



Beneath the Waves

I am writing this during what may well be the longest heatwave since 1976. Keeping cool has become a challenge, and perhaps the coolest place to be is by the sea: often with a breeze, always with water, and hopefully with a sense of rest.

Summer naturally invites us to slow down. Some of us are fortunate enough to take a holiday, and for many that means spending time by the sea.

We have recently returned from two very happy weeks in Menorca, staying in our familiar accommodation on the north coast. Life quickly settled into a gentle rhythm of resting, swimming, walking, reading and enjoying simple local food.

Among my holiday reading was Chris Whittington's *The Missing Peace*. Made up of short chapters, each offers an invitation to a more contemplative way of living, together with gentle practices to help us discover it.

One chapter in particular stayed with me. Entitled *Walking Across the Waves*, it explores the search for peace using the sea as a metaphor. The waves of our thoughts and emotions can easily hide that peace from us. Yet beneath even the roughest surface, the depths remain calm. Whittington suggests that returning to a simple prayer word or following the rhythm of our breathing can quieten the surface, not to make God present, but to awaken us to the presence of the God who has been there all along.

I carried that thought with me into my long afternoon swim. Swimming beyond the areas where families played and into the deeper water where the boats were moored, I found myself in a place where I could no longer see the seabed. Floating in the buoyant warmth of the Mediterranean, with only my head above the surface, became an unexpected illustration of life itself.



How much energy we spend simply keeping our heads above water: staying afloat, watching for boats, currents and rocks, keeping an eye on the horizon and the changing weather.

Much of our lives is lived on the surface, anticipating the next wave that might break over us or the next storm that may come.

But that afternoon my attention shifted. I became aware not of what was above me, but of what was beneath me. The sea was holding me, surrounding me, carrying me. If I floated long enough, tiny fish would nibble at my toes, reminding me of the unseen life in the depths—the beauty and abundance of a whole ecosystem hidden beneath the surface.

I brought that experience home with me, back from the bliss of holiday to the familiar realities of work and everyday life. In the days since returning, something has quietly changed. I still notice the surface, where so much of life is lived, but I have become much more aware of the depths: of God's presence, wisdom and love, constantly surrounding us, sustaining us and holding us, even when life feels unsettled. The waves have not disappeared, but they no longer tell the whole story.

The Gospels are full of stories of Jesus and the sea. He walked upon it, calmed its storms, rescued his frightened friend from its waves and rested beside its shore. Again and again, the sea became a place where fear met faith and where God's presence was revealed.

Perhaps that is why holidays can become *holy days*. When we step out of our familiar routines, we sometimes become more attentive not because God is any more present by the sea than at home, but because the constant waves of activity and distraction begin to settle. Like Elijah discovering God not in the wind or the earthquake or the fire, but in the gentle stillness that followed, we begin to notice what has always been there. We remember the invitation of the Psalmist to be still, and in that stillness we come to know God more deeply. As Chris Whittington reminds us in *The Missing Peace*, perhaps what is missing is not peace itself, but our awareness of the God who is always present beneath the surface.

So wherever this summer finds you whether by the sea, beside a river, around a lake or simply enjoying the sunshine closer to home I hope you find moments that become holy days: moments when the deeper currents of God's love can be glimpsed beneath the surface of everyday life. And if you are drawn to the water, enjoy it with thankfulness, but also with care and respect. The sea is beautiful because it is powerful. Swim where it is safe, pay attention to tides, currents and local advice, and look out for one another, so that the memories you bring home are of refreshment, wonder and joy.

May these summer weeks become more than simply a holiday. May they become holy days, in which the surface of life grows a little quieter, the deeper waters become a little clearer, and we discover afresh the God who has always been holding us beneath every wave, within every silence, and through every season.

Revd Helen Garrard



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Find out more

norfolkchurchestrust.org.uk/bikeride



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1. Get a Sponsorship Form

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Ask friends, family, colleagues and neighbours to sponsor your walk, ride or drive. Don't forget to note **which church or chapel you're supporting** or simply fundraise for the Trust.

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Hay making

A warm summers day
Farmers making hay
Toiling from the crack of dawn
Gathering in, the corn
Rabbits in the grassy verges
Scurrying by, very nervous.
Once there were those lovely horses
Pulling carts, and ploughs, so cautious
Children riding on their backs
When day was done, through dust cracks

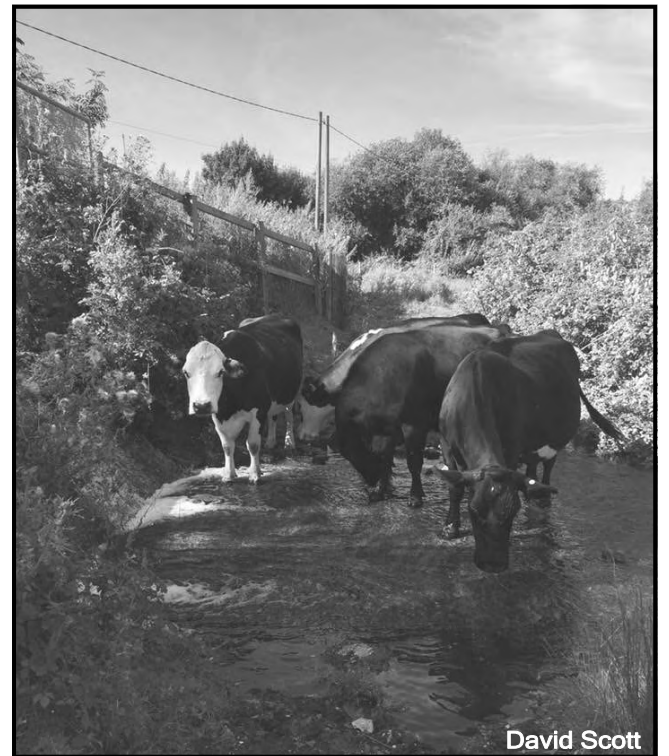
Times have changed, machines move in
Making the most awful din
Scattering the tiny mouse
From his tiny, wee little house



But no matter, we must have corn
For our breakfast, in the early morn
So the farmer must toil on
Regardless, of what goes on
When all is safely gathered in
We'll thank the Lord for everything.

Phyllis Christina Samuel

Come, ye thankful people, come,
raise the song of harvest home;
all is safely gathered in,
'ere the winter storms begin.
God our maker doth provide
for our wants to be supplied;
come to God's own temple, come,
raise the song of harvest home.



David Scott

Cooling off



Harvesting in bygone days



Rockland St Mary Benefice

August and September are a pivot in the Church's year between resting and returning. In August meetings cease, The Barn breathes out during its summer shutdown, and like schools and colleges, we begin afresh in September. Churches and churchyards remain open daily for quiet reflection and cool shade and worship and celebrations continue.

We look forward to **Carleton St. Peter's Flower Festival** on the theme of 'TV Sitcoms' on **August 1st and 2nd, 10.30 am - 4.30 pm**. There will be creativity and humour on display in the flower arrangements plus refreshments, homemade cakes and snacks, tombola and a raffle, plus more!

As evenings begin to draw in, why not come along to Rockland St. Mary's for **Sung Compline (Night Prayer)** on **August 6th, 8 pm**. Led by singers from Libricini Choir, you are welcome to join in the meditative chants or simply come and listen.

We're going to thank God for the animals we share our lives with at a special **Blessing of Animals** Service to be held outside St. Peter's Church in Bramerton on **Sunday September 27th at 4 pm**. Please ask your pets to put this in their diaries now, and it would be helpful to know if they intend to come. There's room for one or two trailers in the car park for anything larger!

In September **Celtic Prayer** returns to Surlingham Church porch, for prayer, silence and reflection (**September 8th and 22nd 10 am**).

September 1st marks the beginning of the global Christian and interfaith **Season of Creation** that ends on **October 4th**, the Feast of St. Francis of Assisi. It's a time of gratitude to God for creating the universe and our life and committing ourselves to upholding earth's future in all its diversity. One of the traditional ways we mark this is with **Harvest Festivals**. We thank God for our farming community, all who work in food production and the supply chain. You are warmly invited to join us and to support others by bringing long-life items for the Norwich Food Bank and homeless projects. **Please see the services calendar on the back page for dates and times.**

A big thank you to everyone who gave to Christian Aid Week through the benefice, raising £346.42, plus Gift Aid.

News from the Barn

After its Summer siesta, The Barn is raring to return in September with a new season of events and activities.

NEW! Open Church September 20th, 10 am. Join us for an open, relaxed, and accessible Sunday service in The Barn - a welcoming community for enquirers, seekers, and anyone looking for a place to reflect, belong and grow. All welcome.

Art Cafe in the Barn is meeting up on **September 16th and October 14th, 10.30 am - 12.30 pm**. Come inside for good company and laughter, refreshments and make some fun art!

Warm Welcome Mondays resume on **September 28th** with refreshments, lunches and friendship between **11.30 am - 2.30 pm**.

Still at the Barn on Sundays at 4 pm provides a quiet, informal space for reflection, conversation and opportunities to respond. On **September 6th** we're going to be still with a crewation theme. Please contact Nick and Helen for more information.

Art Cafe Online reopens on **September 23rd, 10.30 am**. Please contact Nick for your Zoom invitation and details of our lively and varied programme.

Revd Nick Garrard

Rockland Benefice

Bramerton, Carleton St. Peter, Claxton,
Kirby Bedon, Rockland St. Mary, Surlingham

Blessing of Animals

Sunday 27th September 4 pm

**St Peter's Churchyard, Bramerton
NR14 7AR**

All well-behaved animals and
animal lovers welcome!



Thurton Benefice

August is a relatively quiet month in the Church year (apart from the odd wedding!!) and a time for rest and relaxation, but as we come to the end of the month, we have a **Group Service** at Framingham Pigot on the 30th at 10 am. The attendance at group services has been disappointing and I recently issued a challenge to those who do usually attend to encourage at least one other person to join them at the next service. ***Can you rise to the challenge??!!*** It would be wonderful to worship together as the eleven parishes of the group in a full church.

At the end of September and the beginning of **October** we look towards our **Harvest Services**:

Ashby St Mary: 27th September at 11 am (Holy Communion)

Bergh Apton: 4th October at 10 am (Harvest Praise)

Framingham Pigot: 20th September at 11 am (Holy Communion)

Thurton: 4th October at 11 am (Holy Communion)

Yelverton: 27th September at 4 pm (All 4)

Harvest has always been a particularly significant celebration in our rural communities so please do join us as we give thanks to God for all the good things we receive from His creation.

Little Fish: our Christian Toddler Group is held fortnightly on Wednesday mornings at Ashby & Thurton Village Hall during term time. Judy Jackson has been running this for the past 7 years and led her final session at the end of the summer term. Thank you, Judy, for all the time and energy you have committed to Little Fish, it is much appreciated. We now need to find a new 'Angel Fish' to lead this little group and if you feel that might be you, please speak to me and I will put you in touch with Judy who can explain what is involved. It would be such a shame if this happy little group could not continue after being such a wonderful support to young families for many, many years.

Confirmation Service: I am delighted that Bishop Ian will be coming to the Benefice on **Sunday 25th October 2026** for a Confirmation Service. In the Anglican tradition, confirmation is the second sacrament of initiation which completes the process of membership started with the candidate's baptism and allows them to make a personal, mature decision to affirm the promises made on their behalf through infant baptism. Through it the affirming believer receives the gift of the Holy Spirit by the laying on of hands and anointing with the oil of Chrism and strengthens their relationship with God in Jesus Christ. Confirmation can happen at any age in our adult life, usually from the age of 12 or 13 onwards. I will be arranging preparation classes in late summer/early autumn which will probably be on Saturday mornings in Bergh Apton Church.

The service and preparation classes will be open to anyone in the Bramerton Group and Loddon Deanery so please contact me if you would like an informal conversation about whether confirmation might be appropriate for you or a family member.

Midweek Communions: usually take place on Wednesday mornings at **10.30 am** on a rotating basis in Ashby St Mary, Bergh Apton, Framingham Pigot and Thurton and on the first Thursday of each month at Yelverton. ***Please see the separate table with details of locations and dates on Page 5.*** The service is from the Book of Common Prayer and lasts for 30 minutes. I am usually available after the service to meet with anyone who would welcome the opportunity to speak with me in confidence in a church setting.

Safeguarding: The churches of the Thurton Benefice are committed to the safeguarding, care and nurture of everyone within our Church community to ensure everyone can worship and meet in a safe and loving environment. PCC members and all volunteers who work with children or vulnerable adults have completed or are undertaking the appropriate safeguarding training and the PCCs are adopting formal safeguarding policies to ensure we comply with all current legislation. If you have a safeguarding concern please contact our Safeguarding Officer, Mrs Leo Smith, 01508 493695 or me on 01508 484174. Where a child or adult is at imminent risk do not delay: call 999.

Home visits and Home Communions: 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. ***If someone cannot make it to church, the church goes to them!*** 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



From the Registers

BAPTISMS

23/05/26 Chad Lewis BLYTHE Yelverton
23/05/26 Adaline Lily BLYTHE Yelverton

FUNERALS, BURIALS, CREMATATIONS, INTERMENT OF ASHES

24/03/26 Michael John BUTTON (73) Claxton
18/05/26 David Charles TAYLOR Surlingham
(Interment of Ashes)
19/05/26 Diana Mary DAVEY (96) Framingham Pigot
20/05/26 Andrew WATERS (83) Bergh Apton
23/05/26 Trevor Robert HOWARD (85) Yelverton
(Interment of Ashes)
27/05/26 David Alan WISKERD (77) Bergh Apton
04/06/26 Jenny Marie PURPLE (96) Yelverton
(Interment of Ashes)
08/06/26 Jennifer Dawn KING Rockland St Mary
10/06/26 Sylvia JIGGINS (93) Bramerton
18/06/26 Suzanne Jane LEIGH (55) Thurton
20/06/26 David John TRANTER (84) Framingham Pigot
(Interment of Ashes)
26/06/26 Ralph Herbert SPILLING (92) Framingham Pigot
(Interment of Ashes)
03/07/26 Peter Arthur JOHNSON (84) Surlingham

Apology

Sincere apologies to the family and to the friends of Michael John BUTTON for the unfortunate mistake printed in the last issue. Michael, whose funeral was held at Waveney Crematorium on 24/03/26, was mistakenly named as Buxton, instead of Button, in the last Eleven Says and we are very sorry for the upset this must have caused, not only to his own family but to the Buxton family too.

Our thoughts are with Mrs Button at this very sad time and we would like to pass on our very best wishes to her and her family.

Café Church A monthly Café Church, held in Rockland's Parish Room, was established in October 2015, with both Revd John Shaw and Revd Mandy Ansell actively involved. We have had a loyal team of 7 (of whom I am so grateful to) working really hard to provide a welcoming and informal form of church. We offered brilliant craft for the children, and an opportunity to discuss the theme of the day for the adults.

Sadly some of our team have suffered ill health recently, and others have commitments taking up more of their time, so now seems the right time for us to close. My thanks to all those who have helped over the years, and especially to the many adults and children who have come along and supported us. It's worth mentioning, there is an informal time of worship held in Claxton Village Hall roughly every 2 months, that is definitely worth supporting.

Revd Mandy Ansell

Little Fish



After nearly 7 years as 'Angel Fish', Judy Jackson led her final Christian parent and toddler session on the 24th June at Ashby & Thurton Village Hall. Thank you, Judy, for all your loving commitment to our little people and their parents over the years. She is pictured with Fr Chris and Melanie after being presented with a card, a garden plant and a gardening voucher on behalf of the churches of the Bramerton Group.

We are looking for a new volunteer 'Angel Fish' to take on this very special role in the life of our communities. If you think this might be you, please speak to me in the first instance.

Fr Chris. 01508 484174



Midweek Communions in August and September All Services at 10.30am

August

Wednesday 5th - Ashby St Mary
Thursday 6th - Yelverton
Wednesday 12th - Bergh Apton
Wednesday 19th - Framingham Pigot
Wednesday 26th - Thurton



September

Wednesday 2nd - No Service
Thursday 3rd - No Service
Wednesday 9th - No Service
Wednesday 16th - Framingham Pigot
Wednesday 23rd - Thurton
Wednesday 30th - No Service

All are very welcome to this said service of Holy Communion from the Book of Common Prayer. Services last 30 minutes.

Celtic Daily Prayer at St Mary's Church, Surlingham

This is the lovely view seen 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.



Future dates: *There will be no Celtic Prayer in August. We will restart on Tuesday 8th September, then meet again on Tuesday September 22nd. I look forward to seeing everyone back and refreshed after the summer break.*

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 mandy.ansell44@gmail.com and I will send you a copy for your own reflection time.

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

Wednesdays: August 12th, Sept 2nd, Oct 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 is a meeting for all people in the Bramerton Group and beyond! Meetings are held on the second Wednesday of the month from 2 - 4 pm at Alington and Yelverton Village Hall. We have Christian and secular speakers followed by tea / coffee, cake and fellowship. All are welcome.

Sept 9th - Ukulele Group, Jelly and The Biscuits

Oct 14th - The True Price of Fish. The Speaker is Andy Malcolm

For more information please contact Pat Barter on 01508 493570.

Worship in Stillness is held at 9:30 am on Monday Mornings at Cherry House, Wheel Road, Alington. Half an hour of praise, silence, meditation and prayer followed by tea and coffee for those wishing to stay.

South Yare Wildlife Group

SYWG hosted a screening of what Chris Packham calls the **People's Emergency Briefing** on 21st May. The film was based on a 'Briefing' held in Westminster Hall in November when more than 1,200 invited politicians and leaders from business, culture and faiths attended. The goal is to reset the national conversation and secure a government-led televised emergency briefing from independent experts – an essential first step towards the emergency action now needed.

Ten of the UK's foremost experts addressed the audience on the threats posed by climate change and nature loss – along with the opportunities from genuine emergency action. The Briefing was chaired by Professor Mike Berners-Lee who invented the World Wide Web.

Our screening at the Poringland Community Centre was attended by at least 88 people. There is not enough space here to do the Briefing justice but what comes out of it is that as well as the serious consequences of climate change and biodiversity loss there are also opportunities. Renewable energy has never been cheaper and a change to a more plant-based diet could free up a land area equal to Scotland in the UK for other uses. There is much more in the Briefing. Adaptation will also be necessary as increased warming is already built-in even if we could stop using fossil fuels tomorrow.

There are showings being arranged in the region. If you haven't seen it I recommend you do. Please write to your MP and ask him or her to push for a government-led television screening. My MP told me letters are important and he said he gets very few on climate.

*'Not everything that is faced
can be changed,
but nothing can be changed
until it is faced.'*

James Baldwin
Human rights campaigner

Rodney Aldis



Upcoming events

Bat Walk on Friday, 21st August

Led by Jim Bradley and Lindsey Bilston of Norfolk & Norwich Bat Group. Meet at Rockland St. Mary Staithe car park at 8pm.
To book email: jimbradley.bradley@gmail.com

Talk by Friends of Horsey Seals on Wednesday, 23rd September
Bergh Apton Village Hall at 7.30pm.

See SYWG website for further details, and other events

www.southyarewildlifegroup.org



Sports Word Search

V	W	X	M	Q	Y	R	W	B	K	N	R	Q	T	F	F	X	Q	X	S
E	P	B	O	X	I	N	G	P	U	S	P	P	D	M	Y	S	A	R	M
B	D	W	F	G	W	G	N	I	L	I	A	S	D	A	L	S	J	B	S
X	R	F	J	A	T	N	I	L	L	A	B	T	O	O	F	S	Y	G	Z
T	A	Z	R	P	Y	I	B	P	X	R	B	V	D	N	J	C	H	V	W
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A	F	N	G	L	Q	I	I	U	Q	L	A	B	E	R	D	T	W	N	T
C	Z	A	N	I	R	R	L	O	L	G	A	O	B	E	O	S	C	B	E
K	Q	D	G	I	O	C	C	E	C	S	U	J	A	H	X	A	W	S	U
A	F	W	F	N	S	T	Y	D	K	K	H	N	L	C	Z	N	W	U	Q
N	L	C	C	Y	I	B	F	E	G	O	D	K	L	R	A	M	E	O	O
D	O	S	L	N	A	L	T	A	A	G	H	C	G	A	F	Y	C	A	R
F	G	D	L	L	G	B	T	S	O	F	T	B	A	L	L	G	X	O	C
I	Z	N	L	X	A	J	B	S	J	A	Z	S	N	P	E	B	R	R	W
E	Z	Y	I	L	L	B	E	Z	E	E	C	K	G	S	N	A	I	Y	Z
L	B	Y	L	I	L	E	E	O	G	R	Q	D	A	S	O	C	C	E	R
D	L	Y	G	Y	K	O	A	S	P	J	W	O	W	R	K	L	N	K	T
X	D	R	G	W	G	S	Y	V	A	M	D	G	T	E	W	Z	M	C	A
P	P	X	Z	I	Y	A	U	S	D	B	V	C	T	Z	M	B	O	O	K
X	G	R	Z	B	M	V	B	V	M	H	M	A	F	T	I	S	K	H	R

Football

Soccer

Baseball

Hockey

Basketball

Softball

Volleyball

Track and Field

Cricket

Croquet

Tennis

Badminton

Wrestling

Boxing

Archery

Skiing

Dodgeball

Climbing

Golf

Gymnastics

Tag

Riding

Sailing

Hide and Go Seek



LODDON FLOWER CLUB



What lovely weather we've been having, we hope you've all managed to stay as cool as possible, and have managed to keep on top of all the watering !! It's hard work but worth it when the result is home grown flowers, fruit and veg.

We hold our AGM in August so we have no demonstration until Tuesday 1st September, as usual in St John's Lecture Hall on George Lane in Loddon. Meetings are on the first Tuesday of each month, doors open at 6.30 pm for a 7 pm start.

On **Tuesday 1st September** we have Christine Hewson demonstrating for us and her topic is 'Misty Nights'. On **Tuesday 6th October** we have Jennifer Thompson with her take on 'Let there be Music and Flowers'.

If you've not been to see us before, come with a friend in September for a FREE trial, and if you like what you see it would be lovely if you became a member. However, if that would be too much of a commitment you're very welcome to come as and when as a visitor. It's an informal evening centred on Flowers and Friendship (absolutely no flower / gardening experience needed!) We have a short interval when Tea, Coffee and Homemade cakes are served and it gives us a chance to catch up and ask for advice if needed. The flower arrangements made during the evening are raffled at the end.

Further information is on our website: www.loddonflowerclub.co.uk. We also have a Facebook page. Email: loddonflowerclub@gmail.com, or call Tricia on 01508 480522 to find out more. We look forward to seeing you very soon.

LODDON LIFELONG LEARNERS (formerly Loddon WEA)

Following on from our successful course during the Spring Term we have arranged two courses in the Autumn Term.

The first 4 week course will start on the 28th September, entitled '**Digging into our Past**'. Tutors will discuss local archaeology, including the Caister Roman Project and Life and Death in Norwich.

This will be followed by a 4 week course in November on Iran entitled '**Dressed to Resist: Women and Change in Iran**'. This course will explore Iranian women's contemporary social history through their own voices, highlighting how they have shaped social and political change despite enforced dress codes and other social limitations.

The maximum cost for each course will be £40 which may be reduced dependent on numbers attending.

We meet in the Club Room of the Jubilee Hall in Loddon on Monday afternoons from 2 - 4 pm. Further details will be on the posters and sent to our mailing list.

If you have attended our courses in the past you will know that we are a lively group who enjoy a good discussion!

If you would like to be informed of developments and join our mailing list, or have any suggestions for a lecturer, please contact Sharon, email swsmith949@gmail.com or Alison on 01508 521976.

Poringland Community Centre
Overtons Way, Poringland, Norwich, NR14 7WB

Dear All
Poringland Community Cinema and Buena Vista Social Club update 7th July 2026

We will not be commencing the Autumn 2026 season until at least October as a result of ill health and consequent surgery. We will review the situation in September with an aim to resume films once we have recovered and are fully active again. We are on the lookout for some good films during the summer.

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Village News

Alpington & Yelverton

St Mary's Church, Yelverton

IMPORTANT NOTICE

The PCC at St. Mary's Church, Yelverton, Norfolk, wish to apply for faculty permission to refurbish three memorial wall brasses relating to 2nd Lt. Leonard John Harrison, Sub Lt Gerard Younghusband Harrison and Revd. Arthur Leonard Harrison and family.



Should anyone wish to claim ownership of these memorials please contact the incumbent, Revd. Christopher Ellis, The Rectory, 29 Ashby Road, Thurton, NR14 6AX within 28 days of the date of this Notice.

The Friends of St. Mary's, Yelverton



Afternoon Tea and 'Sunset'



It was a perfect afternoon on Sunday, 28th June, when fifty people enjoyed afternoon tea in the churchyard of St. Mary's, Yelverton, to the gentle accompaniment of the Sunset Steel Band.

Shaded by the trees, we shared the full afternoon tea experience

and plenty of good conversation, while raising the amazing total of £642.50 towards our latest project, the restoration of the Harrison memorials.

Very many thanks go to all who provided the food, helped beforehand or on the day, and of course those who bought tickets and came along with friends and family.



Special thanks go to the band who, apart from creating just the right atmosphere for the event, kindly donated part of their fee to the fund.

South Norfolk Community Awards 2026

Congratulations to Dr Mary Fewster who received the Lifetime Achievement Award at the South Norfolk Community Awards 2026 on Friday 3rd July.

This award recognises Mary's lifelong commitment to her local community, leading and supporting numerous groups in Alpington and Yelverton, and further afield in Norfolk.

From St Mary's Church Yelverton to Norwich Cathedral, local history groups to the Alpington Community Shop, Mary volunteers her time and skills so that they can continue to thrive and survive.

Thank you Mary.



Ashby St Mary

For all of you who love art and church architecture . . . we have a treat for you.

Local artist James Johnston has been drawing and painting many of our local churches over the last two years and has now put some together for an amazing exhibition at his studio in Ashby St Mary.

"At the start of 2024 I undertook to draw 52 churches (One per week) starting in January 2024 with my local church at Ashby-St-Mary and radiating out in distance until I had completed 52, ending at Gelderston St Michael's on December 28th (Just 8.8 miles away). Each drawing was completed in one sitting at each church.

As a landscape artist living in Norfolk, I am often drawn to 'buildings in the landscape' where the eye is drawn to a focal point. Buildings form an integral part of the landscape. The contrast of linear geometrical manmade structures set against organic natural forms gives great artistic excitement. Church buildings and their graveyards are places of great peace and tranquillity, a great place to sit and draw. All of the drawings were completed in one sitting using a variety of media. Whenever I go out to draw I never know what drawing media I will choose on the day".

James Studio will be open to visitors from **Thursday 6th - Sunday 9th August between 10 am - 5 pm**, and also by appointment. Contact James by email: jjohnston166@btinternet.com. **Orchard Studio, Mill Common, Ashby-St-Mary, Norwich NR14-7BW** what3words: fights.handyman.noticing

Bergh Apton

Convoy4Ukraine

Richard Farleigh, Senior Conservator of works and paper at the Fitzwilliam Museum is going to come to Bergh Apton to give a talk about his work. I have been to one previously and it is completely fascinating.

We haven't a date yet but if you are interested to hear more, please email Paris Back on parisback14@gmail.com. Mobile: 07900 683617.

Kind donations at the door to **Convoy4Ukraine**.

Coffee and Stall Morning at Washingford House

Cookes Road, Bergh Apton, NR15 1AA
07900 683 617 -- parisback14@gmail.com

Thursday 1st October, 10am to 1pm

In aid of St Elizabeth Hospice <https://www.stelizabethhospice.org.uk>
and The Brooke. <https://www.thebrooke.org>

With a donation to our church

Jewellery, Christmas Gifts and Decorations, Cards,
Handmade Soaps and Bath Products, Bags, Reed Diffusers,
Soy Wax Candles, Aga Towels, Covered Note Books and more!

Entry £2.50 to include coffee and biscuits

Offers of cakes/tombola/raffle prizes would be greatly appreciated
Paris Back and Liz Lester

Bergh Apton & District Society

Bergh Apton Village Hall, Cooke's Road, Bergh Apton NR15 1AA

Wednesday 9th September

Ours is very mixed, we listen to reports about it every evening and even the experts get it wrong. Remember Michael Fish in 1987?

Our speaker this evening

DONARD DE COGAN has as his subject **WEATHER**

Tea/coffee with biscuits, social business and Raffle

£4 pp at the door. 7.30 pm start

Village News

Bergh Apton continued . . .

Bergh Apton Church
Sunday 20th September
At 10:00 am
PET SERVICE



We'll be giving thanks for our much-loved pets of all shapes and sizes.

Do bring along your pet or – if there's any danger that it might eat (or be eaten by) someone else there, perhaps just bring a picture or soft toy!



Two or four-legged furry, feathery or scaly friends are very welcome – well-behaved humans too!

The service will be followed by refreshments

Bramerton

Bramerton Bowls Club

We are now well into the summer season, and are doing fairly well, winning some games and having some close call ones as well.

Thanks to our new captain Terry, we have 16 fully committed members, plus some more showing interest in joining the club.



Our photo shows enthusiastic members about to play an away match at Plantation Park in June.

Bramerton Allotment Gardens - Plots Available!*



Join our community at an exciting time as the newly formed Bramerton Allotment Association works to find ways to bring water to the site. Whether you are a prospective plot holder or an enthusiastic gardener (or both!) we'd love to hear from you! To find out more visit our website: growbramerton.wordpress.com Follow along on our fledgling instagram account: @BramertonAG
*Plots are reserved for residents of Bramerton.

Bramerton Village Hall Events - Save the Date!

12th September - Village BBQ;

11th October - Coffee Morning;

5th December - Christmas Quiz

Volunteers always welcome!

The hall is available for private hire, various rates available. To find out more drop a note to bramertonvillagehall@gmail.com

Carleton St Peter Church Flower Festival

1st & 2nd August 2026

10.30am - 4pm

THEME "TV SITCOMS"



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Refreshments, Cakes, Raffle & Stalls



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Claxton

St Andrew's Church

Thank you to everyone who supported our midsummer afternoon of music and refreshments on 20th June. Visitors had the opportunity to visit Ducan's Marsh (A Site of Special Scientific Interest) which isn't generally open to the public, a Woodland Garden, as well as to listen to a saxophone quartet and The South Norfolk

Orchestra whilst sitting in a garden enjoying tea and cake. There was also a beautiful floral exhibition in St. Andrew's Church.



Thank you to everyone who baked, donated prizes and especially the musicians who gave so generously of their time.

With the help of donations we hope to have raised nearly £400 towards the repairs needed for St. Andrew's Tudor porch

Community Café

July 1st was the last Community Café before we take a break in August. In September the café will return on **Tuesday 8th September 10 - 12** and after that will be held on the **first Tuesday** of each month. Please note the new day. As we move into a new year we are keen to recruit volunteers to our team.

Claxton Social Club

Where can you enjoy a pint of ale or a glass of wine for just £3? At Claxton Village Hall on a Friday evening open between 8 pm and 11:00 pm. Everyone is welcome.

Village News

Framingham Pigot

GARDEN PARTY

Cottage on the Beck, Fox Road, Framingham Pigot, NR14 7PZ

Sunday 16th August at 2 pm

A variety of stalls including: Plant Stall - Tombola - Cake Stall
Children's Games and Crafts. Light Refreshments

Proceeds in aid of EACH 'The Nook', Hallswood Animal
Sanctuary and St Andrew's Church, Framingham Pigot

Donations for all the stalls are welcome, please leave in front
porch or contact Leeanne on 07775 439055 to arrange delivery

Rockland St Mary

Our photo shows Rockland St Mary & District WI Coffee & Chat
Group (with supporters) at the Pennoyer Centre, Pulham St Mary.

Here the oldest
Primary School
in the country,
opened in 1674
and closed in
1988, was
saved by the
village, and
turned into an
amazing
community
centre. It
houses,
(besides a
fabulous café)
a museum
showing the fascinating history of the development of the Giant
Airships (affectionately known as Pulham Pigs) during the 1st
World War.



RAF Pulham finally closed in 1958 and the land was sold in 1962.

An Afternoon with the Yare Village Voices



We enjoyed an uplifting, joyful afternoon of songs performed by
the Yare Village Singers. We thoroughly enjoyed Summer themed
songs and some from the musicals, finishing with an ABBA
medley.

Afterwards we indulged in delicious homemade cakes, tea and
coffee. We collected £125 in donations for the British Heart
Foundation.

A huge thank you to Ben and the Yare Village Voices and to all
who helped to make the afternoon such a great success.

Jayne Regan

Macmillan Coffee Morning

Friday 4th September, 10 am - 1 pm

at the Parish Room, Rockland St. Mary

All welcome

Homemade Cakes, Raffle, Tombola, Crafts, Books

For more information contact: Jayne 01508 538087



Rockland St Mary & District Gardening Club

Our last garden visit for this
summer will be **27th August** when
we go to meet Jules Trafford to see
the garden at Prangle Farm in
Tivetshall St Margaret. Then on
24th September our indoor
meetings begin with a talk by Bob
Couttes who will tell us about Gardening for Autumn.



The Gardening Club meets in the Rockland Parish Room on the
fourth Thursday of each month. During the Autumn and Winter
months we have speakers giving interesting presentations and
talks, who pass on tips and advice about how to get the best from
our gardens, shrubs and plants, etc.

In the Spring and Summer months we have garden visits which
begin in May.

New members are always welcome to join our friendly group, with
gardening interests at heart. We often learn new ideas, pass on
our tips and maybe buy a plant or two. If you would like to join us
please contact Ruth Everett, 01508 538231, or email
everettapplebee@hotmail.co.uk for more information.

Village Schools Receive National Recognition

Two of our local primary schools have been recognised on the
national stage after receiving a prestigious award celebrating
kindness, respect and positive relationships.

Rockland St Mary Primary School and Surlingham Primary School
were presented with the **Culture Change Award** at the Tender
Awards 2026 in London. The award was presented by Academy
Award-winning actress Olivia Colman, who spoke warmly about
the remarkable achievements of the two small village schools.

The award recognises schools that are helping young people build
healthy relationships while creating caring, inclusive communities
where kindness and respect are at the heart of school life.

Representing the schools at the ceremony were Amara from
Rockland St Mary Primary School and Ella from Surlingham
Primary School. Both pupils are members of their schools'
Kindness Crew, encouraging friendship, inclusion and respect and
helping to make their schools welcoming places for everyone.

Celebrating the Tender Awards 2026 - Tender

We are incredibly proud that our schools have received this
national recognition. Although we are small village schools, our
children demonstrate every day that kindness, compassion and
respect can make a real difference. Amara and Ella represented
our school communities brilliantly, and this award belongs to every
child and member of staff who helps create such a positive
culture.

The day was a wonderful celebration of the values that both
schools work hard to promote every day. It also showed that small
rural schools can make a big impact, with pupils leading the way
in creating positive, supportive communities. Congratulations to
everyone involved in this fantastic achievement.

Hannah Boag, Head Teacher

Surlingham and Rockland St Mary Primary school and Nursery

Village News

Surlingham

St Mary's Church News



On a late evening in June we had a visit from the Bat Group to monitor the activity of the bats in the church tower. Mainly natterers but also pipistrels. They have special equipment to count the flight of the bats as they set out to hunt for insect food for their young. In the hour of monitoring, they counted over 76 which was more than last year.

There are many facets to Church life! Progress is being made toward presenting our bid for Heritage Lottery Funding for work on the Church tower. We are few on the Parochial Church Council and would welcome new members or anyone with a particular interest in any aspect of church care, history or involvement. Many visitors write in the visitor's book how they welcome the church being open and the peace and cool that they find. I would like to thank everyone who does flower arranging (we need more!). It makes a fresh, live and colourful impact. It is a pleasure to spend time arranging the flowers in the peaceful setting, although one can sing along while you work!

The churchyard has also looked lovely with patches of moon daises among the close cut areas, thanks to Graham Cole who has always done such a lovely job together with Ros.

With mention of singing, Yare Village Voices will be holding their 2026 Community Workshop on Thursday 20th August in St. Mary's Church, from 2.30 pm - 4.30 pm. It will be open to anyone who may be interested, for £10 pp. No choir experience is necessary. Further details / bookings are available via thatkarenfrancis@gmail.com after 1st of August.

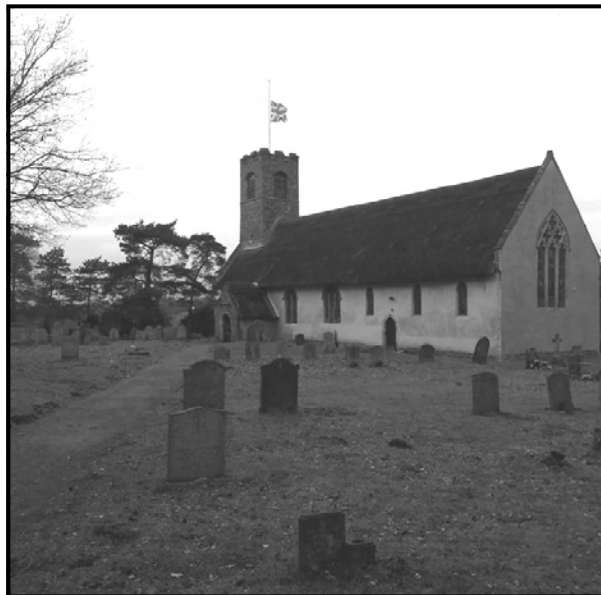
Pippa

Thurton

The following statement was read to the Annual Meeting of Thurton Parish Council in May:

'The Church of St Ethelbert has stood watch over the parish of Thurton for over 900 years as a focus for the worship of the community, to mark significant events in the lives of local families and to offer a final resting place in the churchyard.

Over the centuries it has been witness to some historic times in our national life and been both a place of celebration and consolation for countless people. It will have experienced difficult times before, but I suspect not much worse than our current challenge to be a continuing Christian presence in our community.



The reality is that the church is in danger of closure due to a lack of numbers attending Sunday services, insufficient funds to cover more than basic electricity and insurance costs and it has not paid its contribution towards the cost of having a priest in post for some years, making it increasingly unviable. In addition, we do not have a fully functioning Parochial Church Council or a churchwarden (let alone the two we should have) so the future is bleak.

We are grateful to the gallant few in the village who offer practical support including the Friends of Thurton Church who have raised many thousands of pounds over the years to help maintain the fabric of the building; those who tend the churchyard, unlock and lock the church each day as well as those who clean in readiness for services and arrange flowers. Whilst these tasks are vital and have helped keep the church in very good condition, the reality is that a well-cared for church which has no congregation and no financial resources cannot survive.

It is likely that in the very foreseeable future the church will cease to be open for regular worship and will become a 'festival' church, open for occasional services only. It is a great shame that we are likely to be the generation that sees the church close in the parish.

We are not immune to the reality that has been facing all village amenities in recent times: if we do not use it, we lose it.'

Fr Chris Ellis, Rector

What's in your hand?

September is the time when we get back to our normal routines after the summer break. It's a good opportunity to think how God could use us to make a real difference in our workplace, school, family, friends and community.

God equips us with everything we need to complete this work of showing love and establishing justice. In the film *Chariots of Fire* Eric Liddell, says, '*I believe God made me for a purpose, but he also made me fast and when I run I feel His pleasure*'. If we are doing what God wants us to do, we can really feel the joy and power of the Holy Spirit.

When God gave Moses the job of bringing the Israelites out of Egypt, he asked the question, 'What is in your hand?' (Exodus 4:2). Moses was holding his staff, which represented his livelihood (what he was good at); his resources (his flock represented his wealth) and his security (which God was asking him to lay down). God asks the same question of us: What has God given you?

Our gifts, temperament, experience, relationships, mind, education can be used in the work he has given us to do. Are we willing to offer them to him to make a real difference in the places where he calls us to serve him?

John Ortberg in his book *All Goes Back In The Box* tells the story of Johnny the bagger. Johnny, 19 years old with Downs syndrome, worked at a supermarket checkout, putting people's items into bags. After a training event on how to make a difference, he decided that he wanted to do something special for his customers. His idea was to put a *thought for the day* into every bag; something positive about how good it is to be alive or how much people matter!

Every night his dad would help him carefully prepare the slips of paper and sign every one. Each time he bagged someone's groceries, he would put his saying on top of the last bag. Then he would look the person in the eye and say, '*I've put a great saying in your bag, I hope it helps you have a good day. Thanks for coming here.*'

A month later, the store manager noticed that the line at Johnny's checkout was three times longer than anyone else's!

People wanted to get hold of Johnny's thought for the day. He was doing more than filling bags with groceries; he was filling lives with hope!

Paul Hardingham, 2013



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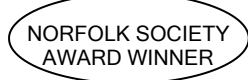
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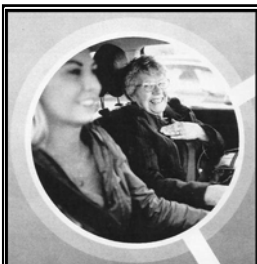
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	2nd August Trinity 9 Green	9th Aug Trinity 10 Green	16th Aug Trinity 11 Green	23rd Aug Trinity 12 Green	30th Aug Trinity 13 Green	6th Sept Trinity 14 Green	13th Sept Trinity 15 Green	20th Sept Trinity 16 Green	27th Sept Trinity 17 Green	4th Oct Trinity 18 Green
Ashby St Mary	11 am PT	10 am Benefice		11 am HC		11 am MP			11 am Harvest	
Bergh Apton	09.30 am PT		09.30 am PT	09.30 am HC		09.30 am PT		10 am PT Pet Service	09.30 am HC BCP	10 am PT Harvest Praise
Bramerton	11 am FW								4 pm Blessing of Animals	
Carleton St Peter		11 am MW				11 am Harvest Festival				11am HC
Claxton	9.30 am HC		9.30 am MW			9.30 am HC		9.30 am MP		9.30 am Harvest Festival
Framingham Pigot	09.30 am HC BCP		11 am HC		GROUP SERVICE 10 am HC			11 am Harvest HC		09.30 am HC BCP
Kirby Bedon			11 am HC					11am HC		
Rockland St Mary		9.30 am HC				4 pm Still at The Barn	9.30 am HC	10 am Open Church in The Barn	9.30 am Harvest Festival	
Surlingham				10 am HC			11 am HC		11 am Harvest Festival	
Thurton	11 am HC						10 am Benefice HC			11 am Harvest HC
Yelverton	09.30 am PT		09.30 am HC	4 pm All 4		09.30 am PT		09.30 am HC	4 pm All 4 Harvest	09.30 am 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
Midweek Communions held in August and September can be found on Page 5.

Bible Readings Sunday by Sunday: August an September 2026

Date	Old Testament	Epistle	Gospel	
02/08/26	Isaiah 55.1-5	Romans 9.1-5	Matthew 14.13-21	Trinity 9
09/08/26	1 Kings 19.9-18	Romans 10.5-15	Matthew 14.22-33	Trinity 10
16/08/26	Isaiah 56.1,6-8	Romans 11.1-2a,29-32	Matthew 15.[10-20]21-28	Trinity 11
23/08/26	Isaiah 51.1-6	Romans 12.1-8	Matthew 16.13-20	Trinity 12
30/08/26	Jeremiah 15.15-21	Romans 12.9-21	Matthew 16.21-28	Trinity 13
06/09/26	Ezekiel 33.7-11	Romans 13.8-14	Matthew 18.15-20	Trinity 14
13/09/26	Genesis 50.15-21	Romans 14.1-12	Matthew 18.21-35	Trinity 15
20/09/26	Jonah 3.10 - 4.11	Philippians 1.21-30	Matthew 20.1-16	Trinity 16
27/09/26	Ezekiel 18.1-4,25-32	Philippians 2.1-13	Matthew 21.23-32	Trinity 17
04/10/26	Isaiah 5.1-7	Philippians 3.4b-14	Matthew 21.33-46	Trinity 18
Harvest Service Readings				
	Deuteronomy 8:7-18	2 Corinthians 9:6-15	Luke 12:16-30	

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.



Tony Palframan

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		Times of Masses		Angie Yeomans: Adverts, Contributions, Page Layout and Design 15 Bramerton Lodge, Bramerton, NR14 7EQ. <i>Tel:</i> 01508 538131 (<i>Answerphone</i>)
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