

Ambassador

October 2019



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

Rector, Reverend Janet Frymann

01263 768075

45p

Who's Who in our Benefice

Rector: Revd Janet Frymann

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Authorised Worship Assistant

Simone Hume

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None (contact Revd Frymann)

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Churchwardens Hanworth with Gunton

Richard Harbord 01263 768732

Churchwardens Susteard

Priscilla McDougall 01263 577247

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Churchwardens Metton

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Mothers Union

Simone Hume 01263 711346

Ambassador Newsletter:

Please Email copy to
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Alternatively:

Sue Brice 07958 377079

The Bishop's Adviser for Safeguarding

Last month I wrote, quoting Patrick Woodhouse, that “The Psalms are a resource for contemplative practice.” Following on from that we had our first gathering of people who wanted to join together to do just that, **Contemplate on The Psalms.**

The gathering took place on the first Saturday of the month here at the Rectory. Peter and I welcomed those who wanted to think about, discuss or read over some Psalms either individually or with others. There were a number of different activities one could undertake, for instance reading a commentary, The Message of Psalms by Michael Wilcock who takes each Psalm and reveals to the reader the “craft and logic of their arrangement.” The Psalms, Wilcock goes on to say, “detail the conflicts, burdens, mysteries and suffer-

ings that God’s people have to cope with.” I would add that the joys of all humanity are also experienced in the Psalms through laughter, singing, dancing and celebration. There were other ways to contemplate the reading, for instance through the Bible journaling. Which involves taking a Psalm, verse and reading it thoroughly (more than once) and try to see what God may be saying to you through it. Then taking whatever medium you feel led to and using it to detail that in your Bible or note book. There were pens, pencils and art materials to use.



As we reflect, in later times, on these memories recorded we may be able to see where God has led us through the different situations in our spiritual journey through life, see where prayers have been answered, or how we have responded when we think those prayers have not been met.

This group has begun as a direct result from the Lent course we did earlier this year and we have been discussing how we ought to refer to it. One idea is to call the morning "The Reading Room" as all the resources are in the office at the house. There is a small library of books that are sat on the shelves just waiting to be opened. We have lots of craft and art materials needing to be used and of course plenty of good coffee and tea, there may even be cake! To me, it seems a waste of resources if they just sit there and get dusty.

As many of you know I have dyslexia and for me when I was starting out on my further education, reading was not one of the things I looked forward to, nor was writing essays! But I have come to understand that reading and writing are not the extent of our talents. Many of us are creative in different ways and this may be explored through our contemplation of the Bible. Just in the same way we share the joys of friendship over the dinner table with a meal we can experience the same over a coffee table with a pencil in hand drawing a picture or colouring an illustrated Psalm, as the one above.

It is estimated that it would take about 5 hours to read through the whole of the book of Psalms. However, we don't have to tackle them all at once. In skiing down a mountain, you traverse down the slope (zig-zag from side to side) not do a ski run from top to bottom in one go! So, in reading the Psalms, we tackle them one verse at a time asking ourselves "what could this mean for me."

"The Reading Room" will be open Saturday 19 October 10:15-11:30. Even if you are not particularly drawn to study, reading or the creative arts just come and have coffee.

See you then.

With my prayers as always,

Revd Janet

Time for Prayer

Tuesday October 8th at 7.30, @
The Owls, Holt Road, Cromer led by
Helen.

Tuesday October 22nd at 7.30 @
the Rectory, led by Rev Janet .

* * * * *

MOTHERS' UNION

Our mothers Union branch will be holding their annual Holy Communion service on Wednesday 16th October, at 2.30 at St Mary's Church, Roughton. Anyone is welcome to join us. Refreshments will be served afterwards.

* * * * *

Craft Workshop

Meets again on 7th October 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 516892

Norfolk Churches Trust Annual Bike Ride 2019

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

See article on page 11

* * * * *

The Archdeacon's visit to The Roughton Benefice

Each year the Archdeacon visits half of the benefices in the Diocese so that each one is visited every other year.

In October we shall have two visits from the Archdeacon, Ven. Ian Bentley, on 1st October and 6th October.

The purpose of the visit is to enable the Archdeacon to visit as many churches as possible, to carry out various administrative functions at the time, and to meet churchwardens and parishioners.

On Tuesday 1st October he will carry out his administrative and pastoral functions.

On Sunday 6th October Ian Bentley will lead our service of Holy Communion at Sustead at 11.00am.

If you would like to know more about Ian's visits contact me by phone

(01263 768075) or e-mail
(rev.roughton@gmail.com).

Rev Janet E Frymann

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.

For more information contact:

Angela Newton (01263 514476)
angelamcnewton@gmail.com

What else do I have in heaven but you?

Since I have you, what else could I want on earth?

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**, and for copy for future issues, namely,
roughton.ambassador@gmail.com.

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

Deadline for the November issue is Friday 18th October.

General Enquires 01263 768075

Advertising Manager

We do have an opportunity for you to get involved with the magazine! Derek has indicated that he wishes to give up the job of Advertising Manager after a long period of service. So we need help.

What's involved? Adverts are placed for a year ending March each year. From May to March there is little activity. In March the advertisers need to confirm that they wish to continue and monies need to be collected. At any time, adverts may be changed or updated. Some advertisers will withdraw and new advertisers join us part way through the year. The wording of all adverts needs to be agreed and passed to the rest of the team.

If you might be interested in taking up this post or in finding out more it, please contact the Benefice Office on 01263 768075 or Derek I'Anson on 01263 712159.

Funnies from St. Mary's School Bible classes

1. In the first book of the Bible, Guinnesses, God got tired of creating the World so he took the Sabbath off.
2. Adam and Eve were created from an apple tree. Noah built an ark and the animals came on in pears. Noah's wife was called Joan of Arc.
3. Lot's wife was a pillar of salt during the day, but a ball of fire during the night.
4. The jews were a proud people and throughout history they had trouble with unsympathetic genitals.
5. Sampson was a strong man who let himself be led astray by a jezebel like Delilah.
6. Samson slayed the philistines with the axe of the apostles.
7. Moses led the jews to the red sea where they made unleavened bread, which is bread without any ingredients.
8. The Egyptians were all drowned in the dessert. Afterwards Moses went up to Mount Cyanide to get the ten amendments.
9. The first commandment was when Eve told Adam to eat the apple.
10. The seventh commandment is Thou shalt not admit adultery.
11. Moses died before he ever reached Canada. Then Joshua led the Hebrews in the battle of Gerbitol.
12. The greatest miracle in the bible is when Joshua told his son to stand still and he obeyed him.
13. David was a Hebrew king who was skilled at playing the liar. He fought the Finkelsteins, a race of people who lived in biblical times.
14. Solomon, one of David's sons, had 300 wives and 700 porcupines.
15. When Mary heard she was the mother of Jesus, she sang the Magna Ca rta.
16. Jesus was born because Mary had an immaculate contraption.
17. St. John the blacksmith dumped water on his head.
18. Jesus enunciated the Golden Rule, which says to do unto others before they do one to you. He also explained, man doth not live by sweat alone.
19. It was a miracle when Jesus rose from the dead, and managed to get the tombstone off the entrance.
20. The people that followed the Lord were called the twelve decibels.

Ezra

The fascination of the Book of Ezra comes from its climactic position in the time-line of the Old Testament when the Jews were allowed to return from exile in Babylon, back to Jerusalem. In the Old Testament, Ezra follows those of the Chronicles and it itself is classed as one of the 'historical books'. Despite that, Ezra's book has been over-written so many times that it is difficult to place him in an exact time-line. His name is closely associated with that of Nehemiah whose book follows that of Ezra and they follow much the same story. There seems to be a majority support that after seventy years of captivity, Ezra was permitted to return to Jerusalem early in the reign of the King of Babylon, Artaxerxes I, about **459 BC**.

He claims to have led 50,000 Jews back to their homeland. Nehemiah returned to Jerusalem with a second large group a few years later. These dates are difficult to reconcile with the completion of the 2nd Temple – said to be much earlier in **516 BC**. Even in the later date, there was still much more to be done in the city – to build up the Holy Mount on which Temple sat and its defensive walls. This had long been delayed to avoid striking a sense of independence from the imperial rulers in Babylon. Ezra played a key part in moving that project forward.

Jerusalem was ruled by a governor rather than a king so that helped to boost the authority of the priesthood amongst the native population. He was known as 'Ezra the Priest' emphasising that he himself was never the High Priest but he seems to have been held in high esteem while in Babylon and afterwards. This was partly because he was descended from several earlier High Priests. He is also called 'Ezra the Scribe'. The title comes from his intense Biblical studies and writings which allowed him to reintroduce the Torah to Jerusalem where he reinforced the strict observance of the Law as set out in the Pentateuch. He is even credited by some of pulling together the whole collection of books of the Torah which we know as the Old Testament. To say that he could have produced the first version of it may be a step too far but subsequent writers seem to have known no bounds in the scale of their admiration of him. If that is so then it would confirm the claim that he truly is the 'Father of Judaism'. What spurred him on was that when he arrived in Jerusalem he found that religious observance had declined partly he felt because of the widespread inter-marriage between Jews and members of other religions. He put a stop to that by calling on the 'Great Assembly' of Jews and that was to be the precursor of the *Sanhedrin* which became at a later date their cultural and religious governing body presided over by the High Priest. Israel had ceased to exist so it had to be rebuilt from its moral and legal foundations. Ezra's leadership was crucial to the advancement of the Jews.

As prominent religious leaders, Ezra and Nehemiah are alleged to have led the service together of dedication of the new walls around the Temple Mount. At that

date this and the Temple were much smaller than the monumental version rebuilt by King Herod in the late 1stc BC but the so-called period of the second Temple was in Jewish history to last 420 year. In it, Ezra loomed as a major cultural figure. This is partly because subsequent writers enhanced his reputation through their literature and commentaries into something of a Moses figure; a major law-giver.

The other point of interest is that his book is uniquely half in and half out of the Bible. The last part was given its old Greek-Latin name, '*Esdra's*'. It seems that the original book in Hebrew in the 3rdc AD, was combined in a single scroll with the book of Nehemiah. This was in line with the other dual books such as 'Kings and Chronicles'. Then they were split again into two parts; called 'Ezra Book 1' and 'Ezra-Nehemiah, Book 2'. At the Reformation the newly formed Protestant English Church took a third book, 'Ezra 2', and gave it back its original name 'Esdra's'. It was decided that book did not align itself with its early canons or beliefs of the Anglican Church so it was taken out of the Bible and placed in the '*Apocrypha*'. This was confirmed by successive scholars who were and still are unconvinced that it formed part of the true writings of Ezra. Different churches and countries have taken varying views on this controversial subject but since the 16th century, the Church of England has stayed with that decision to leave the Ezra's Book in two parts; canonical and non-canonical.

The part of his book in the *Apocrypha* describes seven dreams where an angel brought answers from God to Ezra's apocalyptic questions. He asked how could God inflict captivity and deportation on both the righteous and unrighteous Jews; to which the answer was that God's mind cannot be known but His judgement is final. Ezra's prayer of redemption finally showed that God kept His promise to a fallen people, blessing those who had returned to Him. This is reflected in Paul's Letter to the [Romans 8.28](#)

His dream no 6 talks about a messiah and it is thought this and much else had been inserted in the 3rd century by 'redactors' (ie Bible editors). Although that part of Ezra's writings have been rejected we can still take something from it.

Richard in Gunton

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Please advise the Editor and appropriate action will be taken



Felbrigg Remembrance Service



Sunday 10th November 2019

At the memorial on Felbrigg Village green (or village hall if raining)

At 9.00am

Tea, Coffee & Toast afterwards in the Village Hall

Weekly Readings

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

6 October Trinity 16

Reading 1 Lamentations 1. 1-6
Psalm 37: 1-9
Reading 2 2 Timothy 1. 1-14
Gospel Luke 17:5-10

13 October Trinity 17

Reading 1 Jeremiah 29:1, 4-7
Psalm 66:1-11
Reading 2 2 Timothy 2:8-15
Gospel
Luke 17:11-19

20 October Trinity 18

Reading 1 Jeremiah 31:27-34
Psalm 119: 97-104
Reading 2 2 Timothy 3:14-4:5
Gospel Luke 18:1-8

27 October Last after Trinity

Reading 1 Joel 2:23-32
Psalm 65
Reading 2 2 Timothy 4:6-8, 16-18
Gospel Luke 18:9-14

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

The Norfolk Churches Trust sponsored bike ride

As most of you will know, this is an annual event for anyone to take part in. You can ride, walk, drive or even get sponsored for sitting in the church to welcome people in. Half the money raised in sponsorship goes to the church of your choice, and half to the Norfolk Churches Trust, who exist to give grants to churches for work carried out. It's a lovely way to spend the day (especially when it's not raining).

Ron dropped me off at Aylsham where there are six churches to visit. Everyone is really helpful and welcoming and they even have a map to show where each church is. At my first church there were two ladies starting out on a fifteen mile walk, finishing at Felbrigg. We wished each other luck, as I was hoping to cycle 30 miles and visit 26 churches. The ladies were about the same age as me, and one of them said she could barely walk at all this time last year. I hope they made it OK. I actually visited 28 churches in the end, one extra was due to an error in my map reading, I found myself in Swafield instead of Trunch, no matter. I went there afterwards! The other was an unexpected Methodist church in Trunch. I started my journey out of Aylsham along the Bure Valley railway to Burgh, where I met a lady called Denise, who used to live in Hanworth and worship in our churches with her very tall husband, but have now moved to Aylsham. We both walked to Brampton church, which is only a couple of hundred yards, but over a bridge crossing the river Bure with several steps and gates. She was going to follow me on to Tuttington, but I didn't see her again. I met June Rumsby at Tuttington, preparing for their harvest service. I know June quite well as I used to live there. At Banningham I was welcomed by the lady who owns The Crown opposite, so we chatted, and when I arrived at Colby, I found I had her form, and had left mine there!! So there was nothing for it but to go back. On my way to Colby I was thinking about an elderly lady who supported both the chapel and the C of E church, at the end of the last century. She used to keep a beautiful garden full of flowers. Well to my surprise she welcomed me at Colby church, she is now 98 years old! Suffield was closed, after having huffed and puffed up the hill, and Bradfield was covered in scaffolding and keep out signs, but there are some lovely little lanes and scenery around there. There was another long and nasty hill up to Swafield, where I wasn't meant to be at all, but then there was my surprise visit to the Methodist church, and I had lunch in the churchyard at Trunch, whilst ladies were busy preparing for a fundraising cream tea afternoon.

Gimingham, Southrepps and Northrepps were uneventful, but I had tried a shortcut along a bridlepath to get to Sidestrand, and had ended up walking up the hill to get to the church, as by this time my knees were complaining. I'd probably have been better off taking the longer road route. (make note to self to check this out for another time) There was a very nice lady there, so I had a drink and a chat with her. She was thinking about getting a bike with a battery, now there's

an idea! There was nobody at Overstrand, but they had conveniently left a little diagram to the convenience. That was good!

At the Roman Catholic church in Cromer I was offered Tea!!!! The cold drinks just don't seem to quench the thirst in the same way for me. So I sat and chatted to this really nice gentleman. They have a Saturday evening service, and a Sunday morning one, and they fill their church (about 90 seats) for both services. All the other Cromer churches were disappointingly closed. Well that's not totally true, as there was a wedding at St. Peter and St. Paul. I had taken some ice cream money with me, to treat myself, but there were too many people to fight my way through, so I nipped up to Loudon road, and walked most of the way up the hill home.

Congratulations to Janet for visiting the whole of the benefice on her tricycle. I think they're hard work, to Peter also, and to Priscilla and Jill who I believe covered a really good mileage. I've seen Priscilla's bike, and it must be at least as old as mine, which is 40 years old, with the original sturmey-archer three gears.

I'd like to thank everybody who sponsored me. I should raise about £400 with the gift aid, and lastly, I'd like to thank Ron for the time he spent on my bike making it roadworthy, as it hadn't been used for a couple of years.

Helen Mortimer

Where are you now?

Have you come across the app "what3words"? Until recently, neither had I but I read an article about it in the newspaper and the way it saved the life of a driver who had gone off the road, and over a small hill that put them out of sight of the road. Using the 3 word locator enabled the emergency services to find the car very quickly and attend to the occupants.

Thewhat3words location of our churches are:

Roughton	mouths.risky.flattery
Bessingham	umbrellas.splashes.barstool
Felbrigg	skyrocket.districts.tiny
Metton	remodels.lyricism.allows
Sustead	horizons.cupboards.relishing
Hanworth	keen.growth.calms
Gunton	breaches.relished.rift

<https://what3words.com/news/emergency/uk-emergency-services-rollout-what3words-in-control-rooms-to-save-resources-time-and-lives/>

Peter D Frymann

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Peter Chinnery

Peter sadly died on 11th September 2019. When Peter moved to Roughton with his wife, Barbara in 1997 they quickly became part of the life of the church. PETER, although already suffering from dementia, was a keen photographer and created a lovely archive of pictures of services and events around the benefice.

A Memorial service of Sing for Joy, which was his favourite service,

will be held on Thursday 17th October at 2pm in Roughton Church with refreshments afterwards. Barbara hopes you will all come along to remember Peter in this way.

October 2019

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

6 October Trinity 16

11.00 am Holy Communion taken by the
Archdeacon of Lynn. Ven. Ian Bentley CW Sustead

13 October Trinity 17

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

20 October Trinity 18

9.30 am Morning Prayer BCP Sustead
11.00 am Holy Communion CW Roughton
5.00 pm Harvest Thanksgiving CW Bessingham

27 October Last after Trinity

11.00 am Holy Communion CW Felbrigg
3.15 pm Sing For Joy St. David's Nursing Home Sheringham
3.30 pm Harvest Thanksgiving CW Gunton