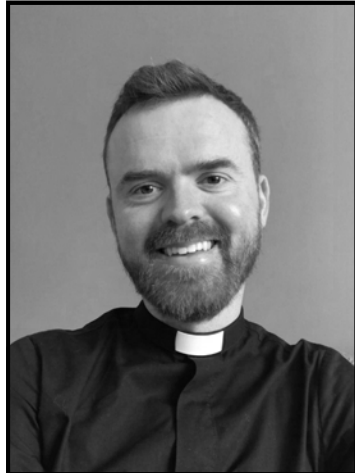




All Hallows' Convent, Ditchingham and the new 'Via Beata' Pilgrimage Way

James Shelton, curate in the neighbouring Earsham Benefice, lives at the old All Hallows' Convent in Ditchingham, from where he is leading a pioneering new ministry called 'Pilgrims'. Here he shares about the work of the Holy Spirit, found in the exciting intersecting narratives of the convent, the resident community at the convent, Emmaus, and the new 'Via Beata' pilgrimage way, which passes the convent site.



Background

The Via Beata (meaning 'Way of Blessing') is a pilgrimage route over four hundred miles long. The project aims to establish a trail of artworks (way-stations) across the UK from east to west, roughly following a line from Lowestoft in Suffolk to St David's in Pembrokeshire. These way-stations are being linked by existing footpaths and public rights-of-way so that pilgrims can walk or ride across the UK and be presented with the good news about Jesus.

The way-stations are located in a variety of places; some are on public land, some are on land owned by churches and others are on private land next to a public footpath. In 2009, the first way-station was established in Banham, Norfolk. It is proposed to place them approximately ten miles apart along the whole length of the route. The artworks are designed to communicate the message of Jesus in an accessible way for people of all ages and are produced by way of commission or by church and community groups. A number of churches and church organisations are offering a place for pilgrims to stay as they walk the route.

The Norfolk stretch of the pilgrimage is approximately seventy-one miles long. The route passes the entrance to Emmaus Norfolk & Waveney in Ditchingham, which is a charity offering a home, work and personal support to a community of up to thirty-two formerly homeless people. These 'companions' stay as long as they need to and are given opportunities to hone new skills, grow in confidence and embark on a bright future. Current enterprises include a forge, carpentry workshop, second hand furniture shop and café. In essence, the charity is 'giving a bed and a reason to get out of it!'

The charity occupies the site of the former All Hallows Convent, which itself has a strong history of altruism. Funding has recently been provided by the Heritage Lottery Fund for the restoration of the refectory and redevelopment to facilitate a bed and breakfast with twenty-three beds. All Hallows' will thus serve as accommodation for a night's stop on the Via Beata and it is hoped that pilgrims will eat with the companions, attend Compline and stay in the nuns' cells.

The Emmaus 'Walk of Kindness'

Later this year, companions from Emmaus will walk the entirety of the Via Beata pilgrimage route, beginning at St David's Cathedral in Wales on August 26th and arriving back at All Hallows' on October 10th, to mark World Homeless Day. To help raise awareness about the walk, local filmmaker Mike Liggins (formerly of BBC Look East) has made a film that beautifully depicts how these overlapping initiatives of convent, charity and pilgrimage route are bringing a sense of inspiration and promise for the future.

The film also features the 'Pilgrims' ministry, which has been pioneered across the last year. To watch Mike's video, please search 'Via Beata Emmaus Walk of Kindness' on YouTube.

'Pilgrims' Ministry

Inspired by the Via Beata and the Convent, the 'Pilgrims' initiative invites people to explore the spirituality of pilgrimage and the monastic life of prayer, considering how these approaches to the Christian journey can inform life as a follower of Jesus today

People gather at the All Hallows' Convent Chapel on the first Wednesday evening of the



Bishop Graham Usher at the 'Pilgrim's' launch with Emmaus

month and somewhere in South Norfolk for a half-day pilgrim walk on the last Saturday of the month.

Details of forthcoming gatherings are available at earshambenefice.org.uk/pilgrims.

People often ask, is pilgrimage any different from walking...? Pilgrimage is more than simply going for a walk. It is profoundly spiritual and speaks into the everyday life of faith and discipleship. For example, the pilgrim learns to sift through their possessions, carrying only what is necessary and letting go of burdens that weigh down. The simplicity of each day creates space to pay attention, noticing the beauty of the surroundings and in every moment.

Meanwhile, fellow travellers become a gift for mutual sharing and generosity. Walking long distances is also a significant test of physical, mental and spiritual perseverance, and this inevitably prompts the pilgrim to consider the source of their security and dependence.

Jesus said: "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls" (Matthew 11.28-29)

Prayer

God; Father, Son and Holy Spirit: We give thanks for the many lives changed and transformed by an encounter with you whilst on pilgrimage. Give us the wisdom to draw on your ancient ways in our lives today and bless the 'Via Beata'; that it would truly be 'A Way of Blessing' for many. Amen

Final Call to Action

To find out more about forthcoming 'Pilgrims' gatherings, please visit earshambenefice.org.uk/pilgrims. Meanwhile, visit emmaus.org.uk/norfolk-waveney to discover how you can support the ongoing BnB redevelopment project and the 'Walk of Kindness'.

Revd James Shelton,
revdshelton@outlook.com

With thanks to Eliza Greenwell at the Diocese of Norwich

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Norwich Cathedral Organ Festival

The Organ Reborn! 2024 Festival will take place from **Saturday 6th to Sunday 14th July**.

There is a packed programme for music fans to look forward to with three headline concerts, one being the BBC Singers who will make a welcome return to Norwich Cathedral, six organ recitals, two talks, and more. See the Cathedral website for more information.



There is a series of guided walking tours, which may be of interest, celebrating the 170th birthday of the Jenny Lind Children's Hospital and the story of Jenny Lind's concerts in Norwich in 1847 and 1849. The tour includes visits to the old Bishop's Palace at Norwich School - where Jenny Lind stayed - Norwich Cathedral, Norfolk Heritage Centre at The Forum to view concert programmes and memorabilia, and the site of the first hospital.

Tours will take place on 27th July at 10 am, 9th August at 10 am and 26th October at 10 am. Meet at the Erpingham Gate in Tombland (across the road from the Maids Head Hotel). Tickets are £12. Some of the proceeds will go to the Jenny Lind Children's Hospital. Booking and more information can be found at www.pauldicksontours.co.uk/tour-dates

Great Yarmouth Pathway Project

We attended a service in Great Yarmouth Minster on 7th April to celebrate the 10th anniversary of the Great Yarmouth Pathway Café Project. The project produces over 15,000 free meals a



year to anyone who walks through the door. This provides lonely people with a sense of community. The associated food bank gives over 100 food parcels each week to those in the greatest need. It is wonderful to see how church people give to the local community time and time again.

The Bishop of Thetford gave the address which focused on the words of Jesus feeding the 5,000, but first he wanted to say thank you to the people who have given time and money to raise funds and produce high quality meals. Without that care and commitment the people of Great Yarmouth would be much poorer. Our place in society is often determined by the upbringing we had, but wherever we find ourselves today, there is always something we can do to help those in need. Followers of Jesus have, over many centuries, brought compassion to those in need whether it be schools, hospitals or the homeless.

Jesus said that we would always have the poor with us, but he also gave us the means to help them.

<http://pathwaygy.org.uk/>

Chris Limbach

Celtic Daily Prayer

This is the lovely view that we see from inside Surlingham Church porch as we sit together to pray and meditate on a Bible reading and a reflection for the day. We meet at 10 am for approx half an hour on the **2nd and 4th Tuesday mornings** of the month. Our Next Dates are: **June 11th and 25th. July 9th and 23rd.**



Everyone from the Group is very welcome to join us. If you are unable to come but would like to receive the chosen material for the day, please email me and I will send you a copy for your own reflection time.

Revd. Mandy Ansell, 01508 538654

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SUNDAY 23rd June

Theme: "Sing To The Lord"

Drop in any time between 10.30 am-12 noon

Future date: TBC

For details, or possible help with transport, please contact Nick Garrard 01508 538014 or Mandy Ansell 01508 538654

***** Café Church - All Welcome *****

Gentlemen, you are cordially invited to a Mid-Day Mardle

An opportunity for men to quench their thirst for good company and conversation, share good food and, perhaps, to enjoy a glass of something.



New members are always given a warm welcome.

Ferry House, Surlingham

Wednesday: June 5th, July 3rd, August 7th
(every month, normally 1st Wednesday)

Any time between 12 noon and 2 pm

Any questions, please contact David Fairbourn on 01508 538437 or email surlingham.midday.mardle@gmail.com

Wednesday Fellowship.

A Meeting for all people in the Bramerton Group and beyond! Meetings are held on the second Wednesday of the month 2 - 4 pm at Alington and Yelverton Village Hall.

We have Christian and secular speakers followed by tea/coffee, cake and fellowship. All welcome.

June 12th - Vidiyal Trust - Revd Canon Pat Atkinson

July 10th - Picnic / Outing

For more information please contact Pat Barter 493570.



Rockland St Mary Benefice Update

What's on in Rockland Benefice

This years Summer Group service is returning to **Hellington Church on June 30th at 11am**, followed by a picnic in the churchyard afterwards. Our thanks go to the Churches Conservation Trust for their kind permission.

We're looking forward to the **Summer BBQ at the Barn on Thursday July 18th, beginning at 7pm**. Relax and enjoy a summer evening with good food and company. There will be a raffle table for Christian Aid. Tickets are £9 for adults, accompanied children free. For more information please contact Nick and Helen.

News from the Barn

Warm Welcome Mondays continues to gather monthly at The Barn between 11 am and 2.30 pm (please see panel for dates and times). A huge thank you to Rockland PC, The Poor's Trust and South Norfolk District Council for their invaluable support, and our cheerful and hardworking team and equally cheerful guests who help Warm Welcome live up to its name.

Still at the Barn on Sunday afternoons provides a quiet, informal space for reflection, conversation and opportunities to respond to words, music and images. We begin at 4 pm on **June 16th** (Still with Insects - yes, really!) and **July 21st**.

Art Café in the Barn takes place on **June 26th and July 24th**, between 10.30 am and 12.15 pm. Drop in for friendly company, fresh coffee and have some fun with art!

Art Café Online meets on **June 19th and July 10th** at 10.30 am. Please contact Nick for your Zoom link and details of our lively and varied programme.

A heartfelt Thank You . . .

. . . To all who attended and helped at the Warm Welcome Mondays and Group Lent Course, which raised £663.55 for the Diocesan Lent Appeal. This is the equivalent of more than one and a half water tanks for the students and their families at Newton Theological College in Papua New Guinea!

. . . To everyone who supported this year's **Joint Annual Parochial Church Meeting**, chaired the PCC meetings, were elected, or just came to support.

. . . To the organizers, collectors and supporters of this year's **Christian Aid Week**. It's not too late to donate online at <https://donate.christianaid.org.uk/Donate/>

Revd Canon Nick Garrard: 01508 538014



Thurton Benefice Update

I am pleased to say that I am now working full time once again and will be conducting the baptisms, weddings and funerals in the benefice from now on.

I am very grateful to Canon Nick Garrard who has conducted most of the funerals in my absence. I am also celebrating Holy Communion on Sundays with some music/hymns, usually played through the Bluetooth speaker so that the volume can be easily controlled.

Although my hearing issues continue, I am learning to live with them as they continue to slowly improve although some days are better than others. I am confident that those attending services will understand if service content has to be adjusted if I am having a 'bad day'.

The Annual Parochial Church Meeting: took place on Tuesday 30th April at 7pm at Alington & Bergh Apton Church of England Primary School. Thank you to those who attended and contributed reports etc and to my wife, Melanie, who provided the refreshments. Thank you also to the school for allowing us to use their premises once again.

The Common Cup will be re-introduced in the Thurton Benefice in the coming weeks following discussion at the Annual Parochial Church Meeting and in line with Church of England guidelines.

Provision will always be made for those who would prefer not to share the Common Cup for health or personal reasons. Please speak to me or the churchwardens for further information or if you have any concerns.

Safeguarding

The churches of the Thurton Benefice are committed to the safeguarding, care and nurture of everyone within our Church community. If you have a safeguarding concern please contact our Safeguarding Officer, Mrs Leo Smith on 01508 493695 or myself on 01508 484174. Where a child or adult is at imminent risk, call 999.

Home visits and Home Communion

I am very keen to visit anyone who is unwell or feeling isolated or lonely, either simply for a conversation or to share Holy Communion in their home. Please do contact me if you, or anyone you know, would like a visit.

I am particularly keen to hear if a parishioner has been admitted to hospital; I would rather be told several times than not at all!

Revd Chris Ellis: 01508 484174.

A unique performance comes to a parish near you!

Phoenix, dodo or butterfly?

There is a unique theatrical offering coming to one of our local parishes. The new play 'Phoenix Dodo Butterfly', set on a farm and surrounding land on the edge of Rockland/Surlingham, will be performed out of doors at Teles Patisserie (by the Mack Farm, near the Ted Ellis Reserve) at 4 pm on Saturday June 22nd.

This Arts Council-funded play has just premiered at the Norfolk and Norwich festival, having previewed at the Margaret Mack room in Rockland. It is authored by UEA-based playwright Steve Waters, based on the work of Rockland resident Dr. Rupert Read. Tickets cost just £7.14.

The play concerns the future of farming and of life in general in our part of the world, in the light of the deepening climate and nature crises. It is followed by an open curated discussion between those involved in the production and the audience. Do come, and get everyone you know to come too! You need to register with eventbrite, to attend:

https://www.eventbrite.co.uk/e/phoenix-dodo-butterfly-tickets-894651967117?utm_experiment=test_share_listing&aff=ebdsshios
(If you google 'teles phoenix dodo butterfly', the link comes right up.)

Rupert Read, 01508 538601. Emeritus Prof, Co-Director of the Climate Majority Project www.climatemajorityproject.com)



From the Registers

BAPTISMS

27/04/24	Henry George WYATT	Rockland St Mary
05/05/24	Alfie James ALEXANDER	Framingham Pigot

FUNERALS, BURIALS, CREMATIONS, INTERMENT OF ASHES

07/03/24	David Michael CHAPMAN (Interment of ashes)	Surlingham
13/03/24	Robert BURLINGHAM (57)	Bergh Apton
14/03/24	Derrick KING	Rockland St Mary
18/03/24	Sheila BARBER (née HAYWARD) (82) late of Surlingham/Alpington	Rockland St Mary
22/03/24	June Rose WILLIAMS	Rockland St Mary
03/04/24	Anthony (Tony) John RICHARDSON	Surlingham
09/04/24	Patricia PRIEST	Surlingham
19/04/24	Brian ABEL (91)	late of Bramerton
23/04/24	Horace Hiram BAKER (96)	Rockland St Mary
26/04/24	Marjorie SMETHURST (101)	Framingham Pigot

SUMMER BARBECUES

in The Rectory Barn and Garden, Rockland St. Mary NR14 7EY

Contact Revds Nick and Helen Garrard for tickets/info (01508)

538014 . Email: rocklandrev@aol.com

Thursday July 18th at 7 pm

Please bring something to sit on and a bottle!!

Adults: £9. Accompanied Children: Free. Raffle for Christian Aid

Saturday July 22nd at 6.30 pm

Please bring something to sit on and a bottle!!

Adults: £7.50. Accompanied Children: Free. Raffle for Christian Aid

WARM WELCOME AT THE BARN

Rectory Lane, Rockland St Mary, NR14 7EY

11 am - 2.30 pm on these MONDAYS

June 24th, July 22nd, Sept 23rd, October 21st

Free refreshments, lunches. Good company. Parking.

Free WiFi. For more information please contact

Revds Nick and Helen on 01508 538014



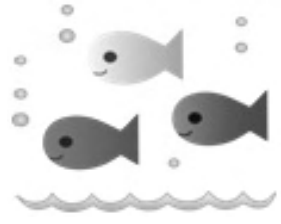
Worship in Stillness

This is held at 9:30 am on Monday Mornings at Bloomfields, Nichols Corner, Alpington, NR14 7NF.

Half an hour of praise, silence, meditation and prayer followed by tea and coffee for those wishing to stay.

Little Fish Toddler Group

Parents, Grandparents and Carers are invited to our Little Fish Toddler Group at Ashby St. Mary & Thurton Village Hall from 10:30 am - 12 noon on the 2nd and 4th Wednesdays of the month. Each session has activities for your little ones including: Singing and Movement Time, Bible Story Time, Craft and Snack Time. £1.50 covers the cost of materials and snacks.



Next sessions: June 12th and 26th; and July 10th.

Please phone Judy on 07812734275 with any questions. We would love to have you join us!

We are kindly sponsored by the Bramerton Group of Churches.



St Andrew's Church, Framingham Pigot

A makeover tale of St Andrew's Framingham Pigot

"BROWNE OFF BATS"

Fram Pigot is a peaceful place, we bats love living there.

We were revelling in the Autumn days, longer nights and time to spare.

When one day there was a clanking sound, boots crunching on the gravel, Loud banging on the church's roof and workmen's cheerful babble.

There was scaffolding around the walls, new roof tiles slid in place.

Windows removed and boarded over.. of peace there was no trace.

By Christmas time things quietened down, apart from lusty carol singing!

New windows shone in candlelight, glad tidings angels bringing.

Or so we thought . . . cos New Year came and the scaffolding was back!

This time INSIDE our lovely church . . . no rest, no peace . . . ALACK!

We should have been asleep by now, but the church needed decoration.

Dust sheets and ladders then appeared , much to our consternation!

First the Chancel, then the Nave . . . the painters sure were busy.

We never knew where they'd be next.. ..it made us feel quite dizzy!

They came upon a painted frieze, . . . no one knew that it was there.

It's not been painted over, so a little gem to share.

Services still carried on, though the wardens were quite stressed

With plaster dust and mess around . . . some of it ours I must confess!

The West wall needed plastering, the entire area to be cleared.

The congregation moved just everything from West to East . . . as we feared!

The chancel now was stock piled high with Hymn books, kneelers, brooms.

Ancient vases and flower baskets . . . some retained and some marked "doomed".

With the East end now a store room and the West end draped in plastic,

We couldn't rest by night or day, so we partied . . . it was fantastic!!

Swarms of flies were all around, ready meals on every sill.

Bats fun and games . . . 100, and Warden's spring clean . . . NIL!

At last the walls were painted, dust sheets were packed away.

The stockpile at the East end went West again . . . Hooray!!!

The pews were neat and tidy, the floors were swept and clean.

The walls were smart, the windows clear . . . a transformation scene!

We spied the Rector from aloft, a really welcome sight!

We hear he likes some peace and quiet, let's hope it lasts . . . GOODNIGHT !!!!

Frankie



South Yare Wildlife Group

Walking in Water and Wilder Gardens

On April 17th we held the AGM of the South Yare Wildlife Group which was followed by a talk and slideshow by Dr. Charlie Gardner. He told us about the walk he undertook last summer from Cambridge, along the fens, then around the Norfolk Coast to Great Yarmouth, and along the Wherryman's Way to Norwich, to highlight the issues of climate change, coastal erosion and flooding.

What was sobering about his observations was that everywhere he went, there were issues, such as; flooded farm land in the fens, breached sea walls at Heacham, car parks underwater at Blakeney, crumbling cliffs at Happisburgh, eroding dunes at Hemsby, etc. What he emphasised is that the climate crisis is happening now, not in the future, and that we need to be making changes and adaptations now. He has a website, <https://walkinginwater.com>, where more information can be found, but he praised the activities of local community groups, such as ours in raising awareness of the issue. We filmed the talk so look out for it on our South Yare Wildlife YouTube channel.

On Tuesday June 11th we will be having a Wilder Gardens meeting at Seething Village Hall where we intend to launch a Wild Patch Photographic competition. We also hope to have the Open Wild Gardens on the weekend of July 20th/21st. Look out for more details on our website, social media or posters.

Loddon Flower Club



We had a very enjoyable evening in April 'manipulating leaves' with Brenda Tubb, it's amazing what you can create with just one leaf. At our May meeting held on the 7th, the topic was 'Spring into Summer' which let us know that Summer was on the way!!

Tuesday 4th June Stephenie Laing will demonstrate her ideas entitled 'Influenced By'. Tea, coffee and biscuits will be served during the interval.

Tuesday 2nd July we will be having a slideshow of the Flower Festival we held last September, followed by a demonstration by our President and Treasurer (also known as Diane and Penny) their topic being 'Globe Trotting'. Refreshments, including homemade cake, tea and coffee, will be served during the interval.

All our meetings are held in St John's, either the Lecture Hall or the Chapel, on George Lane, Loddon. Doors open at 6.30 pm for a 7 pm start. All arrangements are raffled at the end of the evening.

Members of the club are available to arrange flowers for all your family occasions. For more information contact Tricia on 01508 480522, tricia646@aol.com or Jenny on 01508 520254, jf53rf50@gmail.com. We also have a website - www.loddonflowerclub.co.uk. We hope to see you very soon.

Trees

What do the trees know that they don't tell?
They are always there, watching, waiting, waving.
They harbour birds and stretch their limbs,
To shelter passing throngs.
Are there messages in the way they cope with storms?

Some stand, tall and rigid, refusing to give an inch,
Then, painfully, pitifully they break and fall.
Others, well they play the game,
When troubles come they bend and give,
Ride the storm, ride the storm.

Trees teach us much, should we choose to learn.
They harbour and shelter folk and discriminate not.
They feed friend and foe alike
In death their usefulness is not diminished.
Fuel for the fire, fuel for the earth.

Lessons for all, in glade and forest.
Cherish the trees, your shelter and your friends.

Keith Gamble

Photo courtesy of Jane Henry, Rockland St Mary

Quick tips to help your garden wildlife

Summer



Make a wild patch

Summer might be the season when our gardens are looking their best but resisting the urge to tidy can be hugely beneficial to our wildlife. Letting grass, weeds and flowers grow in certain areas can provide important habitats for insects, mammals and birds. Try creating your own 'Wild Patch' and watch the wildlife flourish.

Provide fresh water

Offering water for drinking and cooling off is a great way to help wildlife during hot days. Baths or troughs will be greatly appreciated by both birds and insects. Try to use harvested rainwater collected in a water butt for the best results. You could even look into creating a wildlife pond to add a new habitat to your garden - tips can be found on our website to help you out.



Find us on Facebook and Twitter!

Spring



Plant nectar-rich flowers

Although many gardens look impressive, they can actually be deserts when it comes to biodiversity. To attract pollinating insects like butterflies, bees and hoverflies, plant flowers such as lavender, foxglove and cornflower that are rich in nectar. To support birds, you can choose plants that produce berries, like hawthorns, rowan and holly, or offer seed-producing plants such as sunflowers and teasels.

Get composting

As the weather warms up and we start gardening again it's a great time to begin your own compost pile. It is relatively cheap to buy a specialist bin (or make your own) into which you can feed food leftovers, garden waste and paper to provide a valuable habitat for invertebrates and amphibians. Eventually it will turn into an enriching compost that can be used to add nutrients and help promote growth in your garden.



Have you got a Wild Patch? Register it on our website and join the Wild Patch community: southyarewildpatch.org

Is your garden wildlife friendly? Visit southyarewildlifegroup.org southyarewildpatch.org for more information, hints and tips



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Village News

Alpington & Yelverton

Friends of St. Mary's Church

Last year the Friends set out on our project to raise the money to get our bells ringing again by providing the funds for an Ellacombe-type chiming apparatus. Incredibly, due to the generosity of our members, we raised the funds and got the chiming mechanism installed by the time we held our Christmas concert by the Poringland Singers in December. We have been able to ring the bells for services this year with one person operating the three ropes, a very good solution to our problems.

We are now setting out on our next project, which is to restore the window at the east end of the south aisle. Therefore, there are two events to put in your diary: **the Friends AGM will take place on Friday, 19th July at 7 pm in St. Mary's Church**, when hopefully we will be able to give more details of this project. The short AGM will be followed by refreshments, so do come along to be informed and to socialize.

We are still asking for someone to take up the role of Treasurer, following Keith Cockrell's retirement from the role, and would be grateful if someone would come forward to do this task.

If you would like to join the 200 Club and help us in our mission to repair and maintain our lovely Grade 1 listed church in the centre of the village, the cost is £12 per year for each number.

The other event is our annual summer fundraising **Coffee Morning, on Saturday, 17th August, 10.30 am to 12 noon, at the Wheel of Fortune in Alpington**, courtesy of landlords Naomi and Barry. There will be the usual array of stalls, so contributions of bric-a-brac, plants, cakes, raffle and tombola prizes etc., will be welcomed. Come along for an enjoyable and social morning, and please bring cash, as we do not have card facilities. Admission is free. Afterwards, the pub will be open for us to continue socializing over drinks or lunch. For further information, please contact the Secretary, Mary Fewster (01508 492059).

The Saunders family

Long-standing residents of the villages will all know the Saunders family, who have been prominent members of the community for well over a century.

Jenny Purple (nee Saunders), our oldest resident who was born in the village and has lived here all her life, has informed us that her sister Betty died on 3rd February, aged 92, and her sister Emma died on 26th April, aged 90. Jenny, who is a mine of information on the village, is now the only member of her family of eleven who is still with us, and we send her all our love and condolences on her loss.

Alpington & Yelverton History Society
alpingtonandyelvertonhistorysociety.wordpress.com

Alpington & Yelverton Village Hall
Church Road, Alpington, NORWICH NR14 7NU

Wednesday 5th June - Guided walk around Beccles upper town, lasting approx one and a half hours, beginning from Blyburgate car park at 10 am. £5 pp. Limited places. Please book on 01508 494443.

Tuesday 23rd July - Sir Thomas Erpingham - Thug or Hero, you decide - Speaker Anne May

Members free. Guests £4. Tea/coffee and biscuits

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Ashby St Mary

Ashby St Mary Parish Council

Residents of Ashby St Mary, will have now had an **Emergency Advice Plan** delivered to them, by hand from the Parish Council, giving the "What3Word's" identification for their property, together with the recommended telephone numbers for any emergency that may occur in the Parish. Within the Emergency Advice was a further note concerning the proposed new "Ashby PC Emergency Group on WhatsApp". All Residents were invited to be part of the "Ashby PC Emergency Group".

I gather that some residents have been reluctant to give their Email address and I accept that this is a problem, as we all receive unwanted contact through Emails. The Parish Council only need a mobile phone number to organise a 'WhatsApp' Group within Ashby St Mary, so if you could let me have your mobile number, this would be most appreciated. I would like to make it clear that it would only be used for circulating messages of significant importance to only Ashby parishioners. As it's an 'Application' (or 'app'), 'WhatsApp' can be downloaded onto your 'smart' mobile device, tablet and desktop. It's simple, reliable and with data encryption in transit, it's private.

The recent New Year periods of stormy winds, local very flooded roads, not to mention freezing and snowy weather, created several opportunities where parishioners would have benefited from information about local conditions. Road blockages, local traffic orders and accidents, and the subsequent diversions, are other instances that it would have helped keep parishioners informed.

Parishioners will be able to provide emergency or important messages to the Parish Council so that all parishioners are alerted. To date 48 replies of acceptance out of over 126 households have been received.

To those who have responded to this new means of communication, I am most grateful. To those who have yet to respond, I would ask you to consider the proposal favourably and to let me have your name and mobile phone number.

To those individuals without a modern mobile phone, please let me know so that we can make arrangements to keep you informed.

I would like to stress again the scheme will only be used by the Parish Council to keep Residents aware of matters occurring in or adjacent to the village that would be of benefit to them. If you have downloaded 'WhatsApp', please can I urge you to contact or message me, on **Mobile Number 07526 435976**.

Many thanks for your help

Terry Kitt, Chairman. Ashby St Mary Parish Council.

Village News

Ashby St Mary continued . . .

The Church was delighted to welcome the Bishop of Thetford, Ian Bishop, who conducted a service at St Mary's Church. The service attracted a congregation of about 30 people and by all accounts those in attendance thoroughly enjoyed the service and particularly the Bishop's preaching on the Italian Renaissance artists such as Michelangelo. It was clear that the Bishop and his wife both share a passion for the arts, particularly while visiting Italy. Tea and snacks were enjoyed by all after the service.



By the time of printing we will have held our first fundraising and get together since Lockdown. Claire Drewery kindly volunteered to organise the event and had her many helpers on hand to provide cakes and teas. Hopefully the weather will have been kind and we will have all enjoyed the selection of homemade cakes, the plant stall and have been lucky in the Tombola.

Planning is in hand for a Strawberries and Bubbles event and we are hoping to have some other events over the next few months, so please keep an eye out for details.

Bergh Apton

Bergh Apton & District Society
Bergh Apton Village Hall, Cooke's Road,
Bergh Apton, Norwich, NR15 1AA

The Society has closed Speaker evening meetings and instead is concentrating on various outings including:

June 20th - Vicarage Gardens, East Ruston

July 6th - Cromer End of Pier Show plus supper at No1. £39.

July 9th - Earsham Hall. 2 hour guided tour followed by afternoon tea. £27.50. Car share.

August 14th - Felbrigg Hall. £13 plus coach cost

October 16th - Greyhound racing

November 22nd - Thursford Christmas Spectacular
5 day holiday to Isle of Wight during August. For availability, please contact 01508 480629

We will be back in September.



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Bergh Apton Festival 2024

The next two events in the Festival will take place in Bergh Apton Church

Saturday 29th June at 7 pm - A Talk by Julian Barnwell

"Our Journey to Finding the Gloucester - Norfolk's Mary Rose" How two diving Norfolk brothers, Julian and Lincoln Barnwell discovered the wreck of a 17th Century warship which had carried the future King of England.

This historically significant find was the subject of a major exhibition in the Norwich Castle Museum in 2023. Come and hear Julian tell the story. Tickets £12.

Saturday 3rd August at 7 pm - Charlie Haylock, one of East Anglia's leading entertainers and author of several books, takes **"An Eccentric Look at East Anglia"**.

A witty and unique insight into rural East Anglia, its dialect, humour and general 'goings on'. Tickets £12.

For both events, visit our website berghapton.org.uk/berghapton-festival-2024 for more details and for the link to book online.

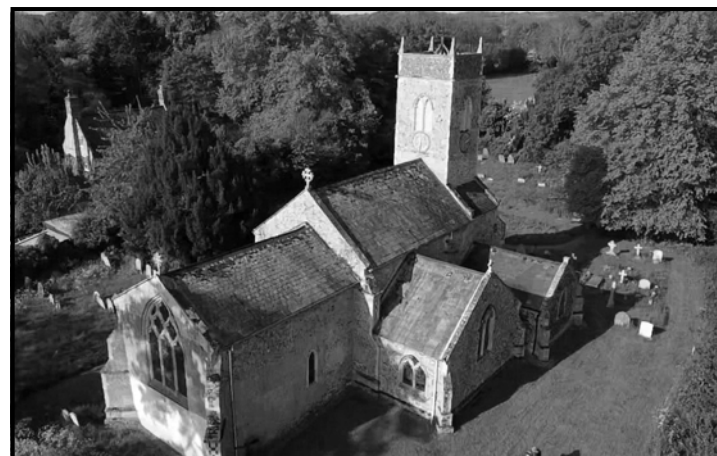
Bookings can also be made by telephone via 01508 558440 or email bachurchwarden@outlook.com

Bramerton

St Peter's Church, Bramerton - Parochial Church Council News

Annual Gift Day and Church Roof Appeal.

This year's Gift Day is appropriately going to be on St. Peter's Day, **Saturday 29th June**, and is going to take the form of an Open Day when all are



welcome to visit and look around and learn more about the church, the churchyard, clock and bells.

The restored clock faces will also be back in place to be seen in all their glory.

Following a leak through the Chancel ridge a temporary repair was done but because rot was discovered in the timber ridge a more extensive opening up and repair is planned. As scaffolding will be required other work will also be included, notably replacement with cast iron of the north side gutters and down pipes together with alterations to the existing drainage system.

The PCC's architect has drawn up a detailed Specification and Schedule of Works for which tenders have been received and project cost established.

Whilst the PCC has a Fabric fund, additional funding is required so the day will also include the launch of our Roof Appeal and further details and a leaflet will be delivered to all Bramerton residents and made available in adjoining villages. We look forward to welcoming one and all.

Tony Evans, PCC Fabric Officer.

Village News

Bramerton continued . . .

Defibrillator Training

Bramerton now has its own defibrillator outside the Christadelphian Hall in The Street and to find out more about how to use it in an emergency, more than 30 residents joined a training session.



It was taken by two volunteers from the East Anglian Air Ambulance Service, David and Julia, who demonstrated the use of the defibrillator and also how to administer CPR (cardiopulmonary resuscitation) using dummies. Both can be vital if someone suffers a cardiac arrest where the heart suddenly stops.

CPR is a skill that can be learned by anyone, you don't have to be a health professional. It involves using both hands to apply firm rapid compression strokes to the person's chest. In simple terms the idea is to keep blood containing oxygen circulating to the brain while awaiting the arrival of trained medics. The defibrillator is used to administer shocks to the heart. There are various different types but all work in the same way. Once the equipment is opened, users get simple voice-activated instructions on how to operate the machine.

The one at Bramerton, like many others, is linked to the East Anglian Ambulance Service. Once they receive a 999 call they inform the caller of the location of the defibrillator and the code to access the box which is locked to prevent any tampering or even theft. At the same time they dispatch paramedics.

As well as encouraging residents to practice CPR and the use of the defibrillator, David and Julia shared their own life-changing story as a powerful reminder of how the equipment can save lives. David suffered a sudden cardiac arrest and it was only Julia's use of CPR that kept him alive until police arrived with a defibrillator.

Once David had fully recovered they decided to use their experience to help save others. The aim is for the UK to emulate Norway where CPR is taught in schools with the result that it has the highest success rate of saving the lives of those who suffer a cardiac arrest.

Dick Meadows

Claxton

Village Hall

Recently the Village Hall hosted a weekend cycling event which saw cyclists completing 360 miles in 36 hours and using the hall for rest and refreshments throughout the weekend. This was the first time the hall had been hired for something like this and we were glad that this well-organised event was successful.

We have two vacancies for trustees so if you would like to find out more about supporting this valuable community facility please contact Adrian Gidlow 01508 480173.

Village Playground Fundraising Events

Friday 7th June- 7.45 pm for 8 pm start. Quiz Night - Teams of no more than 6, nibbles provided and bar open

Saturday 6th July - 12 pm onwards. Family BBQ and games afternoon - Following on from the success of last year's event, this will be back with even more fun thrown in.

Claxton continued . . .

Claxton Community Café. We are delighted that our monthly Community Café, held on the first Wednesday of each month between 10 am and 12 noon, continues to be well supported by a wide range of ages. If you haven't visited us yet come and along and give us a try.

In March we had an unannounced visit from a South Norfolk District Council Food Hygiene inspector and were delighted to be judged as good and to receive a five star rating.

Our committed 'washer upper' will sadly be leaving the area in the near future and we would welcome volunteers to join our friendly team and help us out in this role. Please talk to us at our next café

St Andrew's Church, Claxton. As we approach Pentecost, after a period of cold, wet weather, there is much to look forward to in the coming weeks.

After the success of our 2022 event, Claxton Open Gardens 2024 returns on Saturday 22nd June, between 12 noon and 8 pm. There will be live music with a wind band finale at 6.30 pm; refreshments, including ice creams, and a flower display in the church. Currently, there are eight gardens participating with a variety of gardens and gardening styles from traditional flower beds and vegetables to more naturalistic gardens designed to encourage pollinators and birds. Look out for posters detailing where to purchase tickets. In the meantime, we can enjoy the late spring flowers and the wild bluebells present in many of our churchyards and woodlands whilst being serenaded by the spring migrant birds.

Rockland St Mary



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Village News

Rockland St Mary continued . . .

Rockland St Mary Primary School and Nursery

Rockland St Mary Primary School and Nursery is growing! We welcomed 8 new children into Sunbeams nursery this term and they are settling in beautifully. It has been a real pleasure to watch their confidence grow and develop in our beautiful early years setting. Our nursery has a warm and welcoming feel and has the benefit of being linked to the main school.

Inspiring curiosity, awe and wonder through play and exploration is our approach to our beautiful Early Years learning. We are proud to use the Curiosity Approach to encourage children to experience the world around them, engage with nature and the natural world, explore and enjoy!

Spring time is a wonderful time when nature begins to wake up from the long winter sleep, and our children in Nursery and Reception have had the opportunity to play amongst lots of colourful spring flowers that were planted in our beautiful outside learning space, all under the canopy of the cherry blossom tree.

Moving into Summer term, our children are learning about how to keep themselves healthy, and have engaged eagerly in a doctor's surgery role play, complete with real bandages, stethoscopes, x rays and of course the receptionist's desk! The children will be interviewing grownups who work in the medical profession to help them make links with their learning, bringing that sense of authenticity to their experiences.

We are also working hard on our allotment. Our amazing caretaker, Mr Gildersleeves, runs our school gardening club. Thanks to generous donations from local people (LOTS of soil and woodchip!), we have been able to create two large raised beds for vegetables. Lots of fruit and vegetables are now sprouting up, which is very exciting for the children in the club - and the school looks beautiful thanks to all their hard work.



Mr Gildersleeves has also recently established a new wildlife area to promote biodiversity and provide a space for students to connect with nature.

Our 'Butterfly Garden' is an inviting habitat for local species of birds, insects, and small mammals. By cultivating this biodiversity hotspot pupils will have the opportunity to observe ecological relationships firsthand and learn about the importance of protecting natural habitats.



The wildlife area will not only beautify our school grounds, but serve as a living classroom and refuge for regional flora and fauna. We anticipate this new addition will inspire pupils to appreciate the natural wonders around them and become better environmental stewards.

The bug hotels are already welcoming some new guests!

Rockland St Mary & District Garden Club

The Garden Club normally meets in the Rockland Parish Room on the fourth Thursday of the month. In the winter we have speakers whilst in the summer we have garden visits which begin in May. New members are always welcome.



On Thursday April 25th a large number attended to hear all about Allotment and Vegetable Growing with speaker Martin Davey. It was a most interesting talk, enjoyed by all, followed by a popular Q&A session.

Our garden visits have now begun and will continue during the summer months before we move back inside from September onwards.

Remember the date - **Saturday July 27th** - when the very popular annual Garden Show will be held in the Parish Room! Show schedules will be available from the Rockland shop very soon so keep an eye out for the posters!

If you wish for further details or would like to join the Garden Club please contact Ruth Everett, 01508 538231 or email everettapplebee@hotmail.co.uk



Rockland St Mary and District W.I.



A small group of W.I. members and friends enjoyed a stimulating walk in late April, when we took on the challenge of walking the 21 Bridges of Norwich,

Starting off at the St. Crispin Bridge (near Barn Road) we enjoyed a different view of the city from the other side of the river, ending with a welcome mug of coffee near the Carrow Road bridge.

We look forward to our next meeting on June 11th when our guest speaker will be Wally Webb, who spent 40 years broadcasting for BBC. Radio Norfolk. This is an open meeting, and visitors are very welcome to come along, with a visitors fee of £4: which includes refreshments.

In July we have Elizabeth Scott speaking as the character "Martha the Monastery Maid". Many of you will know her from her roles in the Bramrocks and from her previous popular talks.

In August we look forward to better weather and our garden meetings.

All meetings are held on the 2nd Tuesday of the month, 7.30pm in the Margaret Mack Hall. More details from Ruth 538231 or Sandra 538100.

Village News

Rockland St Mary continued . . .

Rockland St Mary Poor's Trusta small local charity

The Rockland St Mary Poor's Trust (Fuel Allotment) is a local registered charity which dates back over 200 years to the time when the ancestral right of access to "common" land by villagers was taken away with the passing by the National Government of the Enclosure Act in 1808.

As compensation for the loss of grazing and foraging rights, a small amount of land around what is now the Staithe was set aside to be managed by the lord of the manor and Church Rector to provide fuel in the form of coal for the poor in the parish.

The functioning of the charity remained largely unchanged for 150 years until the mid 1960s when what was a small undeveloped backwater underwent major development and the Staithe as we see it today came into being, with a car park and mooring basin added to the existing allotment gardens.

Although the Lord and Rector are no longer involved, the charitable remit of the Trust remains the same....

the PREVENTION OR RELIEF OF POVERTY in the Parish of RSM by way of grants to INDIVIDUALS IN NEED. (Such grants come from income raised by the management of the Staithe Estate by the Trustees).

As a result of the careful management of the estate by trustees, in the last financial year the charity was able to distribute a record amount, (in excess of £7000) in grants to parishioners, as well as ensuring that the Staithe continued to be well maintained for parishioners and visitors alike.

To be able to continue and possibly extend its role in the local community the Charity is currently looking to enlist two parishioners (a trustee and a clerk) to its ranks. Anyone who feels that they could effectively commit to either of these positions please email the Trust at rocklandtrustclerk@yahoo.com or phone / text 07949 427386 for more information.

Surlingham

St Mary's Church

Bugs and Beasties Exhibition

Beautiful Bugs and Beasties were created at the church on 27th April. Cake was consumed and lovely craft work was on view, together with the newly returned hand bells. They now have thick leather holding straps each inscribed with the bell's note.



This photo, circa 1956 / 58, shows Surlingham schoolchildren with the same bells which they would ring when they entertained villagers back in the day.

Can any readers name the children?

There will be an opportunity to view bugs and beasties and a Pop Up art exhibition in the Church on the **8th June** from 2.30 - 4 pm. Refreshments will also be available.

On **July 13th** we are fortunate to have a Bat Evening with Jane Harris of Kepwick Environmental Services, the Norfolk and Norwich Bat Group who work with Natural England. At St. Mary's Church we have more than one kind of bat and there is a Maternity Colony, so it is a valuable site and the evening should be very interesting. Please watch the media and posters for details.

At the School Summer Fair there will be a stand with a workshop where you can make your own bat to bring along.

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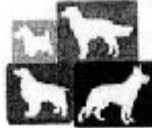
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Ashby and Thurton - Main hall with kitchen facilities and/or committee room available for private hire per hour, day or half day. Discounted rates for regular contract bookings. Ideal for meeting groups and social activities. Please contact Laura Vaissiere, telephone: 01508 480773 or email: ashbythurtonvillagehall@gmail.com.

Bergh Apton - Large main hall with stage plus smaller room, fully-fitted kitchen, heating throughout. Disabled toilet with baby-changing area. Large car park, gardens and play park. Contact Hilary Ling on 01508 480439 or email hilary.ling@btinternet.com.

Bramerton - Spacious, refurbished hall with separate fully equipped kitchen. Beautiful enclosed garden and large car park. Disabled facilities. £9 per hour, minimum hire 2 hours. Daily rate available and discounted rates for regular bookings. Please contact Alison, 07976264469 or Duncan, 01508 538444.

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Rockland St Mary - Margaret Mack Hall available evenings and weekends for private parties, meetings and social activities. Rates per hour or per day. Contact after 4 pm please, Deb Sayles, 01508 537077, email: deborah.sayles8@gmail.com.

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Ashby St Mary	11.00 MP		11.00 PT		GROUP HC at Hellington	11.00 PT	10.00 Benefice HC			11.00 Said HC
Bergh Apton	16.00 Songs of Praise PT		09.30 PT	09.30 Said HC	GROUP HC at Hellington	09.30 PT		09.30 PT	09.30 Said HC BCP	09.30 PT
Bramerton				9.30am HC	GROUP HC at Hellington		4pm Open Air Service			11am HC
Carleton St Peter	11am HC				GROUP HC at Hellington	11am MP				
Claxton	9.30am HC		9.30am MW		GROUP HC at Hellington	9.30am HC		9.30am FS & Bapt		9.30am HC
Framingham Pigot		10.00 Benefice HC		09.30 HC	GROUP HC at Hellington	09.30 Said HC		09.30 HC		09.30 HC
Kirby Bedon			11am MP		GROUP HC at Hellington			11am HC		
Rockland St Mary			4pm Still at The Barn	10.30-12 Café Church in the Parish Room	11am GROUP HC at Hellington Church		9.30am HC	4pm Still at The Barn	9.30am MP	
Surlingham		10am Benefice HC		11am HC	GROUP HC at Hellington		11am HC		11am HC	
Thurton	11.00 PT		16.00 Said HC		GROUP HC at Hellington	16.00 "Songs of Praise" PT		11.00 PT		16.00 Evening prayer with healing
Yelverton	09.30 PT		09.30 Said HC	16.00 All 4	GROUP HC at Hellington	09.30 PT		09.30 Said HC	16.00 All 4	09.30 PT

CODE: HC = Holy Communion; E Praise = Evening Praise; FC = Family Communion; FW = Family Worship; MP = Morning Prayer; EP = Evening Prayer; .PT = Parish Team; VM = Vestry Meeting. Holy Communion at Yelverton on 6th June and 4th July at 10.30 am.

Bible Readings Sunday by Sunday: June and July 2024

Date	Old Testament	Epistle	Gospel	
02/06/24	Deuteronomy 5.12-15	2 Corinthians 4.5-12	Mark 2.23 - 3.6	1st Sunday after Trinity
09/06/24	Genesis 3.8-15	2 Corinthians 4.13 - 5.1	Mark 3.20-35	2nd Sunday after Trinity
16/06/24	Ezekiel 17.22-24	2 Corinthians 5.6-10, 14-17	Mark 4.26-34	3rd Sunday after Trinity
23/06/24	Job 38.1-11	2 Corinthians 6.1-13	Mark 4.35-41	4th Sunday after Trinity
30/06/24	Wisdom of Solomon 1.13-15; 2.23,24	2 Corinthians 8.7-15	Mark 5.21-43	5th Sunday after Trinity
07/07/24	Ezekiel 2.1-5	2 Corinthians 12.2-10	Mark 6.1-13	6th Sunday after Trinity
14/07/24	Amos 7.7-15	Ephesians 1.3-14	Mark 6.14-29	7th Sunday after Trinity
21/07/24	Jeremiah 23.1-6	Ephesians 2.11-22	Mark 6.30-34,53-56	8th Sunday after Trinity
28/07/24	2 Kings 4.42-44	Ephesians 3.14-21	John 6.1-21	9th Sunday after Trinity
04/08/24	Exodus 16.2-4,9-15	Ephesians 4.1-16	John 6.24-35	10th Sunday after Trinity



Please note: At Holy Communion, where only two readings are used, the first reading will usually be the Epistle, and the second will always be the Gospel reading. At other services where two readings are used, the first will usually be the Old Testament reading, and the second can be either the Epistle or the Gospel readings.

Thank you! Thank you very much for all the kind donations received so far that help towards the production costs of Eleven Says. It is not too late if you wish to help and any amount, large or small, will be very much appreciated. Payment can be made by cash or cheque, payable to Eleven Says, or by BACS payment to Eleven Says 20-92-08 90137065



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Explorers and HALOS is held at Thurton Village Hall every other Friday evening. For more information please contact Gary WATSON Youth Worker Norwich Youth for Christ City Gates Centre, 30 Cowgate NORWICH. NR3 1SZ Tel: 01603 620678. 07747 471218 Email: gwatson@norwichyfc.co.uk www.norwichyfc.co.uk	Revd. Helen Garrard The Rectory Rockland St Mary NORWICH NR14 7EY Tel: 01508 538014 Email: broadsidecurate@aol.com	Times of Masses Saturday 6 pm Sunday 9 am Tues 6 pm Wed -Saturday 10 am	Kind donations may be sent to one of the addresses above either by cash or cheque payable to Eleven Says. Or BACS payment to Eleven Says 20-92-08 a/c 90137065. Contributions are very welcome subject to the Board's discretion and available space. Deadline for all material ("copy") for the next issue is 5th JULY 2024. Email: elevensays22@gmail.com
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