

Ambassador

March 2021



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]

Assistant Rural Dean:

The Revd Will Warren, The Old

Vicarage, 42 Cromwell Road, Cromer

NR27 0BE 01263 512000

Or 01263 511474

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

Telephone: 01263 768125

Please contact Mr. Seamer for all general Benefice enquiries and pastoral care needs.

For enquiries to do with Funerals,

Cremations and Burials please contact Revd Janet Stewart.

Telephone: 01263 824497

For Weddings please contact

the Assistant Rural Dean,

- details at top of page.

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

Editor

Peter Raynor 01263 821487

peterraynor@sheringhamhouse.com

Website manager

Ron Mortimer 01263 511132

ronhel.tutt@btinternet.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 822681

Clerk to the Trustees

Maureen Wells 01263 768106

Ambassador March 2021

A year ago the first lockdown! What a lot we have learnt since then and adapted to the varying restrictions.

As we continue through March towards Easter, many reminders of spring and new life are around us.

March has two major Saints to encourage us on our way. David on March 1st and Patrick March 17th. Here are two very different men, from different backgrounds with different outlooks and different gifts.

David was born into a royal family. He was a good orator and strong leader, who encouraged many men to become monks, establishing several monasteries. His teaching was trusted and honoured. He left this message to his followers "remember to fulfil the small tasks you have learnt while you were with me".

Patrick, on the other hand, had to fend for himself. After being captured by the Irish, when a teenager, he worked as a slave, escaped on a ship home but landed up in Italy. He sought an education, became a priest and later a bishop. Rather than being resentful and embittered, he went back to Ireland to teach the love of God, notably with the shamrock representing the Trinity.

It is easy to be restless, maybe resentful and it's certainly hard to forgive. But David and Patrick used the resources they both had and were counted as Saints through their desire to spread the love of God, wherever they went and whoever they were with.

Church services there may not be; restrictions are still here but the unchanging love of God still surrounds us. Patrick's prayer may be helpful as we journey on to Easter and beyond:

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me,
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.

Trundle on!

Janet Stewart.

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

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 – Maureen Wells on 01263 768106.

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.

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.

Weekly Readings

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

7 March Third Sunday of Lent

Reading 1 Exodus 20:1-17
Psalm 19:
Reading 2 I Corinthians 1:18-25
Gospel John 2:13-22

14 March Fourth Sunday of Lent—Mothering Sunday

Reading 1 Exodus 2: 1-10
Psalm 34:11-20
Reading 2 2 Corinthians 1:3-7
Gospel Luke 2:33-35

21 March Fifth Sunday of Lent

Reading 1 Jeremiah 31:31-34
Psalm 51:1-13
Reading 2 Hebrews 5:5-10
Gospel John 12:20-33

28 March Palm Sunday

Reading 1 Isaiah 50:4-9a
Psalm 31:9-16
Reading 2 Philippians 2:5-11
Gospel Mark 14:1-15,47

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.

Meditations on the power of the Word

Even if we do hold a church service, we are not allowed to sing God's praises during the pandemic as it could cause infections so we can only listen to musical recordings or sing to ourselves in private. We open up our souls when we sing by reflecting our mood and feelings but above all by expressing our love of God. It can transform us, releasing emotional blocks and heal our hurts. But at the root of all this is the spoken word and that, we are still able to listen to as we turn to the Bible.

John 1.1 says, *'in the beginning was the Word; the Word was God. He was with God in the beginning and everything was made through Him'*. This was the theme for a set of readings in a recent Sunday during the season of Epiphany – starting when the magi brought royal presents to the baby Jesus which announced him to be the saviour of the world. The word was out!

In the absence of a Sunday sermon we the non-licensed laity could attempt to write our own by choosing a theme like the one above, so long as we don't attempt to deliver it in public! Its just a matter of following the word and see where the spirit leads us.

The recent Sunday readings began with the Book of Samuel 3.1-20, when the Old Testament prophet was still a boy. He had heard of God speaking directly to Moses so why not also to him? In a dream he felt someone was calling him – he woke up several times and asked his mentor Eli the priest, if it was he who called him. No, it was God himself but it was up to Eli to tell Samuel how to respond to God's call which shows how we need each other to hear the word. To hear we must listen and it was his power to respond that ensured that Samuel became a great prophet and king. For most of us God speaks to us through the feelings we get about something but for Samuel it became more than that. The word filled his whole soul.

Psalms 139 is a salutation of God's power to communicate Himself to us. We sing with joy of God's omniscience where He knows what we are thinking even before we speak. He is within and outside us; shielding us with His hand so we ask –

'guide me in the way that is ever lasting'. God had a purpose for us from the beginning of time so He made us in His own image – this seems to go back to the first people, Adam and Eve. It is God's word that comes first.

From the beginning of the Bible we moved to a reading at the end of it;

Revelation 5, 1-10; the writer looked into the universe and then out towards heaven. There he had a prophetic vision where God was seen sitting on His throne. Much of what follows was drawn from Ezekiel: 1 and 10, written in Exile where the prophets declared that God was still with the Hebrews even though they were far from Jerusalem. On God's right hand side was a sacred scroll covered in text but it was bound with seven seals. An angel asked the assembly of 24 priestly elders sat before God, who was worthy to break the seals and read the words on the scroll. No-one came forward so there were lamentations amongst the elders until one of them replied that a son of the House of David would one day open the scroll and read it. Then a lamb with four other animals prepared for sacrifice, appeared, each with seven horns and seven eyes. These represented the seven spirits of God, which went out into the world to search for the lamb. When it appeared, the assembly and even the four animals prostrated themselves before him as he took the scroll from God's right hand. Each elder held a harp and a bowl of incense while singing of the worthiness of the lamb. This symbolised another Epiphany moment when Jesus began his ministry and spoke the word.

John 2. 1-11; as Jesus gathered together his disciples, each passed to

another the word, which shows how inter-connected we are with each other while remembering the voices of the past recorded in ancient Scripture. Even when Jesus had drawn his disciples around him he was not quite ready to announce the commencement of his ministry. How was he to declare it? Then he went to a family wedding in Cana with his mother and brothers.

When the wine ran out he was asked to do something but he declared; *'Mother what do you want me to do? My hour has not yet come'*. She probably said; *'yes it has'*, because Mary bid the servants to follow his instructions. Then Jesus performed the miracle of turning water into wine which was the first sign of his mission – an apocryphal moment and an epiphany of sorts.

There is nothing to compare with reading, singing and praying together to raise the spirits. May we soon be able to join together again with that purpose.

Richard in Gunton.

MORTIMER'S MEANDERINGS

Well, the Mortimer's haven't been meandering quite so far afield this month. It started with the mud! We had been walking mainly on quiet lanes as many of the footpaths were muddy and slippery. We only had one footpath to negotiate, and it was fine to start with, but then it went through the middle of a pig farm. The tractors had been up and down in between the fields the pigs were in. It was like a quagmire, at one stage I thought we would have to be winched out by helicopter as Ron's boot sank in right up to the top. I could just see the picture in the paper as our boots were left in the mud! In the end we just had to walk in the water filled channels the tractor wheels had left and let the water come into our boots. One of the pigs was standing in his trough wondering whether to make the plunge into the water, it looked so funny.

We went from the mud to the snow, so because of where we live, we couldn't get the car out, we started walking from home. Because it was so windy we couldn't go into Felbrigg woods, but walked down Davey hill for a circular walk. We did this walk for three or four days until it was too icy to walk down the hill. Luckily the wind had subsided, so we took to the woods again. The extreme weather conditions have brought the birds more into the open, and I have had three sightings of woodcock which I haven't seen for several years. Today we have had close views of redwing on their own. They are usually in large flocks moving away from you all the time, so it was lovely to get close views. We also saw a barn owl hunting in the fields at Felbrigg. They used to be almost common when I first moved to Norfolk, but I hadn't seen one for well over a year.

People think that winter is a boring time, but the winter skies are lovely, and there are many colours in the bare trees. There is always something to be thankful for, and there is always something in the Bible relevant to your situation.

Psalm 40

I waited patiently for the Lord; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand; He put a new song in my mouth, and a hymn of praise to our God. Many will see and fear and put their trust in the Lord.

One day I walked up our hill to the main road to see if I might be able to get the car out. No chance! However, the young family neighbours were out with their toboggans, how lucky to have their own private run. They offered me a go, I was tempted. I was so tempted that I had to give it a try just to see if it was possible. The last time I tobogganed was at Alexandra palace in North London. I was there with my sister and her children, and I went down on a tin tray, fantastic! My sister was so embarrassed, she said I was far too old!

Helen

IT'S LENT

Someone said to me "I'm giving up chocolate for lent, but I'm not sure what to do with the money I would have spent" So I said join our Roughton Benefice Bible a Month Group – We used to meet each lent to enjoy God's word together, and to give to the Bible Society to help those in other places who long for a bible of their own in their own language. Read this month's account of Christians in Iraq – We can't meet together this lent, but we can still give.

If you would like to help support this work you can give your donation to either Helen Mortimer or Mary Llewellyn, and we will send it to the Bible Society for wherever the need is greatest, and please pray for their workers, many of whom are in great hardship and danger.

You could also try reading a few Bible verses a day – Mark's gospel is a good starting place, or some of the Psalms, and don't forget to ask God to help you understand it and to hear what he is saying to you.

Happy Lent!

Mary

P.S. from Helen

Whilst stopping for our flask of coffee in Wickmere church today, we picked up a Lent booklet like we have used before. It's called # Live Lent God's Story Our Story. You can pick it up online via churchofengland.org/livelent

Bible a Month Newsletter

The relief and joy were visible in the woman's face as the package with food and Scripture was placed into her hands. My baby has not been drinking milk for two days, and today I didn't have any kind of food to feed my family she told our member of staff, as a cold wind shook the tent she calls home. 'This distribution has increased my faith in God. He will not let anyone down. Thank you.'

The woman, a Christian living in a refugee camp in northern Iraq, is one of 4,000 people who benefited from a Bible Society distribution of Scripture, food and aid in October 2020. The precious package contained 15 types of food a hygiene kit and five face masks as well as a Bible and Scripture material. In this camp, like many others in northern Iraq, Christian families are

living in desperate situations. Violence and exploitation are a daily reality, children are out of school, and there's a lack of basic services. The coronavirus pandemic has only added to the misery. Many people can no longer earn a living, and they depend on help from kind people like you. Our team, plus more than 30 volunteers, were granted permission to enter the refugee camps during Iraq's severe lockdown. Thanks to you, families received vital aid, and even more importantly, the hope of God's word.

Your support is also training more leaders to run Bible-based trauma healing workshops across Iraq. Due to Covid restrictions, we were unable to run face-to-face training – so we switched to Zoom, the video conference call system, instead. More than 50 people received training towards the end of 2020, particularly in how to tackle emotional trauma in children. The new leaders will now run trauma healing sessions with families, to help children to address their pain and have hope for the future.

Meanwhile, in Baghdad, Iraq's capital city, your Bible a Month gifts are supplying Bibles and aid to local Christians. Your support is building up their faith in Jesus and offering hope in their hardship.



NORFOLK COAST PARTNERSHIP

PROTECTING AN AREA OF OUTSTANDING NATURAL BEAUTY

Beach clean guardians needed

Through our small grant fund, we'd like to fund a Norfolk Coast Partnership sponsored beach clean station, or 3, and need volunteer guardians at each site to manage the day-to-day running of these. Guardian responsibilities include putting the information board out each morning and bringing it in at night with regard to weather and tides and so a storage facility and nearby, suitable waste disposal will be essential. We think this would suit a beach-side café, shop, or other coastal business perhaps? Full training will be provided.

Of course, we would be looking to place new boards once the current Covid-19 restrictions are ended.

Beach clean litter picking stations are provided by the 2 Minute Foundation, a registered charity devoted to cleaning up our planet 2 minutes at a time, who believe that simple, achievable acts can add up to make a great difference. Communities and visitors are encouraged to spend 2 (or more) minutes picking up marine litter from their #2minutebeachclean station boards. Further details are on their website <https://beachclean.net/> and see the Norfolk coast locations (you'll see that there is quite a gap between Hunstanton and Cley!), along with other excellent local beach clean initiatives, at <http://www.norfolkcoastaonb.org.uk/partnership/beach-clean-events/691>

New boards would be part of an innovative project where low grade waste, the kind picked up on beach cleans which cannot be easily recycled, is put to good use. Alongside several other organisations, including Reworked and The Ocean Recovery Project, the 2 Minute Foundation are turning this low-grade plastic into the litter picking stations, making a completely closed-loop operation.

For an informal chat about becoming a guardian email aonb@norfolk.gov.uk or phone us on 01328 850545.

Catherine Leigh

Assistant Project Adviser (part time, usually Mon, Tues & Weds)

Norfolk Coast Partnership

South Wing, Fakenham Fire Station, Norwich Road, Fakenham, Norfolk NR21 8BB :

[direct]01328 850545T (general office): 01328 850530

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
Samantha 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 are open.

Please pre-book your car space weekends only 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

MARCH 2021

Services

**CHURCHES CLOSED
UNTIL
FURTHER NOTICE**

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 having taken advice from the Rural
Dean and the Diocese**

**All churches will close forthwith and are unlikely to reopen before the
beginning of March 2021 and more likely the beginning of April 2021.**