 11

Reading 1 Jeremiah 2.4-13

Psalm 81:1, 10-16

Reading 2 Hebrews 13:1-8, 15-16

Gospel Luke 14:1, 7-14

8 September Trinity 12

Reading 1 Jeremiah 18:1-11

Psalm 139:1-5, 12-18

Reading 2 Philemon 1-21

Gospel Luke 14:25-33

15 September Trinity 13

Reading 1 Jeremiah 4.11-12,22-28

Psalm 14

Reading 2 1 Timothy 1:12-17

Gospel Luke 15:1-10

22 September Trinity 14

Reading 1 Jeremiah 8.18 - 9.1

Psalm 79:1-9

Reading 2 1 Timothy 2.1-7

Gospel Luke 16.1-13

29 September Trinity 15

Reading 1 Jeremiah 32.1-3a,6-15

Psalm 91:1-6, 14-16

Reading 2 1 Timothy 6.6-19

Gospel Luke 16.19-31

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

Garden Party

Thank you, Lord, for such a perfect afternoon. Lots of people came, some I had never seen before. Unfortunately I didn't get a chance to talk to many people, as there were teas, cakes, strawberries and cream and ice cream to serve. There was archery, garden games, and a first for this year (Ron's idea) try your skills at putting. It's a good job our Rector isn't too garden proud, and let Ron make a hole in their front lawn!

I would like to thank Dorothy and Wendy for their sterling work on the refreshments, and to Chrissie, chained to the kitchen sink washing up!

Thanks to all those who made cakes, and to Irene for her lovely sausage rolls. Also to all those who helped with Gazebos, table and chairs etc. and to the Frymanns, it's lovely to be able to use the Rectory garden for this occasion.

Helen Mortimer

How much would you pay to spend a penny?

I think the most I have spent is 40 pence, but I think some places charge even more. Well Roughton church is having to spend thousands of pounds for people to spend a penny. We've been without a loo for 700 years! WHAT!! Yes it's true. We are trying to do the work ourselves to keep the cost as low as possible, but of course this is taking a long time. Keep your legs crossed! But we are now making progress. We've had to draw plans and get them passed by the Diocese. We've had to have an archaeologist (£4000) to be there while the excavations were being carried out for the water pipe to be connected to the Rectory. We've had to pay to have a 'portaloo' whilst the work is being carried out. We will have a bill in the hundreds to pay for a license from the registrar for water connection. But we are making progress. The protective screens which were put up to try to keep the dirt and dust to a minimum have now been taken down, the stud work is completed, and the plaster boards are in the process of being put in place. We don't know how much longer it will take, but we will celebrate when it is finished!

Helen Mortimer

The Roughton Benefice needs a Treasurer

At the end of last year Ron Mortimer stood down as Treasurer after many years of faithful service as Treasurer both to St Mary's, Roughton and the Benefice. We had a volunteer who was willing to take over the role. Unfortunately, pressures at work have increased and this person has had to stand down.

We are looking for a replacement who can look after the work of Treasurer for St Mary's, Roughton and the Benefice. In recent months the need has also developed for Treasurers for Metton and Hanworth.

What is involved? For greatest understanding of the work one would need to talk to Ron Mortimer, but briefly it involves:

Keeping the books.

Banking.

Checking the bank Accounts.

Ensuring suppliers get paid as appropriate.

Submitting the Gift Aid tax claims to HMRC.

Preparing annual accounts for the PCC and submitting them for Independent Examination.

Submitting annual information to the Diocese.

In the meant-time there is something many of us can do. If you are a regular supporter of any of the Benefice churches and you use the envelope scheme, you could help reduce the workload of banking by paying by Standing Order on a regular basis. This would ensure that your donation is in the bank without any further effort and that the bank statement would give us the information needed to compile the Gift Aid refund claim form straight from the bank statement. If you would like to discuss this possibility, please do let me know.

You can contact me on 01263 768075 or at rev.roughton@gmail.com.

Thank you.

Rev Janet

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National Trust



Felbrigg Hall - We're on your doorstep

There are so many reasons to visit this September....

Absorb the atmosphere & history of this local gem
Beautiful parkland for a relaxing walk or keeping fit
The Walled Garden full of colour & inspiration
Coffee, cake & a catch-up with friends in the

tearoom Find that extra special gift in the shop
Space to get away from it all and enjoy some 'me' time
Discover our vast collection of treasures in the Hall
Enjoy your hobby....walking, history, photography, bird watching

Harvest Thanksgiving 2019

We are holding a very special Harvest Weekend on 28-29 September.

For several years we have sent our harvest offering to support a horticultural project in Nicaragua. The project was set up by Dick Bell of Palm Tree Associates to bring basics of life to the people of the island of Ometepe, a small island in Lake Nicaragua.

On Saturday 28 September we shall meet at Felbrigg Village Hall at 7.00pm to hear more about life on Ometepe. There will be light refreshments. Do join us.

On Sunday 29 September we shall celebrate harvest at Felbrigg Church at 11.00am. We shall be joined by Dick Bell and Farmer Graham Williams of Felbrigg Hall Farm and will learn more about food and farming both in Nicaragua and on Hall Farm. Do join us.

There will also be further harvest celebrations in October.

Mary Llewellyn

September 2019

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

1 September Trinity 11

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

8 September Trinity 12

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

15 September Trinity 13

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

22 September Trinity 14

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	
5.30pm Thanksgiving Service in memory of Robert Wyndham Ketton-Cremer		Felbrigg

29 September Trinity 15

11.00 am Harvest Thanksgiving	CW	Felbrigg
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