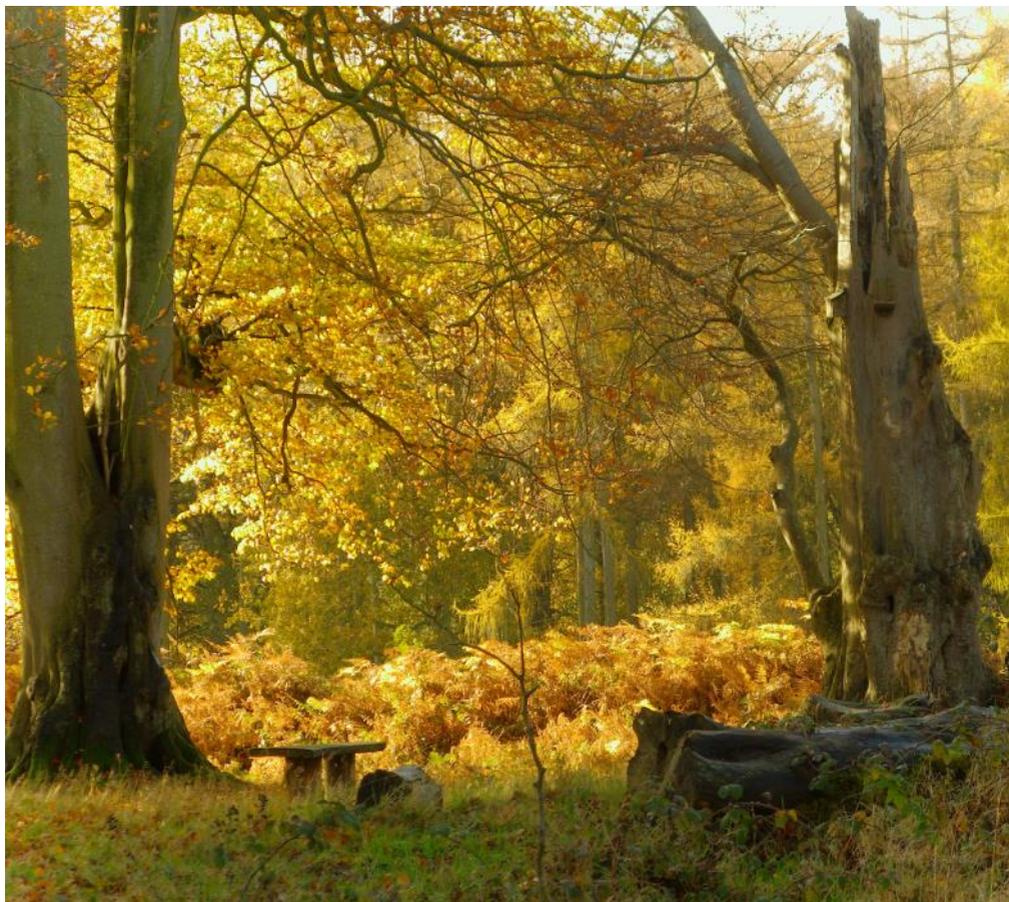


Ambassador

October 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

[Patron: The Bishop of Norwich]

Rural Dean:

The Revd Canon Christian Heycocks,
The Vicarage, 10 North Street,
Sheringham, NR26 8LW

Readers

None

Bessingham

Contact: Nina Chapman 01263 577782
[now under the guidance of the Diocesan
Churches Trust]

Churchwardens

Felbrigg

Mary Llewellyn 01263 513072
Hilary Kirkland 01263 514380

Hanworth with Gunton

Richard Harbord 01263 768732

Metton [None]

Roughton

Helen Mortimer 01263 511132
Dave Wiltshire 01263 768104

Sustead

Priscilla McDougall 01263 577247
Glenn Davenport 01263 768877

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

Prayer Group Co-ordinator

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Mothers Union

Simone Hume 01263 711346

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To be advised

Alternatively:

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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

October letter for Ambassador magazine, Roughton Benefice 2020

Dear Friend,

Exercises to keep our mental facilities in good working order are becoming increasingly popular. If you are not a linguist wanting to learn a new language [try Hungarian and Finnish!] or a chess player, then crosswords, Sudoku or similar fare are, we are told, perfect for the task.

For myself, I have been refreshing my memory about the correct order of British monarchs since 1066 and Prime Ministers since Robert Walpole. Then I thought about the books of the Bible and, thinking laterally, that reminded me of the Old Testament book of Job. When commercial and personal disaster strikes wealthy merchant Job [in the land of Uz] he stated: "**The Lord gave and the Lord has taken away; may the name of the Lord be praised.**" [1. vs 21]. Not inappropriate for these Covid-19 Times. Media scenes of present distress and our longing for peace and normality is very topical. The Coronavirus seems ever with us. New regulations for social gatherings are being released as I write and people are now wondering whether Christmas this year will see families and friends able to meet up together; our routine is 'on hold' and there seems to be no end to having to live, work and even worship in different and restricted ways.

Children and young people are especially finding life increasingly challenging. They cannot meet up to play, talk or be with their friends. As their experience of life is relatively short in time and years they lack experience in coping with difficulties; mental health problems have hugely increased since January this year. You will be aware, as I am, of the headlines about people, including some public personalities and "celebrities" who have found this pressured way of life either intolerable or too much to bear.

All of this the Bible's book of Job speaks to. Job's experience of disaster, the loss of livelihood and family members was catastrophic but, amidst his angst and anguish, he held on to one pivotal truth; *God remains*. He is there and He is there for us, you and me. Job wrestled with how and when God spoke to him in his distress but when the dark clouds lifted he looked back and forward and began to understand with better clarity and faith God's presence and power during his time of anguish and pain. As I sometimes need to remind people facing difficulties, God is completely able to take our shouts of anger and accusation that He does not care. We can too often take for granted that we live in a fair, generous and good world but sin, evil, self-centredness and

the unexpected sometimes deliver different headlines. We are often so fortunate here in northern Europe by comparison with people in other parts of the world. Just reflect on what life must be like in places like Yemen, Lebanon, Brasil, et al., Some of Job's final words are supremely thought provoking: **"I know that you can do all things; no purpose of yours can be thwarted... I spoke of things I did not understand, things too wonderful for me to know."** [42: vss 2 & 3b]

When a vaccine for Covid – 19 is finally available, and life returns to some sort of previous 'peace' which we recognize, then we may be the better able to reflect and consider just what we have learnt and what God has taught us during this torrid time. What may prove tougher is whether we genuinely listened, looked and prayed on. Until that day I remain thankful for what people like Job in the Bible have taught me about the things of God; how in the uncertainty of human life, His never failing love and forbearance, as I have come to know Him through my knowledge and personal relationship with His Son, Jesus Christ, keeps me steady and somewhat sane in a world rocking with trouble and strife.

What I am slowly learning from my seventy years is not to focus on the world's shakiness but *God's dependability and faithfulness*. As the Apostle Paul wrote to one group of Christians: **"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus."** [Phil 4: 6-7]

With every good wish to you and yours,
Stephen. [*Honorary assistant minister, Roughton Benefice*]

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

Tomb Covers in Felbrigg

3 stone coffin lids were removed from the derelict North porch of Felbrigg church and placed together on a plinth in the North Western corner of the churchyard. The coffin lids date from the 12th to 13th century and two are Purbeck Marble, both snapped and the other of Barnack stone, they were possibly unearthed when digging out a grave and placed in the Church where they have always been a bit 'in the way'. The removal means that Felbrigg can now move forward to develop the North porch into a toilet and small vestry.

The coffins possibly held the bodies of priests administrating to a Church, earlier than the present building and must have been held in high regard as these stone lids would have been an expensive item.



Norfolk Churches Trust Bicycle Ride 2020

On September 12th More 'Susteaders' rode than ever before and raised the magnificent sum of approximately £500. Of this £500 half comes back to the church and half goes to the Trust. It must be remembered that we had a very generous grant of £10,000 from the Norfolk Churches Trust recently for the chancel roof repair. Four villagers contributed by manning the church on the day, which was much appreciated by our visiting cyclists. A record number signed in. Fortunately the weather was overall kind. Thank you so much to all.
Priscilla

Weekly Readings

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

4 October Seventeenth Sunday after Trinity

Reading 1 Exodus 20:1-4, 7-9, 11-20

Psalm 19

Reading 2 Philippians 3:4b-14

Gospel Matthew 21:33-48

11 October Eighteenth Sunday after Trinity

Reading 1 Exodus 32:1-14

Psalm 106: 1-3. 19-23

Reading 2 Philippians 4:1-9

Gospel Matthew 22:1-14

18 October Nineteenth Sunday after Trinity

Reading 1 Exodus 33:12-23

Psalm 99

Reading 2 1 Thessalonians 1:1-10

Gospel Matthew 22:15-22

25 October Twentieth Sunday after Trinity

Reading 1 Deuteronomy 34:1-12

Psalm 90: 1-6, 13-17

Reading 2 1 Thessalonians 2:1-8

Gospel Matthew 22:34-46

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/>.

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.

John W. Blair

We have all been saddened to hear that John has lost his long and brave fight against cancer and died peacefully at home.

John was in many ways a larger than life character, a churchman, a community man, a family man.

In his many years as secretary to the Church, he not only coped with the mountains of paper work that goes with such a position and took part in the Church services but also turned his hand practically to many jobs in the Church building. Not least installing, almost single-handedly, the kitchen units which have made the hospitality side of church life so much easier.

In the village community, he was chairman of the Parish Council for many years and always ready to help with various events. Many will remember the wonderful quizzes he produced at the Harvest Suppers and will have enjoyed his great talent for singing on numerous occasions.

By the time you read this, the funeral will have taken place and John's body will have been laid in the ground at Felbrigg as he wished, but he, I'm sure, has already joined the heavenly choir, the thousand who have fought the good fight and are singing the praises of God, not so very far away. So as we thank God for John and his faith, let us pray for his family that they and all of us, may know for sure that there is nothing in all of creation able to separate us from the love of God in Christ Jesus our Lord.

Mary

Crucial help for Christians in China

Eyewitness Report

"I'm old and it would not be long before I make my final journey, but I haven't even read much of the Bible!" confessed 80-year-old Mr Meng in a village in Sichuan province, China, during the coronavirus 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 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.' Your continuing generosity means that in China, Bibles are kept accessible, affordable, or often completely free. In 2019, Bible a Month supporters contributed to the printing of millions of Bibles in mainland China. A regular £20 donation, for example, can provide enough Bibles in one year for a small congregation.

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."

This moment in time is more crucial than any to ensure that Bibles not only continue

to be printed in China, but, also that people there receive resources to help them understand their Bibles, more, and also that more leaders gain the correct theological training. Only God knows what the future holds, but with an estimated one million new converts to Christianity every year, as well as big rises in other religions, the authorities have been increasingly regulating and restricting religious activities over the last few years. Your gracious support is enabling Christians in China to rise to many challenges. For example, China faces an acute shortage of trained pastors with one trained leader for every 6,700 Christians on average. Your generous giving helps support Chinese pastors and volunteers who spread God's word. You enable them to be provided with quality Bible teaching tools, resources and training. Recently, gifts from our supporters have helped preachers who have been unable to travel and earn a living during the coronavirus outbreak and quarantine.

I want to thank all of you who have joined Bible a Month for your tremendous support through gifts and prayers.

Arleen Luo. Mission Specialist China

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.

Although applications for grants can be made at any time of the year. It has been traditional to give grants out before Christmas and the winter months to help with extra expenses incurred this time of the year.

If you need a little extra help or know someone who does, the application forms this year will be in the church porch. When completed, please post through the Benefice Office door, which is situated down The Rectory drive. (Do not post through the main door)

Roughton Benefice, Diocese of Norwich

[comprising the parishes of Bessingham, Felbrigg, Gunton and Hanworth, Metton, Roughton and Sustead]

A resolution of all the Churchwardens of the Benefice taken on the behalf of the Parochial Church Councils:

The following pattern will begin from Sunday, July 19th until further notice:

There will be ONE Service held every Sunday in ONE of the church buildings in the Benefice:

Please see notices and last page of this magazine

All morning services will now begin at 10.30AM.

July 2020. This notice to be displayed on all church notice boards in the Roughton Benefice.

Giving to your Church

The bank details for each of our Churches are shown below.

One of the best ways to give regularly to your Church is to create a standing order with your bank. If you do online banking this can be set up on your computer without leaving home. If you don't have internet banking you will need to go into your bank. I suggest that you speak with them first in order to ensure you have whatever details they require to set up a standing order.

Account Title	Bank Sort Code	Account Number
St Andrew's Church Metton PCC	30-94-34	00356489
Roughton PCC	20-03-26	90757322
Hanworth Church PCC	30-94-34	00296028
Sustead Parochial Church Council	30-94-34	00378156
Felbrigg Churchwardens	20-03-26	20367192

Please ensure your Church has your details to claim back tax on your payments

Origins of the Lord's Prayer – the *Amidah*

For most Christians the Lord's Prayer is probably the best remembered and the most cherished. Though it is clearly divinely inspired the prayer does have roots in the Judaism that embraced Jesus for most of his life. It is set out in the Gospel of Matthew 6. 9 -13. A shorter version is also found in the Gospel of Luke 11.1, where Jesus may have repeated the prayer a year after the earlier event. The first three of the seven petitions in Matthew's version addresses God. The other four are related to human needs and concerns. Only in Matthew's account does it include; '*Your will be done*'; and '*Deliver us from evil*'; (meaning 'Rescue us from the evil one'. Both the original Greek texts contain the adjective *epiousios*, which does not appear in any other classical or *Koine* (ie post-classical) Greek literature; while controversially the word, 'daily' (bread) has been the most common English-language translation of this word.

The Lord's Prayer is rooted in is the central prayer of the Jewish liturgy found in the *siddur* or traditional prayer book as it was known to Jesus. *Amidah* means the 'standing prayer' as that is how it is recited by the congregation in the synagogue with feet placed together like angels; facing towards Jerusalem. It may have been codified quite late in Jewish history but its origin seems to go back to the 'Great Assembly' when a large body of scribes, sages, teachers and prophets such as Ezra and Nehemiah met in Jerusalem around 516 BC to establish a Jewish liturgy.

The *Amidah* thanks God for nineteen blessings followed by petitions which are as follows:

1. *Avot* ('ancestors') - praises of the God for the patriarchs; Abraham, Isaac and Jacob'.
2. *Gevurot* ('powers') - praises God for His many powers - to heal the sick; His promise to resurrect the dead and bring rain which in a very dry hot country could seem like a miracle.
3. *Kedushat ha-Shem* ('the sanctification of the Name') - praises God's holiness. In religious festivals this prayer could be repeated and expanded.
4. *Binah* - asks God to grant wisdom and understanding to the faithful.
5. *Teshuvah* - asks God to help the faithful to return to a life based on holy Scripture, and praises Him as the God who rewards repentance.
6. *Selichah* - asks God to forgive all sins and trespasses praising Him for being the God of forgiveness.
7. *Geulah* ('redemption') - asks God to keep his holy people safe. On feast days, the *chazzan* (leader of the service) adds in the Aneinu (a blessing) during his repetition of this prayer.
8. *Refuah* ('healing') - a prayer to heal all those who are sick and especially those personally known to us.
9. *Birkat HaShanim* - asks God to bless the produce of the earth and for rain when the land has dried up and it gives thanks for His bounty.
10. *Galuyot* - asks God to bless the ingathering of all those who believe in Him so they can return to the Holy Land of Israel or visit it on pilgrimage.

11. *Birkat HaDin* - asks God to restore Justice and bless the righteous judges as in the days of old.
12. *Birkat HaMinim* - asks God to bless true believers by destroying those who bring division through heresy and sectarianism.
13. *Tzadikim* – thanks God for His blessing of the 'righteous' and asks Him to have mercy on all those who place their trust in Him.
14. *Boneh Yerushalayim*, thanks God for His blessing as the 'Builder of the city of Jerusalem' and it asks Him to rebuild it so that the great Kingdom of David can be restored.
15. *Birkat David*, thanks God for his 'Blessing of David' and it asks Him to deliver a descendant of King David, to be the messiah of the world.
16. *Tefillah* – thanks God for His mercy and compassion and asks Him to accept our 'prayers' for the same.
17. *Avodah* - asks God to restore the Temple in Jerusalem with its 'services' of worship and sacramental sacrifices.
18. *Hoda'ah*, a 'thanksgiving' to God for blessing our lives, for our souls and for His miracles that are with us every day. When the chazzan (preacher) reaches this blessing during the repetition, the congregation recites a prayer called *Modim deRabbanan* ('the thanksgiving for priests').
19. *Sim Shalom*. This asks God to grant peace, goodness, blessings, kindness and compassion.

The last item is repeated as a prayer of dismissal.

The Lord's Prayer in Christian liturgy is much shorter version of the above as it contains only 64 words but it summarises almost everything listed there. It also encapsulated the special prayers that come before it in the intercessions which can vary in general scope according to the needs of the times.

Protestants usually conclude the prayer with a *doxology* (an expression of praise), which is a later addendum that appears in some manuscripts of Matthew's Gospel. The translation of the prayer from the Greek into English has undergone several developments which started in Northumbria in 650 AD. The 1662 Anglican Book of Common Prayer has been a long term standard. Since then its old wording has been updated but in the present 'Book of Common Worship', both ancient and modern versions are provided. Richard in Gunton

PS. On the 2nd September, a Jewish Burial Service was held at Gallows Hill in Gunton Park. The article above reminds us how our faiths are intertwined in love and hope.

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

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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 are open.

Please pre-book your car space online at
<https://www.nationaltrust.org.uk/felbrigg-hall-gardens-and-estate>
or phone 0344 2491895

Entry fee applies, free to National Trust Members

General Enquiries Tel. 01263 837444

Registered Charity No 205846

OCTOBER 2020

Services

4 October Seventeenth Sunday after Trinity

10.30 am	Morning Service	BCP	Sustead
5.00 pm	Harvest Festival		Bessingham

11 October Eighteenth Sunday after Trinity

10.30 am	Morning Service	CW	Roughton
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18 October Nineteenth Sunday after Trinity

10.30 am	Morning Service	CW	Hanworth
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25 October Twentieth Sunday after Trinity

10.30 am	Communion Service	CW	Felbrigg
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[A Church name in Bold marks the first Sunday when a building is re-opened for public worship in the Benefice after cleaning and risk assessment. Sustead will re-open on October 4th. More details will be available in the October magazine]
Gunton and Metton church buildings will remain closed for the time being.

Everyone attending public worship is asked to give very careful attention to public instructions to follow social distancing and other regulations for the health and safety of all worshippers.