

# Ambassador

*December—January 2020*



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

## **Rector: Revd Janet Frymann**

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Roughton.

NRII 8SZ

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## **Churchwardens Metton**

None (contact Revd Frymann)

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## **Mothers Union**

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Please Email copy to

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David Wiltshire 01263 768104

Dorothy Kendall 01263 513038

· ·

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## **Safeguarding Officer for Child and Vulnerable Adults:**

Rev Janet Frymann 01263 768075

Alternatively:

Sue Brice 07958 377079

The Bishop's Adviser for Safeguarding

## Dark Days and Nights

I am writing this letter at the invitation of Rev'd Janet.

It's November. The clocks have gone back. The nights start earlier and earlier. The mornings are later and later. Fogs and mists appear over the fields. It feels very dark and miserable.

In our national life we are being asked to vote in a general election to choose a new government and a new national leader. The choice is not easy. Parties

are publishing manifestos late meaning that we have less time to reflect on the policies on offer before making our choice. One potential leader is reluctant to commit himself on major issues. Another has been shown to be either wilfully deceitful or at the very least unreliable in his pledges and promises. Many in Parliament were, apparently, more concerned with tribal loyalties (i.e. to their party) than the national interest. They seemed to be more concerned with their own careers than serving the people of this country. What are we to do? How are we to vote?

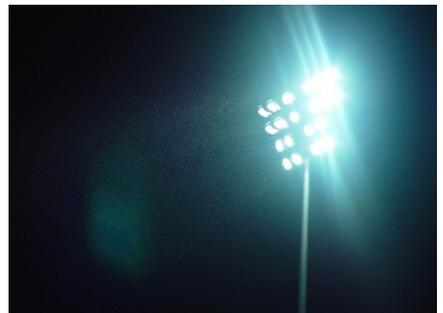


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### **It all feels very dark.**

But, we are not the first people to be in a dark place individually and nationally. The Children of Israel were sent to exile in what we know as Iraq, having been disobedient to God. They had turned their back on worshipping God and what they knew to be his plan for their society. It was a dark time for Israel.

Into those circumstances God spoke through the prophet Isaiah and told them that "The people who walked in darkness have seen a great light; those who lived in a land of deep



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darkness - on them light has shined.” (Isaiah 9:2)

God does shine light into darkness. The people saw the light. They were on their way to a return to their homeland, both geographically and spiritually. Both aspects are important, that fact that God shone light into the situation and the fact that the people saw that light.

In December we celebrate Christmas when we remember that Jesus was born as the Son of God. In the gospel of John, we read of Jesus, “In him (Jesus) was life, and the life was the light of all people”.



The light shines in the darkness, and the darkness did not overcome it.” (John 1:4-5.) The Amplified translation puts it like this, “The Light shines on in the darkness, and the darkness did not understand it *or* overpower it *or* appropriate it *or* absorb it [and is unreceptive to it]”. There is such a richness in that verse. Darkness cannot overcome light in any way. That is encouraging as it emphasizes that darkness will not win out. God will show us the way.

Jesus said of himself ‘I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.’ (John 8:12). The “Whoever” in that verse includes all of us. This offers us all hope in bleak times.

May we find God’s light in whatever darkness we encounter, now and in the future.

With our best wishes to you all at this Christmas season.

Peter D Frymann

## Time for Prayer

**Tuesday December 10th at 7.30,**  
@ 5 Orchard Close, Roughton, led by  
Heather Wrighton

**Tuesday 7th January at 7.30,**  
@ Sylvan Lodge, led by Hilary.

**Tuesday 21st January at 7.30**  
@ "The Owls" led by Helen

\* \* \* \* \*

## Things to Come

\* \* \* \* \*

## Craft Workshop

The craft group are busy with  
Christmas preparations, so have  
decided not to meet in December.

Our regathering is on Monday 6th  
January 10- 12.30 .

Come and join us and craft away the  
winter blues. A warm welcome awaits  
at Roughton village hall.

Simone.

For further information please contact  
Simone on 01263 711346

\* \* \* \* \*

## Roughton & District WI

We meet in Roughton Village Hall  
on the second Wednesday of the  
month: 7pm. for 7.30pm.

Visitors very welcome. For more  
information, visit our website

[www.roughtonwi.org.uk](http://www.roughtonwi.org.uk)

\* \* \* \* \*

## Prize Christmas Bingo

at

**Felbrigg Village Hall**

**Friday December 6th at 2pm**

**Free tea or coffee and  
a piece of cake**

**All proceeds will go to  
Felbrigg and Merton Village  
Halls**

## FESTIVE GREETINGS

The New Sheringham Singers,  
conducted by Ro Curtis, are looking  
forward to presenting their annual  
seasonal concert.

Entitled **Festive Greetings**, it will  
include beautiful winter songs, fun  
pieces from Christmas films and  
carols from faraway places. It also  
features the talented young  
musician Surina Fordington playing  
alto saxophone.

The concert is in aid of Sheringham  
Stable Door, a small housing trust  
that provides accommodation for  
people with housing needs with a  
connection to Sheringham.

Sunday 1<sup>st</sup> December, The  
Lighthouse, Cromer Rd,  
Sheringham. 3.30pm

Tickets £7.50 (including  
refreshments) at the door. Under  
12s free.

## Our Craft Group

Our **Craft Group** meets twice a month at Roughton Village Hall. We welcome W.I. members and visitors. Tea, coffee and biscuits are provided. Our Craft Group members also belong to Norfolk Knitters & Stitchers and crochet/knit rugs, shawls, hats and dementia "comforts", as and when needed for various charities and hospitals. We meet on **the second Monday of the month** from 10am. to 12 noon (£3), and **the last Tuesday of the month** from 9.30am. to 12.30pm. (£1.50 per hour). A wide range of crafts, including knitting, stitching, crochet, embroidery, quilting and patchwork is pursued, and members are always willing to share their expertise if you are keen to learn something new.

For more information please contact Angela Newton (01263 514476) or [angelamcnewton@gmail.com](mailto:angelamcnewton@gmail.com)

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## 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

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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](mailto:roughton.ambassador@gmail.com)**.

Please note that copy for future issues will need to be emailed to **[roughton.ambassador@gmail.com](mailto:roughton.ambassador@gmail.com)**.

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

**Deadline for the February issue is Friday 17th January 2020**

**General Enquires 01263 768075**

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### 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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## 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

## Richard de Caister, of Norwich

Next year on the anniversary of his death six centuries ago, the Rev Richard's life and mission will be celebrated in his church in the centre of Norwich (the predecessor of the present day St Stephen's). He is much less well known than his contemporaries, Mother Julian of Norwich and Margery Kemp. According to one writer he came from Caister-by-Norwich and hence his name yet he studied for the ministry in the south of England. Between 1387-97, he was a monk in the Benedictine Priory of Norwich before becoming vicar of Sedgeford and then between 1402 up to his death in 1420, he was the rector of St Stephen's. At the same time Mother Julian was writing a master-work of late 14<sup>th</sup> century theology – '*The revelations of divine love*' which is the earliest book by an English woman written in vernacular English. That was a daring thing to do while the conflict between the Protestant Reformation and Counter-Reformation movement in the Catholic Church was on-going but Richard seems to have encouraged her by placating the warring spirits of the time raging in the city.

Margery Kemp was much younger than Mother Julian but they both conferred with each other. Soon after she had returned from pilgrimage in the Holy Land, Margery had a vision of Jesus who commanded her to walk from Kings Lynn to Norwich to meet a holy man and talk about her mystical revelations. She probably heard of Richard's moderating reputation so on arrival in the city she approached him and asked to make a confession. At this first encounter, Margery also asked if she could speak with him for "an hour or two" about God's love. He knew that Margery was uneducated but he was impressed that she could sustain such a conversation for that long. This quickly turned into a revelation of her vivid spiritual experiences delivered in a torrent of words. Her prayer was answered when he confirmed that those revelations did indeed come from God. He became one of her favourite advisers. Richard suggested that she dictate (she couldn't write) her life's story. From this comes our knowledge of Richard about whom her book makes several mentions. This work was another first in the English language.

Up until 1406, the Bishop of Norwich was Henry Despenser who spent most of his career waging military campaigns abroad and also in Norfolk against the rising tide of the Reformation. This culminated in the so called 'Peasants Revolt' in 1381 which he ruthlessly crushed at the Battle of North Walsham. All that was fresh in people's memories when Richard arrived back in Norwich a few years later. The bishop set out to vigorously repress all those demanding reform in the Church of Rome especially where they wanted to modify its theology and doctrines – the established church called these reformers, 'Lollards' meaning *droning pedants*. Margery was a Christian mystic and on several occasions she was hauled before Bishop Despenser where she was in danger of being condemned as a heretic and Richard had to go to her defence.

He does not seem to have attended university or become academically involved in disputes over theology which was probably his saving grace. Despite that, Richard did write books but only those on the '*Ten Commandments*' and '*The meditation of St Bernard*' are known to us. He also composed hymns of which '*Jesu thou madest me*' alone survives so he was learned yet simple in outlook. Instead of attacking people's vices he deplored them with tears of regret exhorting them to pity their souls and reject sin. Knowing there was widespread illiteracy amongst his congregation he preached in English; mingled freely and held outdoor meetings believing it was there that the kingdom of heaven is found. Bishop John Bale writing about him in the mid-1500s said Richard led an apostolic, simple and innocent life so he was called 'The Good Priest'. After he died, Margery with others made a pilgrimage to Richard's tomb in Norwich giving thanks for the priest who would read to her. She probably thought it was to his merit that the fire of love that engulfed her in that place brought her many tears of joy. Such was his popularity that Richard was even regarded as a saint and credited with miracles though later Protestant writers tended to discount them.

Richard was known to be sympathetic with the church reformers and the 'Lollards' but was careful not to engage in doctrinal disputes that could lead to charges of heresy. Promoters of the Reformation challenged clerical practices such as taking confessions and the ideas behind the Eucharist but the main demand of the Lollards was for Scripture in Latin to be made accessible to the English speaking congregations. Some of these ideas are embodied in Richard's hymn cited above. Given the uncouthness of English as spoken at that time, the Church was adamant that Latin was to be the sole language used in church.

He covertly supported the work of translating the Bible into English made by John Wycliffe in an earlier generation but he knew that had been achieved only by stealth – the first translation from Latin was made literally word by word so it made little sense to the ordinary reader. Hence the religious authorities did not feel threatened by it and allowed it through as a purely academic work. It was only in Richard's time that it was developed by Wycliffe's scholarly students working incognito in Oxford to make it into a readable version but retaining its Middle English vernacular. Richard was probably saddened to hear just before he died that Wycliffe had been declared a heretic. This and the constant flow of Lollards branded as heretics and burnt at the stake in Norwich was a constant reminder to Richard that he had to be cautious. Richard preferred to act the life of a Lollard rather than preach its teachings. Perhaps he also foresaw a time a century later when half the Norfolk clergy were no longer required to be learned in Latin taught in a university so their ability to read the Bible and write in English was amongst the few qualifications needed to be a priest and that contributed to a long period of decline in the Christian Church in England when many country churches fell into ruin.

Richard H, in Gunton

## Roughton Land Trust – 1082184

Report 2018 -19

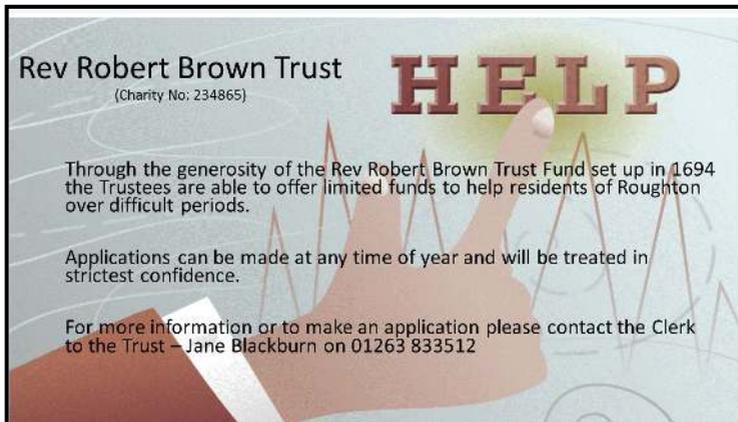
In the last two years we have been able to pay £2,700.00 to the Robert Brown Trustees for the Poor from the lettings of our Donkey allotments; also £1,100.00 to the Robert Brown Trustees of St Marys Primary School from the lettings of Poores allotment.

Roughton Park on Norwich Road continues to be well used and appreciated. We have just set up a web page with a brief history, details of the Land Trust, and a contact page. Just search Roughton Park. Roughton Park is now registered with Ordinance Survey and should appear on future maps.

Last but not least, in July this year we bought 1.3 acres of grazing land at Back Lane, Roughton to replace land sold by the previous Trustee body. This is after many years of searching for something suitable. So now, rather than having money in the bank depreciating with inflation, the land will maintain its value and secure the future of this part of the Donkey allotment charity.

Peter Crouch

Chair



Rev Robert Brown Trust  
(Charity No: 234865)

# HELP

Through the generosity of the Rev Robert Brown Trust Fund set up in 1694 the Trustees are able to offer limited funds to help residents of Roughton over difficult periods.

Applications can be made at any time of year and will be treated in strictest confidence.

For more information or to make an application please contact the Clerk to the Trust – Jane Blackburn on 01263 833512

The poster features a hand pointing to the word 'HELP' in large, 3D letters. The background is light blue with faint line art of buildings and a hand holding a pen.

## Christmas 2019

**The Felbrigg Happening** will take place in Felbrigg Village Hall on Monday 9<sup>th</sup> December 2019 at 7.00pm.

The "Happening" is always interesting and enjoyable. Do join us.

## Jesus and the Psalms

The Old Testament is made up of three principle parts – the Psalms being one of them, sitting between the books on the Law and the Prophets. The book of Psalms is a collection of 150 heartfelt songs and poems written to God. These can be both a prayer and a form of hymn to God; both of which can be said or sung. At different times in history, church services alternated between the two. King David penned half of them, and the rest were written by temple worship leaders (like the sons of Asaph); wise men (like Solomon), and some unknown poets. Some say that this is the most read part of the Bible as they express the innermost human feelings and thoughts. According to the Holy Gospels, Jesus knew them well enough to quote the Psalms freely when preaching.

Psalm 78.24; *'He ordered the skies above to open the doors of heaven from where He rained down manna to feed the wandering multitude. He gave them the 'wheat of heaven' so they were able to eat the bread of immortals'.*

**(John 6.31**; 'the scripture says that He gave them bread from heaven to eat – I tell you seriously it was not Moses who did this but it was my Father. He gave you the true bread that gives life to the world').

Jesus referred to the Psalms especially when contending with his detractors.

Psalm 82.6; threatened with stoning by the Jews, Jesus responded by saying; *'You too are like gods only because you are sons of the most high God but all the same you will die like mortal men'.*

**(John 10.34**; the Jews said Jesus had blasphemed by claiming to be God so they threatened to stone him to death, to which he replied; *'The Law says you are gods. You are speaking to someone who God has consecrated and sent into the world. I am only doing God's work'*; and he escaped.

Psalm 41.9; talking about his betrayal at the end of his ministry he quoted; *'Yes, even my own familiar friend who I trusted and who I ate bread with, has lifted his heel against me'.*

**(John 13.18**; used this to describe the moment in the Last Supper when Jesus foretold that he was about to be betrayed).

Psalm 35.19; *'don't let those who are my enemies wrongfully rejoice over me; neither let them wink the eye and hate me without cause'.*

**(John 15.25**; quoted Jesus saying with this Psalm in mind that he had fulfilled the Law but on hearing it many of his listeners had hatred both for him and God).

Psalm 118.26; Jesus referred to this Psalm when foretelling Jerusalem's destruction; *'blessed is he who comes in the name of the Lord. We bless you from the House of the Lord'.*

**(Matthew 23.39**. *'Oh Jerusalem you have killed the prophets and stoned those sent to you. How often have I gathered your children together and you would not.*

*Behold your house is forsaken and desolate. I tell you, you will not see me again until you say, 'Blessed is he who comes in the name of the Lord'.*

Psalm 118.22-23; again when Jesus faced the judgement of the Sanhedrin he said; *'The stone which the builders have rejected has now become the corner-stone. This is the Lord's doing and it is marvellous in our eyes'.*

(**Matthew 21.42**; following from the above he told them, *'the Kingdom of God will be taken away from you and given instead to a nation who can produce fruits from it'*, referring to a parable where the owner of a vineyard replaced his tenants with those who would be more productive).

Psalm 110; after the Sanhedrin had handed Jesus over to the Roman governor of Jerusalem, Pontius Pilate, he was asked if he really did claim to be the son of God. Jesus quoted this Psalm saying;

*'Sit at my right hand and I will make your enemies your footstools'.*

(**Matthew 26.64**; when Jesus was examined by the Sanhedrin he answered their questions saying; *'from now on you will see the Son of Man seated at the right hand of God and coming on the clouds of heaven'.*

His judges saw that as blasphemy and quickly condemned him).

Psalm 22.1; on the Cross Jesus was dying in agony crying out, *'My God, why have you forsaken me. Why are you so far away from the sound of my groaning?'*

Psalm 31.5; nearing death he committed his soul to God's care saying, *'into your hands I commit my spirit. You have redeemed me oh Lord, faithful God'.*

Psalms is the most-read book of the Bible, and it's the one Jesus quoted most often.

Richard in Gunton

## Advent Course

Given the level of demands on our time in Advent we have decided to have a course after Christmas to reflect on the true meaning of the season.

We have decided to use a booklet called "Follow the Star", which recalls the journey of the Wise Men to find Jesus. We remember their arrival at the manger on 12<sup>th</sup> Night or Epiphany, i.e. 5<sup>th</sup> January. The course will be held on Wednesday 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup>, of January, 10.30 am at "The Owls".

You would be very welcome to join us to reflect on the meaning of the season.

HM

## Weekly Readings December 2019

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

### **1 December First of Advent**

Reading 1 Isaiah 2:1-5  
Psalm 122  
Reading 2 Romans 13:11-end  
Gospel Matthew 24:36-44

### **8 December Second of Advent**

Reading 1 Isaiah 11:1-10  
Psalm 72:1-7, 18-19  
Reading 2 Romans 15:4-13  
Gospel Matthew 3:1-12

### **15 December Third of Advent**

Reading 1 Isaiah 35:1-10  
Psalm 146:4-10  
Reading 2 James 5:7-10  
Gospel Matthew 11:2-11

### **22 December Fourth of Advent**

Reading 1 Isaiah 7:10-16  
Psalm 80:1-8, 18-20  
Reading 2 Romans 1:1-7  
Gospel Matthew 1:18-end

### **24 December Christmas Eve**

Reading 1 Isaiah 9:2-7  
Psalm 96  
Reading 2 Titus 2:1-11  
Gospel Luke 2:1-14

### **25 December Christmas Day**

Reading 1 Isaiah 52:7-10  
Psalm 98  
Reading 2 Hebrews 1:1-4, 5-12  
Gospel John 1:1-14

### **29 December First of Christmas**

Reading 1 Isaiah 63:1-9  
Psalm 148  
Reading 2 Hebrews 2:10-end  
Gospel Matthew 2:13-end

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

## **Sustead Church**

**There will be a Carol Service at 5.00 p.m. on  
Sunday 15th December.**

**Refreshments to follow the service**

### **A message from Metton for Mrs Glass and Mrs Brookes**

After laying the Remembrance wreath today at Metton and remembering lost residents, I read the reading from Mrs Glass funeral by David Harkins, it seems very poignant to me, we lost Eunice last month, a totally country lady who loved animals and the village way of life. She came into our village and took it to her heart becoming the church warden at Saint Andrew's and took on a great deal of the day to day running of the village. She was such a strong person and loved the all the news from Metton right up to the end of her life, she will be greatly missed.

Thank you, Chris Cheyne

### **Weekly Readings 2020**

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

#### **5 January Epiphany**

Reading 1 Isaiah 60:1-6

Psalm 72:1-9, 10-15

Reading 2 Ephesians 3:1-12

Gospel Matthew 2:1-12

#### **12 January Second of Epiphany**

Reading 1 Isaiah 42:1-9

Psalm 29

Reading 2 Acts 10:34-43

Gospel Matthew 3:13-end

#### **19 January Third of Epiphany**

Reading 1 Isaiah 49:1-7

Psalm 40:1-12

Reading 2 1 Corinthians 1:1-9

Gospel John 1:29-42

#### **26 January Fourth of Epiphany**

Reading 1 Isaiah 9:1-4

Psalm 27:1-11

Reading 2 1 Corinthians 1:10-18

Gospel Matthew 4:12-43

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

## **Cantamus Community Choir are back with their very popular candlelit concerts**

These concerts are performed in the candlelit atmosphere of Thorpe Market Church and West Runton Church. A truly magical experience to get you in the right festive mood for Christmas. We will be performing a Mass in G minor by Marc-Antoine Charpentier interspersed with Carols from mediaeval Spain, late 18th century America, and 21st century England, as well as popular congregational carols.

This is a community choir with members coming from a number of local parishes. If you would like to join the choir we meet on Thursday's at Thorpe Market Church for rehearsals at 7.30pm. No audition required.

Conducted by Philip Adams with accompaniment by Michael Finnissy

**FRIDAY 6th DEC 7pm / THORPE MARKET CHURCH, NR11 8UA**  
**SATURDAY 7th DEC 7pm / WEST RUNTON CHURCH, NR28 0PS**

£10 entry on door or £8 in advance / Licensed Bar / 01263 833847

## **MOTHERS' UNION**

Another year has whizzed by we have met lots of interesting people, who have come to share positive stories and accounts of the good things that are being done within the world around us. God is at work.

Even little things done can have a big impact when done with love. We welcomed in a practical way the refugees settling in Norwich by providing new bedding. A small act in it self – but a part of the welcome they needed.

Knowledge about situations and organisations – means we are more effective in prayer sometimes as we are getting older or less physically able – prayers becomes a more poignant activity for helping others and feeling involved.

Our time of fellowship together is precious, we all feel refreshed and joyful after our gatherings. We want to extend a warm welcome to anyone wishing to join us for any of the afternoons.

In this Holy season Advent our thoughts and prayers are with families, whatever the circumstances, because family life is not always easy. Jesus didn't say life would be easy but he is along side us if we ask Him to be.

May God Bless you all

With love  
Simone

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[www.rwellsmemorials.co.uk](http://www.rwellsmemorials.co.uk)  
Unit 8 Sawmill Close, Felthorpe,  
Norwich, NR10 4BH

## **Support & Help**

*Just ask, and if I can I will*

### **Support at Home**

Cleaning — Meal Preparation — Dignified Personal Care —  
Shopping — House Sitting — Dog Walking —  
Telephone Calls (utilities etc)

### **Getting Around**

Communing to Doctors, Dentist, Hospital or other appointments

### **Individual**

Companionship - Short term respite - Going for a walk ·

**Contact: Ariane**

Tel 07950 457578

Email: [arianelomax@icloud.com](mailto:arianelomax@icloud.com)

Web: [supportandhelp.co.uk](http://supportandhelp.co.uk)

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[enquiries@conserv-a-clean.co.uk](mailto:enquiries@conserv-a-clean.co.uk)  
[www.conserv-a-clean.co.uk](http://www.conserv-a-clean.co.uk)



# National Trust



**Friday – Sunday 6, 7, 8 & 13, 14, 15 December**

3pm – 7pm (last entry to event 6pm)

## **'ENCHANTED FELBRIGG'**

Join us for an outdoor seasonal experience for all the family.

Follow the next chapter in the story of the  
Green Man & Snow Queen as you journey through  
the Walled & West Gardens.

Adults £7, Children £3.50, under 5's free.

National Trust Members free

No booking required

£3 car parking charge applies to non-members

**Sunday 22 December 3pm**

## **'CAROLS IN THE COURTYARD'**

Come and join in with the singing at our annual outdoor  
carol service.

Music provided by Cromer & Sheringham Brass Band.

Refreshments will be available.

Free event. No booking required.

£3 car parking charge applies to non-members

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Registered Charity No 205846

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# January 2020

## **5 January Epiphany**

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

## **12 January Second of Epiphany**

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

## **19 January Third of Epiphany**

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

## **26 January Fourth of Epiphany**

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

# December 2019

## **1 December First of Advent**

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

## **8 December Second of Advent**

9.30 am	Morning Prayer	CW	Metton
11.00 am	Holy Communion	CW	Felbrigg
5.00 pm	Carol Service	CW	Bessingham

## **15 December Third of Advent**

11.00 am	Holy Communion with Carols	CW	Roughton
3.15 pm	Carols For Joy St. David's Nursing Home		Sheringham
5.00 pm	Carol Service	CW	Sustead

## **22 December Fourth of Advent**

9.30 am	Holy Communion	CW	Hanworth
11.00 am	Morning Prayer with Carols	CW	Felbrigg
3.30 pm	Carol Service	CW	Gunton

## **24 December Christmas Eve**

4.00 pm	Christingle	CW	Roughton
11.00 pm	Holy Communion	CW	Roughton

## **25 December Christmas Day**

10.30 am	All Age Christmas Celebration	CW	Felbrigg
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## **29 December First Sunday of Christmas**

11.00 am	Holy Communion	CW	Metton
3.15 pm	Sing For Joy St. David's Nursing Home		Sheringham