

Ambassador

July 2020



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

www.roughtonbenefice.uk

45p

Who's Who in our Benefice

Rector: Vacant

Hon Assistant Minister

Revd Stephen J G Seamer

Please contact Mr. Seamer for information in the first instance for Baptisms, Weddings or Funerals.

Telephone: 01263 768125

Email: cromerclifftops@gmail.com

Readers

None

Churchwardens

Bessingham

None, [now under the guidance of the Diocesan Churches Trust]

Felbrigg

Mary Llewellyn 01263 513072

Hilary Kirkland 01263 514380

Hanworth with Gunton

Richard Harbord 01263 768732

Sustead

Priscilla McDougall 01263 577247

Glenn Davenport 01263 768877

Metton

None

Roughton

Helen Mortimer 01263 511132

Dave Wiltshire 01263 768104

Prayer Group Co-ordinator

Helen Mortimer 01263 511132

Mothers Union

Simone Hume 01263 711346

Ambassador Newsletter:

Please Email copy to

roughton.ambassador@gmail.com

General Enquires 01263 511132

Advertising Manager required

Website manager

Peter Raynor [pro tem] 01263 821487

peterraynor@sheringhamhouse.com

Safeguarding Officer for Child and Vulnerable Adults:

To be advised

Alternatively:

Sue Brice 07958 377079

The Bishop's Adviser for Safeguarding

Roughton Church School

Church member Governor

David Wiltshire 01263 768104

Rector—Vacant

Clerk to the School Governors

Donald Mayes 01263 761392

Robert Brown Trust - Trustees

Helen Mortimer 01263 511132

David Wiltshire 01263 768104

Dorothy Kendall 01263 820973

Clerk to the Trustees

Jane Blackburn 01263 833512

July, 2020

Hello everyone,

Let's start with an introduction. You will have noticed my name in the magazine's 'Who's Who ' page though you might not have been able to put a face to a name. My wife Julia and I have been worshipping in the Benefice since Easter 2017. Now with an interregnum for our seven churches and parishes ['interregnum' literally means " between reigns" though nowadays we might more helpfully say " between leaders/ministers"] following Janet Frymann's necessary retirement due to continued ill health I will be doing more to assist the churchwardens until a new Rector is appointed and in place.

There are a number of things to share with you. First of all I am sure we all want to wish Janet and Peter Frymann well in their retirement. When you work with a colleague you become aware of their ups and downs and I have been concerned about Janet's brave struggle to regain her health and strength. She has so wanted to get back into parochial ministry but since her accident on the vestry steps, just weeks after her arrival, she has fought an increasingly long battle with pain which has necessitated both surgery and ongoing treatment. It is right that she can now concentrate on regaining her health. We should also thank her husband Peter who has voluntarily worked many hours in support of Janet and the Benefice not least in leading worship, preaching, producing this magazine, IT tasks and picking up numerous jobs that needed someone's attention.

Secondly, pastoral care and contacts. Our politicians have had to lay down strong regulations and guidelines and many of us did not initially find them easy or very welcome. As I write that 'R' factor is very slowly decreasing and the number of Covid-19 deaths or illnesses are thankfully in decline. But in one way or another this virus has touched some of us or family and friends. Air travel, currently so much in total turmoil, has over recent decades helped turn our world into what nowadays we term " a global village" so we, or our succeeding generations, may yet have to deal with other unwelcome pandemics; who knows? Nevertheless life does go on and from time to time you may need information about Sunday services, baptisms, weddings and funerals and much more besides. Please, if you need to, email or phone me and I will do what I can to assist you. In the current crisis there may not be very much I can advise but I might be able to find someone better informed than me and to whom I can pass you on! Let's see together how things pan out - telephone number [landline only] and email address are given in this magazine.

I have already listened to and spoken with people ill at home, either over the phone or socially distancing at the front door. I have found that time for a brief Bible reading and personal prayer can be really valued.

The old adage of "a problem shared is a problem solved" has a certain cogency to it, though the other saying, "bring it to the Lord in prayer" has to my mind more 'Umph' but you would expect me to say that would'nt you!

The challenge of where, and to who to turn, at times like this, has been a real issue for many of us. We have had to remind ourselves who it is that really matters. 'Celebrity culture' has taken a real dive to the bottom of any list whilst so many people, who often do thankless tasks, have been seen to be special and so deserving of our time and gratitude. I imagine many of us have shown our appreciation every Thursday evening for the NHS and other service workers in past weeks. [How many of us also got to know our neighbours better?]

Of course it is very easy indeed to pass the blame for such difficult times onto God but in the our world we have real choices to make and God Almighty long ago granted us the total freedom to make our own decisions. Whilst His grace and love, supremely shown in the person of His son Jesus Christ, promises to remain with us in all circumstances, we have also learnt again that our decisions carry consequences. There will be tough times ahead, economically, emotionally, materially, psychologically and with many etceteras. [A member of my own family has lived for many years with mental health challenges so I am not speaking here in the abstract but with real experience.]

For me, I return again and again to the promises I find in God's Word, the Bible. Our Book of Common Prayer also lives and breathes that message and it has certainly strengthened and comforted me in my seventy years. As with the Bible, it is like food, a little every day sustains and keeps me fit and well, though I cannot always exactly recall what exactly it was that I had and when. In time we shall be allowed to re-open our church buildings and my aim will be to point us to those rich foundational words once more. But for now some words from Psalm 138 to ponder over. [You do have 150 to choose from.]

'Though I am surrounded by troubles, you will protect me from my enemies' anger.

You reach out your hand, and the power of your right hand saves me.

The Lord will work out his plans for my life - for your faithful love,

O Lord, endures forever. Don't abandon me, for you made me.'

With the warmest of good wishes,

Stephen Seamer [*Honorary Assistant minister*]

Weekly Readings

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

5 July Fourth Sunday after Trinity

Reading 1 Genesis 24:34-38,42-49
Psalm 45:10-17
Reading 2 Romans 7:15-25a
Gospel Matthew 11:16-19,25-30

12 July Fifth Sunday after Trinity

Reading 1 Genesis 25:19-34
Psalm 119:105-112
Reading 2 Romans 8:1-11
Gospel Matthew 13:1-9,18-23

19 July Sixth Sunday after Trinity

Reading 1 Genesis 28:10-19a
Psalm 139:1-11,23-24
Reading 2 Romans 8:12-25
Gospel Matthew 13:24-30,36-43

26 July Seventh Sunday after Trinity

Reading 1 Genesis 29:15-28
Psalm 105:1-11
Reading 2 Romans 8:26-39
Gospel Matthew 13:31-33,44-52

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/>.

Rev Robert Brown Trust

(Charity No. 234865)

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 the year and will be treated in strictest confidence.

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



Dick Bell MBE
3 Narepath Road,
Seaton,
Devon EX6 1Z 2RP.
01297 23216
dickbell@palmtreeassociates.org.uk
www.palmtreeassociates.org.uk

9TH May 2020

Dear All,

I need to give you all an update on our situation in Nicaragua. First, though, I bless the Lord for all of your support for our on-going project. There are those who pray – and I thank you for doing so. There are those who give, and I thank you for your faithfulness over many years. There are those who both pray and give. You are wonderful. The end is in sight, but not just yet.

Nicaragua is not, as yet, in lockdown. There are some reported Covid-19 receivers, and a few deaths. But they are aware of the danger of this really rather nasty virus.

The work to complete the water provision for our five new farms is progressing slowly, hindered this time, by the pandemic. (It was slow anyway for a hundred perfectly valid reasons).

The rains are due now. Our object was to install the water to these farms during the dry period of November to May. Time has overtaken the full installation. But now, with the rains, the farmers should be able to plant and reap, and we must get the water fully installed before the rains run out in November.

The other hindrance is here in the UK. I have got from a pump company in Devon a trigger device that will turn the pump on and off by water pressure. But the parts have been very difficult to come, and I will have trouble sending the gadget to Nicaragua. Best to go by person, and I pray that the Peace and Hope Trust will be sending someone out there as soon as the lockdown eases. I will also need one more trip there, but have no idea when that may be.

I can get money to Nicaragua, praise the Lord. (Although, this last week, they ran out of US dollars and had to pay the rest in Cordoba's).

All things work out for good from the Lord, so please pray that we can actually get this final task finished.

May the Lord bless and encourage you all. Thank you for sticking ^{wilk} to us.

Dick

Palm Tree Associates. A Christian ministry in Nicaragua, Central America.

“The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon; planted in the house of the LORD, they will flourish in the courts of our God. They will still bear fruit in old age, they will stay fresh and green, proclaiming, ‘The LORD is upright; he is my Rock, and there is no wickedness in him.’” Ps 92:12-15.

CHURCH BULLETINS

These sentences actually appeared in church bulletins or were announced in church services.

The fasting and prayer conference includes meals.

The sermon this morning: 'Jesus Walks on the Water'. The sermon tonight: 'Searching for Jesus'.

Ladies don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

Don't let worry kill you off — Let the Church help.

Miss Charlene Mason sang 'I will not pass this way again' giving obvious pleasure to the congregation.

For those of you who have children and don't know it, we have a nursery downstairs.

Next Thursday there will be try-outs for the choir. They need all the help they can get.

Please place your donation in the envelope along with the deceased person you want remembered.

A bean supper will be held on Tuesday evening in the church hall. Music will follow.

At the evening service tonight, the sermon will be 'What is Hell?' Come early and listen to our choir practice.

Eight new choir robes are currently needed due to the addition of several new members, and to the deterioration of some older ones.

Pot-luck supper Sunday at 5.00pm - prayer and medication to follow.

Weight Watchers will meet at 7pm in the church hall. Please use large double doors at the side entrance.

CHURCHES OPEN

You may have heard on the news that as from 15th June, churches could be open for private prayer. This is a guideline only that has come from London along with several pages of things that need to be done. Some of our churches are probably knee deep in bat droppings after not having been cleaned for three months, someone needs to be on duty to make sure social distancing is being followed, and everything will need to be cleaned after each visitor. There are ongoing complaints from priests that they need much more guidance.

You may or may not know that there are very few of us trying to keep these parish churches going, nearly all of whom are in the vulnerable category. We have no Rector now, and it's very unlikely we will get another one, as we can't afford to pay our parish share.

BUT the good news is that you don't need a church to pray in, you can do it anywhere. I find it especially helpful to pray in the countryside amongst God's incredible creation. Ron and I have found some beautiful walks around North Norfolk where often we haven't found another soul, sometimes I just stop and listen, no cars, no planes, just birdsong, crickets and bees. How can you not feel in God's presence?

Helen

BIBLE A MONTH NEWSLETTER JUNE/JULY 2020

I'm old and it would not be long before I make my final journey, but I haven't read much of the Bible. 'confessed 80-year-old Mr Meng in a village in a village in Sichuan province, China, during the corona virus outbreak.

'During this time of isolation, I read the Bible without stopping for 10 days and I could not stop reading about God's forgiveness and love for me,' he added. Now I want to spend the rest of my life reading the Bible! '

Mr. Meng's was one of many uplifting testimonies I heard during the Covid-19 outbreak. The reason he, and many more like him in rural China, has a Bible is because they were kindly provided by people like you through Bible a Month.

With church meetings suspended due to the virus, believers have been turning more and more to the Scriptures in my home country. In another testimony I read these words: 'We are often too busy to spend time with God prior to this

crisis. Now we are taking this time to do more self-reflection and praying to God.'

Prior to taking up my new job at Bible Society, I lived for thirty years in China, and in my final talk at a Beijing church before leaving I described that we had been involved in China since 1811 and that it was our first-ever overseas mission.

I explained that Amity Printing Company was jointly established by Bible Society and the Chinese authorities and is the only company permitted to print Bibles for distribution in mainland China.

I explained how supporters like you kindly provided the Bibles they were now holding in their hands.

After the service, an elderly man approached me with tears in his eyes. He said he became a Christian more than 30 years ago and it was the first time he had heard the story of how the Bible came to him.

'It has never been easy to be a Christian here in China,' he said. 'I have been through the Cultural Revolution (in which millions were persecuted). I've been through pressure in recent years. It's like we're enclosed in a dome. We cannot see. Your story really encourages me. Now I feel I am not alone, not forgotten. I now know there are brothers and sisters across the other side of the world who have been supporting us for so long.'

He then asked for the address of the printing company. 'I just want to simply go there and do whatever I can to serve them,' the old man said. 'To show my appreciation but I don't know much. I am old and unskilled. But at least I can clean their tables or make them tea to show them how thankful I am for my Bible.'

Arleen Luo

The Ambassador needs a new Advertising manager

This is an important position in the production of the Ambassador newsletter as our advertising needs to expand. Some benefice magazines have 6 or 8 pages of advertisements which draws in a considerable income. If you are interested please contact Ron Mortimer on 01263 511132 or email at roughton.ambassador@gmail.com

Science and Religion

The on-going lock-down means that the projected arrival in Norwich Cathedral by the dinosaur 'Dippy' is being delayed. It was intended to herald a lecture on the subject listed above which should come as no surprise as our Bishop Graham was originally trained to be a scientist. The lecture was able to take place using 'Zoom' to link up with over fifty people participating on their home computers.

An experimental physicist was invited to present his thoughts about the meeting of Christian faith and Science. He began with the biblical idea that Natural Law is 'God's Law written in our Hearts' and asked what that meant. How did it get there?

The idea of Natural Law and basic moral principles have been shared by most religions throughout history. In the 13th century, St Thomas Aquinas argued that there are three areas of universal law that God places in nature;

- 1/ the physical laws that govern the universe
- 2/ the law of natural selection that governs the behaviour of animals
- 3/ the moral laws that apply exclusively to human behaviour.

Aquinas claims that unlike other animals, we can recognise the difference between good and evil. This means that a healthy human nature integrates mind and body so we are not slaves to reason or to bodily desires. Our conscience tells us we ought to do good and avoid evil, but when facing opposition or temptation, our instincts can take over. Sometimes that means we make the wrong choices so morality is not something that can rest only within ourselves as individuals or as a society.

Therefore God has given us a moral law that is compatible with our nature and is also like a moral compass pointing us towards being good. This prompted several questions.

- 1/ Is there really such a thing as an absolute, objective moral law and how does it exist in harmony with secular law and changing public values?
- 2/ Aquinas imagined that God created humans as perfect individuals some thousands of years ago, but now we recognise that we evolved from animals. So how could morality have evolved, and when did it really become morality, rather than the instinctive and social behaviour seen in other animals?
- 3/ Is there really such a thing as human nature? Are moral values and obligations based on an illusion or on social pressure and conventions? Or do they represent what God's wishes for us? The short answer was that the speaker agreed with Richard Dawkins in his book, 'The God Delusion', where he wrote "*...it is pretty*

hard to defend absolutist morals on grounds other than religious ones". Unlike God, social and biological motives have no intrinsic moral authority. They cannot generate an unconditional, moral demand on us. Unbelievers can assert and obey the moral law but what is their basis for granting it an absolute, overriding authority? None.

From the perspective of evolution and socio-biology, it is obvious that animals, including humans, use patterns of behaviour. Some are innate (such as, survival of the fittest and competition to dominate the food chain) and some are gained in social or family groups. The prevailing culture at a given time directs us to modes of behaviour that can change as public attitudes evolve. How is this distinct from personal morality and moral awareness? Charles Darwin wrote in his book 'The Descent of Man', that the personal conscience of the individual was paramount. With the benefit of our current scientific knowledge, we can elaborate on the distinction between socio-biological motivation and morality. The forms of adaptive social behaviour that we observe in animals (such as wolves) evolved genetically over millions of years. By contrast, human cultural evolution has only developed over a much shorter period. It has come from human self-awareness and various forms of communication. Human patterns of behaviour reflect conscious, articulated beliefs that actions are either right or wrong. This is a higher form of motivation than social pressures or biological urges.

Underlying this discussion of moral law is the question of what we mean by 'human nature'. Anthropology identifies hundreds of cultural and behavioural traits that describe what it is to be human and some of which are morally relevant. The writer C. S. Lewis, said we can see human nature in these universal characteristics, but he noted that some things, like xenophobia, revenge and honour killings, are also cultural universals which not part of the Christian ideal for human nature.

In the story of Genesis, God raised the human race to a new level of spiritual awareness and partnership which gave us objective moral values but this still left the question of 'Original Sin'. It is probable that the new partnership with God degraded soon after this early moral awakening, and it took many more centuries to develop a well-functioning human nature. Natural Law remains real and Scripture offers moral inspiration and guidance on how to follow it. Following the talk, a wide ranging discussion developed raising more questions than could be quickly answered www.scienceandchristianbelief.org for a transcript of the talk.

Richard in Gunton

Searching our Hearts

The Jewish people, like Christians, are searching their hearts and trying to understand what God is saying. The following post is being shared on Facebook. The person who posted it in English said, "It is translated from an anonymous post in Hebrew and they say that the Hebrew is beautiful like a song."

"We have taken nature for granted; and now we are not allowed to leave the house.

We have disrespected our parents; and now we cannot see them in person.

We have treated our teachers with contempt; and now educational institutions are closed.

We have squandered our money on things we don't need; and now shopping malls have shut down.

We have more cars than we need; and now the roads are empty.

We have ceased to really connect with others; and now we are in isolation.

We have placed an importance on external beauty; and now our faces are covered with masks.

We can't keep on as if there is no tomorrow, because if we do, tomorrow will not come.

We all need to pause and take account of our lives, because the gift of this virus is we have received a second chance."

Copied with permission from Bridges for Peace

Craft Workshop, Mother's Union, Village halls and WI

These organisations have all suspended their activities because of the coronavirus, they will resume as soon as possible.

They can be contacted via the usual contacts.

If you want someone to pray with (by phone) please feel free to ring a churchwarden, numbers on page 2.

The Ambassador

This is just a reminder that we have a dedicated e-mail address just for

The Ambassador, namely roughton.ambassador@gmail.com

.

Deadline for the August issue is Friday 17th July.

General Enquires 01263 511132

Disclaimer:

The views expressed by individuals in this Magazine are not necessarily the views of the group of Churches in this Benefice. Advertising in this magazine does not imply an endorsement or promotion of the advertisement, nor its content, products or services. Errors and omissions, whilst regrettable, may occur.

Please advise the Editor and appropriate action will be taken

Your Local Directory

Cromer & District Funeral Services

Cromer's only independent family run Funeral Directors.
A compassionate and caring service available 24 hours a day.
Private chapel of rest.
Golden Charter Prepaid Funeral Plans
Tel:- 01263 514814

Marett's Chariots

COACH & MINIBUS HIRE

16-57 Seat coaches available for hire. For a competitive quote please call 01692 406 818

Groveland

**Farm Shop / Butchers / Deli
Coffee Shop / Restaurant
Fruit & Veg / Garden Centre
Car Wash / Car Sales
Pet Shop / Dog Grooming
Hair & Beauty / Fabric Shop
Co-operative Craft Shop
Glass Craft Workshop
Roughton NR11 8TB
Tel: 01263833777**

www.grovelandnorfolk.co.uk

R Wells Memorials

Memorial Masons Since 1999
Headstones and Cremation Tablets
Workshop: 01603 755524
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

Commuting 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

Web: supportandhelp.co.uk

Conservatory Cleaning Specialists

External and Internal Cleans
Gutters, Soffits and Fascias
Cleaned
(gutters emptied)
Windows and Doors
Car ports and Caravans
Solar Panels High Pressure Jet
Washing of Patios and Driveways
All work undertaken by hand
Fully insured
Discounted rates for pensioners
Contact Conserv-a-Clean Ltd
07909 718 291
enquiries@conserv-a-clean.co.uk
www.conserv-a-clean.co.uk

Your Local Directory Cont.

Raptor House Cattery

Quiet surroundings — NO DOGS.
Heated accommodation,
outside runs.
Collection Service Available.
Inspection welcome
by appointment.
01263 511152

IVAN'S PEST CONTROL

Telephone: 01263 821304
Mob: 07534455301 Email:
ivanallenpestcontrol@gmail.com

OLIVER HUSAR

Tree service, surgery and
Woodland Management.
Qualified & Insured
Tele:- 01263 577679
Mobile:- 07825 214234
www.oliverstrees.co.uk

JMK PRIVATE HIRE TRAVEL

Pre-booked local and national
service. Professional, courteous
and competitive. Air sea and rail
transfers, medical appointments,
day trips etc.
For enquires & bookings
Tel: 01263 820000
Email: james@jmktravel.co.uk



**Work within a 15 mile radius
from Northrepps
Samatha Attew
Cleaner/Carer
samatha.attew@sky.com
07538 488044**

SECURITY ALARMS & CCTV

Local NACOSS approved installer
established over 50 years.
Professional and reliable.
Free quotations.
Kings & Barnham Security.
Tel:- 01328 863254

FOX'S FUNERAL SERVICES CROMER

We care, our staff are here to
provide help and guidance in
your time of need,
24 hours a day.
Tel.-- 01263 512427

Your Local Directory Cont.

CROMER ELECTRICAL **LIMITED**

For all electrical installation and maintenance work including electrical equipment testing, fire alarms and emergency lighting systems. Tele:- 01263 513681



22A Holt Road, Cromer,
NR27 9JW

Facsimile:- 01263 5126111

cromerelectrical@yahoo.com



National Trust



Felbrigg Hall

regrets that owing to the dangers of the Coronavirus the facilities of the house and gardens are closed until further notice.

The park and the car park re-opened on the 21st May.

Please pre-book your car space online at

<https://www.nationaltrust.org.uk/felbrigg-hall-gardens-and-estate>

or phone 0344 2491895

Car Park charge applies, free to National Trust Members

General Enquiries Tel. 01263 837444

Registered Charity No 205846

JULY 2020

Services

5 July Fourth Sunday after Trinity

12 July Fifth Sunday after Trinity

19 July Sixth Sunday after Trinity

26 July Seventh Sunday after Trinity

We are following the instructions of Her Majesty's Government and the consequent directions of the Church of England not to hold public acts of worship in our churches. We have chosen to remind you and ourselves of the church calendar so that you can still spend time at home reading of the unfolding story of God's involvement in humanity's affairs. You can follow the set readings for each week as set out on page 5.

If you want to talk to somebody or to pray with somebody over the phone please ring one of our churchwardens.

There are some services available from the Church of England as webcasts. Just go to: <https://www.churchofengland.org/more/media-centre/online-church> for more information. Norwich Diocese has produced a podcast called "Sunday Hope" for every Sunday as an app on your smart phone or tablet. You can also find it at: <https://www.dofn.org/podcast> on-line. Other apps are available from www.chpublishing.co.uk/apps