Cat and Mouse Holiness

Life in the busy town church of Gorleston, was to say the least, demanding. Numerous funerals occurred every week, up to 4 weddings would take place on a single Saturday, with arriving brides battling with departing brides for parking spaces! Add into that the everyday hustle and bustle of meetings, visits and preparatory work. It could be a hectic, but rewarding life. So the chance to relax just before Easter at a ‘Clergy Quiet Day’, at Belsey Bridge Conference Centre near Ditchingham, in 2002 was irresistible.

In between the teaching sessions, on ‘God’s Holiness’, we were allowed to wander the grounds in silent meditation. It was a beautiful sunny day, I was leaning on the fence by a disused outdoor swimming pool, letting the sunshine and silence seep in relaxing both mind and body. It was a welcome break from the continual pressure.

Whilst gazing out at the countryside, I noticed movement out of the corner of my eye. It was ‘Trinity’, the three legged convent cat, silently stalking a mouse. I watched for a while, fascinated by its grace, complete focus, stillness and comically constant flicking tail. I pitied the poor mouse or prey it was stalking.

I must have moved or made a noise, because Trinity turned and glared daggers at me. Suddenly I was in the cat’s world, not he in mine. I wondered what his perceptions were of my unwelcome intrusion.

Did I look like a strangely dressed cow or another predator competing for his midday meal? Through Trinity’s eyes I felt smaller, less at the centre of the universe. It was a strange and odd emotion to feel measured by another.

That cat taught me more about holiness than any lecture that day.

Holiness, to me, is the total realization of where we live. God is not in my world, I am in his. My value is denoted by his perceptions of what I am, rather than my own. What he wants should be more important than what I want.

At this time of Easter, we could consider. We might look up to the cross, but he also looked down. Looked down at those surrounding him. What did and does he see?

He returned from death and the grave for those whom he loves, 
……………… but will we return to Him?

Holiness involves friendship with God. There has to be a moment in our relationship with God when he ceases to be simply just a Sunday acquaintance and becomes a weekday friend.

Basil Hume

Holiness consists of doing God’s will with a smile.

Mother Teresa of Calcutta

The closer you live to God, the smaller everything else appears. + Who are you going to live for – yourself or God?

Rick Warren, Pastor

Article by Rev John Shaw
Picture by Jodie Jaye
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Your Local Farmers’ Markets
Shelagh Maureen Sweeney, 1949 - 2017

"Remember that you are dust, and to dust you shall return; turn away from sin, and be faithful to Christ"

What words could better sum up the difficult, complex and joyful life of Shelagh Sweeney who died quite suddenly, on Ash Wednesday.

In her early life Shelagh, who was one of four children, experienced tragedy and loss. She struggled to cope, and described herself as a 'difficult' teenager. Shelagh believed in social justice and was an active member of the Labour Party, delivering leaflets and campaigning for local elections. She studied employment law and was fervent in championing and representing those whose employers had treated them badly. Usually she did this for no fee and was triumphant at many tribunals. Shelagh worked for the probation service for many years. But always she struggled to cope with life and found her solution in alcohol and her numerous cats. Eventually she came to a point where alcohol was destroying her.

She fell and broke her hip. However, at just that time, the Rector and the local church launched a Parish Mission and it was through this that Shelagh encountered the Church for the first time and came to know the Saviour who loved her. She was baptised by Revd. John Ledward and turned away completely from the past towards the light of Christ. Unlike many alcoholics the change was complete. Shelagh could receive the communion wine but never drank any other alcohol. As she grew in faith and spirituality she began to explore God’s purpose in her life. Gradually a vocation to Ministry became clear and Shelagh immersed herself in parish life. She showed a gift for working with children and young people and, for a time, organised the children’s groups in the benefice.

Shelagh joined the Ministry Team and displayed a wonderful gift as a peacemaker. When meetings became fraught or heated it was often Shelagh who could bring clarity and calm and suggest a middle way.

Shelagh who could bring clarity and calm and suggest a middle way.

As a Mum barely coping with a fiery teenager, Shelagh's boundless generosity of spirit meant she was always there for us; supportive, wise and non-judgemental. She will not be forgotten.

Sarah and Lizzie Passingham

Shelagh was a lovely person and we feel privileged to have known her. We first met years ago when she hosted a church home group at The Lodge in Bramerton which my husband attended and we soon became firm friends. I used to love going to see her and have spent many hours with her drinking coffee and talking. Whether we were discussing deep spiritual matters, sharing concerns about our respective families, or laughing at the latest antics of one of her beloved cats, it was all good. Shelagh was always friendly and welcoming and I always left her feeling better than when I arrived!

Shelagh went through hard times herself, but always seemed to have time for the concerns of others, including the prisoners with whom she worked, and for whom she cared deeply. She was such a good friend and even child-minded our children for a while. I always knew they would be happy, safe and well-cared for when they were with her.

In recent years, life led us in different directions and we saw less of each other, sadly often only meeting at the funerals of mutual friends. It was always so good to see her even in such sad circumstances, and we would fall into easy conversation as if we had only seen each other the day before.

We are so sorry Shelagh is gone, and sad because we will miss her, but we are thankful she is now at peace with the Lord she loved so much.

Bless you Shelagh. Thank you so much for all your kindness and friendship. We will miss you so much.

With love, The Fairbourn Family

We remember her pleasant speaking voice, she could hold a congregation during her preaching. After leaving her work in the Probation Office in Norwich she enjoyed her ministry in Norwich and Wayland Prisons.

She loved her five cats at Bramerton, not wishing to move until her last remaining cat died, she then enjoyed living at her flat in Sheringham with her dog.

Evelyn and Hubert Hedges

So much has already been remembered and told by other friends but my two special memories of Shelagh are: First, on the morning that I heard I'd been accepted for ministry training, I was like Tigger! A group of us, including Shelagh, sat outside the New Inn laughing and crying, (thinking how mad we must look) waiting for the pub to open so we could enjoy a celebratory drink (soft drinks of course!)

Secondly, Geoff, Shelagh and myself were in John Shaw’s car going to Evelyn and Hubert’s for our Ministry Team meeting (as we regularly did), Shelagh’s side passenger door flew open as we went round the corner at the Trowse traffic lights. We thought we’d lost her, it was hilarious!

Love and prayers. Rev Mandy Ansell

Shelagh often had conflicting views on the subjects under discussion, which made her comments both interesting and invaluable. I remember some of our more flippant conversations involved which animals God would allow into heaven. I thought dogs would be included, whereas you can guess what Shelagh thought! . . . Yes!! . . . . . Cats of course!

Rev John Shaw

Friends and neighbours at Bramerton Lodge, where Shelagh had lived for over 25 years, were so sad to hear of her sudden death. She was a lovely, caring and supportive neighbour who always greeted you with a huge smile, plus a cup of coffee!

Shelagh would regularly invite a number of us round to share a meal with her and we would always welcome in the New Year with her too.

Happy memories!

We all missed her when she decided to move to Sheringham but were so glad to know that she soon settled and was very happy living there.

Angie Yeomans
Ladies’ organisations

Ashby & Thurnton WI
First Thursday each month at 7.30pm

Alington, Bergh Apton & Yelverton TWIG
First Wednesday each month at 7.30pm

Surlingham WI
First Thursday each month at 7.30pm

Rockland St Mary WI
Second Tuesday each month at 7.30pm

Alpington, Bergh Apton & Yelverton TWIG
APRIL 5th - Mr Johnny Crickmore - ‘Local Cheese Making’
19th April - Norwich Cathedral visit to see work carried out by The Broderer's Repair Team. 22nd April - Annual Crab Supper.

MAY 3rd - Barbara Miller will give a talk on ‘Kett's Rebellion’
JUNE 7th - Mary Fewster - 'The Herring Fleet'

Rockland St Mary & District WI
We are looking forward to outings, starting with a ‘Ghost Supper’ at the Guildhall, and interesting talks. Please come and join our friendly members on the second Tuesday of each month at 7.30pm in the Margaret Mack Room.

Wednesday Fellowship

Wednesday Fellowship is a meeting for ladies and men at Alpington and Yelverton Village Hall on 2nd Wednesday of the month. It is open to anyone in the Bramerton Group (or beyond!). There is a variety of interesting speakers, fellowship, tea and cake. Transport can be arranged within the Bramerton Group. For more information contact Jo Threadgold 492657 or Pat Barter 493570

12th April - Water Aid, Sandra Walmsey
10th May - A Midwife’s Journey
14th June - Vidyal Trust Guests, The Revd. Canon Pat Atkinson

Lodden Flower Club

4th April
Helen Cranmer - Norfolk, Land and Sea

2nd May
Peter Watson - Workshop

6th June
Julie Woods - Catwalk Calling

1st Tuesday of every month from 7.30pm at Hobart High School, Lodden.
All welcome.

Coffee Stop and Drop In

The photo shows 15 ladies from Rockland’s monthly Coffee Stop enjoying a lovely lunch together at Green Pastures where we were served and looked after so well by all the waiting staff. Our thanks go to them, and also to Jean Carr who looks after our finances so that occasionally we can subsidise an outing or a meal out together.

We meet every 2nd Tuesday from 10am -12 noon in the Parish Room. Everyone is welcome to come along, we enjoy free refreshments / periodicals etc. and run a Home Produce Stall to cover our costs. We offer prayer before and after each session for all of us in need.

Rev. Mandy Ansell
TIME OUT

Some people may have already heard that I am taking time out this year. This is true! I am taking time off for all of May and June, back for weddings and services in the summer and then off again in September and October. My intention is that the first two months will be holiday and then some reflection time and a Retreat in the Autumn.

From my time of selection, training, ordination, Deacon and priesting, it’s been 17 years this year since I first started enquiring about the possibility of ministry within the church. This is the time, when I need to step back, consider where I’d like to be and where I sense God is calling me to be in 5 years time. I have utmost trust that I will be led along the right path.

More time with Brian and our family this summer is a great prospect! I must admit they have been badly neglected at times. My apologies to them all!

Finally, a big thank you to Rev. John, for making me feel so comfortable about taking this time out, it means a great deal to me.

“Times of refreshment come from the presence of the Lord” Acts 3:20

Rev. Mandy Ansell

Mandy is seen here cutting the cake during the Carleton St Peter Church Diamond Jubilee Celebration Service held in June 2012.

April/May Events at St. Michael’s Church, Langley

Saturday 15 April Concert, 7.30 – 9.30pm – The Romantic Cello
A concert featuring music from the Romantic Period played by Ursula Pank (cello) and Mary Howard (piano), including pieces by Schumann, Chopin, Faure, Rachmaninov and Rebecca Clarke. The concert will take place in The Ballroom of Langley Hall. Admission: £8.50, Friends £7.50 (inclusive of wine and nibbles).

Saturday 29 April and Sunday 30 April, Big Book Sale weekend, 11.00 – 4.30pm.
Our largest sale yet of hardback/paperback fiction and non-fiction spread over two days – new books added daily. Thousands of books at £1 for adults and books at 50p for children and young people Free admission.

Sunday 7 May and 14 May, 2.00 – 4.30pm - Bluebell Sunday walk in the Churchyard. Enjoy the mass of bluebells in the woods surrounding the Church. Homemade cakes and teas/coffee will be available in the Church. Free admission.
### Good Friday Pilgrimage

The Thurton Benefice Pilgrimage will begin at Ashby St Mary with a short service of Holy Communion from the Reserved Sacrament at Maundy Thursday at 9.30am. We will then journey between the churches of the benefice stopping to observe the Stations of the Cross on the roadside and in the church buildings. We will conclude with the final station at St Andrew's, Framingham Pigot at 2.30pm. All Welcome to join us for part of all of the pilgrimage.

### A Place For Authority Explains Minister

Paul began by referring to the creation account in Genesis at the beginning of the Bible where God told Adam and Eve “All of creation is yours, subdue the earth and multiply.” He then explained that they gave this authority away as they were led astray by the serpent – the devil.

Paul continued: “What happened when Jesus came on the scene? He restored that authority. God’s call and commission to go out into the world is clearly stated by Jesus to preach the gospel, heal the sick and drive out evil in his name and that is where we should be. We are all called to minister and we need to try and exercise the authority Jesus won for us. Firstly, get filled with the Holy Spirit. Secondly, listen to what God is saying to you. Thirdly, be obedient to the call dismissing the doubting voices. Finally, take authority in the name of Jesus over the situation.” Paul then led a ministry time during which he and Colette asked for and released the authority and power from heaven.

### The origins of hot cross buns

A 12th-century monk introduced the cross to the bun. The origins of hot cross buns may go back as far as the 12th century. According to the story, an Anglican monk baked the buns and marked them with a cross in honour of Good Friday. Over time they gained popularity, and eventually became a symbol of Easter weekend.

Towards the end of the 16th century, Queen Elizabeth I passed a law limiting the sale of sweet buns to funerals, Christmas, and the Friday before Easter. The English were deeply superstitious, and believed the buns carried medicinal or magical properties, and were fearful of those powers being abused. Some even believed that buns baked on Good Friday would never go stale.

BYRUS youth work – Calling all young people!

Are you aged 11 -16 and looking for somewhere fun near to you? Or maybe even just a place to go and chill out with your friends? Then you are invited to come and check out our Surlingham and Thurton youth cafes where everything is designed with you in mind! We have pool, table tennis, a games console, and a selection of food and drinks on sale at low prices. Everyone is welcome, even if you just want to check it out for one week – first time is free!

Check out the dates and locations below for more information. If you have any questions, then please do call, drop me a line or send an email. Dave Cossey (Local area youth worker): 07581 231242 or Email: dcossey@norwichyfc.co.uk

Surlingham youth café at Surlingham village hall: 3.45pm-5pm 20th March, 17th April, 15th May, 12th June, 26th June, 10th July

Thurton youth club (aka halo) at Ashby and Thurton village hall: 7.30pm-9:00pm 17th March, 21st April, 5th May, 19th May, 16th June, 30th June, 14th July

The origins of hot cross buns

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

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

New members are always given a warm welcome.

The Ferry House, Surlingham
Anytime between 12 and 2pm

Wednesdays: 5th April, 3rd May, 7th June

Any questions, please contact David Fairbourn on 01508 538437, or email surlingham.midday.mardle@gmail.com
The Bergh Apton Community Arts Trust - “Doggerland”

It’s all happening yet again. There are rumours galore. If you belong to the Tribes of Ton, in other words, if you live in one of the eleven parishes, come and join us. Those of you who came to ‘Midwinter Dreaming’ in 2016, know what a resounding success it was so you will be pleased, even thrilled, to hear that a new play is being planned for February 2018 in Bergh Apton Church. We would love to have you involved. Who knows what talents lie hidden, what lights are under bushes just waiting to be revealed? This could be your moment! The play needs writers, makers, technical assistants, actors, musicians and singers.

To get it going, there are 3 creative writing workshops, with Hugh Lupton, the renowned story-teller, on Tuesdays 28 March, 11 and 25 April, (10am -12). These will provide the bones of a script which Hugh will polish. Places at all workshops must be reserved. Those wishing to write must commit to all three.

Sat. 15 April, Georgina Warne - make clay lanterns in the shapes of fossils (10am - 4pmish).

Sat. 10 June, Creative Planting with Peter Lyle – wild imaginary plants from Doggerland, strange combinations, something unique and new. Plant materials will be provided but bring your own along too. Get pressing now! and describe the new plants with Latin and common names a Daffodolia or a Primercup or…..!

Other workshops planned but no firm dates as yet (watch this space): - Creativity on a beach with Liz McGowan – somewhere in Norfolk! - Building a “Henge”

Here is Hugh Lupton’s summary of the play, “Doggerland”: Doggerland will explore the theme of inundation. The new Play will be directed by Charlotte Arculus and Mary Lovett (music) – both created Midwinter Dreaming. Doggerland will be in three sections:

The first is a story of the inundation of Doggerland, 8,000 years ago when the melting of the ice-age glaciers overwhelmed the land-mass that once joined East Anglia to the continent of Europe.

The second will look at the early years of the science of geology in the 19th century; a time when Biblical explanations of the origins of the world were being challenged by new information. Questions were raised: Was the inundation of Doggerland the flood that Noah survived? Were the fossil bones being found and identified the relics of the drowned creatures that didn’t get onto the ark? What was the timescale of the creation of the world? Old beliefs inundated by new facts.

The third will look at the contemporary threat of inundation: global warming, rising sea-levels and a new melting of the ice-caps.

The performance will be light-hearted but with serious under-currents.

‘Doggerland’ Workshops are free. Please reserve with Pat Miejecky, 01508 480 696 or email: p.mlej@btinternet.com

Heart Disease Open Evening Old Mill and Millgates Medical Practice

Patient Participation Group invite you to an Open Evening on Tuesday 25th April, 7.30pm at the Mill Centre, Mill Road, Hempnall, Norwich, NR15 2LP.

What is coronary heart disease? Heart disease is a leading cause of death in the UK. It has been the subject of extensive research so that we now know more about what causes it and what can be done to prevent and treat it. Some groups of the UK population are at much higher risk of having heart disease. So here we look at who these groups are, other factors that increase your risk of heart disease and what you can do to reduce your risk. We also look briefly at prevention, diagnosis, treatment and long term management and where you can go for more specialist support and information.

Heart specialist speakers, a GP from the practice, an opportunity to have your blood pressure taken on the night. Refreshments. There will be plenty of time to ask questions of the speakers at the end of the evening. You do NOT have to be a patient of the practice, everyone is welcome to attend. If you would like more information please email Jeanette Armstrong oldmillppg@gmail.com or telephone Mary Parker, Practice Manager, 01508 492929.

Poringland Community Centre

Cinema

Friday 7th April - A UNITED KINGDOM (12A)
Based on true events - Prince Seretse Karma of Botswana caused an international stir when he married a white woman from London in the late 1940’s. Stars: Rosamund Pike and Davis Oyelowo
Tickets £5. Includes tea or coffee before the show. Doors open 6.45pm film starts at 7.30pm. Tickets on sale at Budgens, The Library, or on the door.

Buena Vista Social Club

Friday 5th May - Film Night. Annual Subscription £10, or one night membership £5. Come along and join. For more information phone Maureen on 01508 494358 or Carol on 01508492630. Doors open 7pm film starts 7.45pm.

Heart Disease Open Evening Old Mill and Millgates Medical Practice

Patient Participation Group invite you to an Open Evening on Tuesday 25th April, 7.30pm at the Mill Centre, Mill Road, Hempnall, Norwich, NR15 2LP.

What is coronary heart disease? Heart disease is a leading cause of death in the UK. It has been the subject of extensive research so that we now know more about what causes it and what can be done to prevent and treat it. Some groups of the UK population are at much higher risk of having heart disease. So here we look at who these groups are, other factors that increase your risk of heart disease and what you can do to reduce your risk. We also look briefly at prevention, diagnosis, treatment and long term management and where you can go for more specialist support and information.

Heart specialist speakers, a GP from the practice, an opportunity to have your blood pressure taken on the night. Refreshments. There will be plenty of time to ask questions of the speakers at the end of the evening. You do NOT have to be a patient of the practice, everyone is welcome to attend. If you would like more information please email Jeanette Armstrong oldmillppg@gmail.com or telephone Mary Parker, Practice Manager, 01508 492929.

Poringland Community Centre

Cinema

Friday 7th April - A UNITED KINGDOM (12A)
Based on true events - Prince Seretse Karma of Botswana caused an international stir when he married a white woman from London in the late 1940’s. Stars: Rosamund Pike and Davis Oyelowo
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**Village News**

**Alpington & Yelverton**

**CLUB CASCADE**

for the over 50s

21st March
Roy Davenport - 100 years of magic

18th April
Roy Butler - Musical Entertainment

Unless otherwise stated meetings held 3rd Tuesday of the month at 2.00 – 4.00 pm, Alpington & Yelverton village hall, Church Road, Alpington.

Raffle. Tea and biscuits served.

Chairman – Eileen Minns
01508 494894

Secretary – Pat Barter
01508 493570

**Friends of Alpington & Bergh Apton GoF (VA) Primary Schools**

We have an enthusiastic and extremely hardworking committee who stage a number of well attended events throughout the year. Funds raised are used to help make our children’s education enjoyable, enhancing the indoor and outdoor curriculum, buying equipment for the schools and supporting trips throughout the year too. This year we are working towards the major project of resurfacing our playground, meaning that we can create exercise and play areas on a new, even surface so that our children can enjoy lots of fresh air, fun and sports.

Since 1981, the villages of Alpington and Bergh Apton have together enjoyed the merits of a successful and friendly school, recently judged ‘Outstanding’ by Ofsted, and we hope that you agree it is an asset to our beautiful villages.

Our regular fundraisers allow us to involve our community and to reach out to younger and older members alike, enabling them to join in the school’s social events. Likewise, we are pleased to support village activities and this summer we will be attending the Alpington & Yelverton Summer Festival, hosting a cake stall (our speciality!).

We are looking forward to seeing you for our 3k Fun Run Sunday, 14th May…some of us walk, some use scooters, some even piggy back!…

At the Summer BBQ Fayre on Friday, 23rd June you can enjoy a delicious hog roast, fun, games and merriment in our gorgeous school grounds.

It is important to us that our children also value the generosity of giving and they have been very keen to support causes close to the hearts of some of our pupils and staff. We have raised collections for the Naxal Orphanage in Kathmandu and recently we all had a ‘Bad Hair Day’ for Great Ormond Street Hospital. Please look out for one coming through your letterbox in June!

The support of parents and neighbours is fundamental to the continuing success of our school and new members to our Friends team / visitors to our events are always welcomed with open arms. We look forward to seeing you soon!

Friends of Alpington & Bergh Apton Primary Schools (Charity No.1012601)

**Ashby St Mary**

**Ashby St Mary Cricket Club**

Calling all cricketers

Interested in a friendly, social game of cricket? Ashby St Mary Cricket Club are looking for new players of any age or ability.

We play Sunday afternoons and mid-week evening fixtures both at our home ground at Ashby Hall and away around the county from May to September. We are not in any leagues and play in the interests of fun and enjoyment. We would love to see some new faces joining in and you don’t even need your own kit!

Ashby St Mary Cricket Club welcome all comers to their PRE-SEASON NET SESSIONS to take place at Langley School Sports Hall, Norfolk NR14 6BJ. Sessions are on a Monday evening from 19:30pm - 21:00pm on 27th March, 3rd April, 10th April.

Nets is a nice informal way to get introduced and loosen the old cricket muscles! It would be great to see old and new players alike. For more info contact Paul Clemence on 01508 218078 or Rob Beaumont on 07785 543074 or email Dan at astmcc@hotmail.com Alternatively visit us at www.facebook.com/astmcc

**Bergh Apton**

**The Poringland Singers**

**Spring Into Song on St George’s Day**

**Bergh Apton Church**

Sunday 23rd April

6.30 pm

Tickets £10 each including wine and nibbles

call: 01508 480439

e-mail: john.ling@btinternet.com

Bergh Apton Horse Show and Fun Dog Show

Dogs from 1pm

Monday 29th May at Bergh Apton Manor

Equifest, 15 + and TSR Qualifiers. Sponsorship of classes still welcome. Raffle Prize donations would be greatly appreciated. Please contact Katie Brown: 07961 553317 katiebrown007@hotmail.co.uk

Schedule available on horsedates.co.uk
Bramerton Parish Council

It will soon be the end of the financial year and time for our Annual Parish meeting. This is a good opportunity for you to hear about events that have taken place in the past year, plans for the year ahead, and to ask questions of those who are responsible for various village organisations, including the Parish Council.

The meeting will be held on 24 April in the Village Hall, Easthill Lane, Bramerton, starting at 7.30, followed by a talk on What keeps the wherry Albion afloat? by Michael Brett. Light refreshments available. All parishioners are very welcome to attend.

Bramerton Society

The Bramerton Society AGM will be held in the village Hall on Friday 5th May at 7.30 pm.

Wine and cheese. Mystery speaker. All very welcome.

Claxton

A new Pilates Class is beginning on 3rd April to be held every Monday 2-3pm. As the first class is being offered free, there is no excuse for you not to come and give it a try! For more information ring Rosie Matthews on 480071 or 07827668503.

Following last year’s great success, another Race Night jointly organised by the Village Hall Committee and Social Club is to be held at the Village Hall on Saturday 8th April. Tickets include a light buffet and are £8 on the door or £5 in advance from Robert Ellis on 01508 480914 or Julia Kaye on 01508 480527. Doors open at 7pm with the first race at 7.30pm.

On Sunday May 14th at 10am the doors open for a Tabletop and Car Boot Sale. There will light refreshments available and pitches or tables will be £5. (No caterers). To book please ring Mary Button on 480580 or Lesley Hamblin on 480422.

Our ever popular Quiz Night returns on Saturday 17th June. Again, please arrive from 7pm for a prompt start at 7.30pm. Tickets are £10 and include a two course home-cooked meal with drinks available at the bar. To book a place for this very popular event, ring Julia Kaye on 01508 480527.

For those who took part in last year’s Photography Competition or purchased one of the delightful calendars for 2017 featuring the best photos, you will be pleased to hear we are planning to do something similar this year. Again, the competition is open to all, with both adult and under 14 categories, but all photographs must be taken in the two villages, maybe highlighting their history, wildlife, seasons, landscape or character in some way. There will be an exhibition later in the year to be judged by a guest judge and the best photos will be featured in a calendar for 2018. More details will follow.

And don’t forget the Community Café welcomes everyone from 10am-12 noon every second Tuesday of every month at the Village Hall for teas, coffees, delicious home-made cakes and savouries. No doubt the Easter café on 11th April will have some extra features too!

Claxton & Carleton St Peter Social Club

April 29th - Pat James
May 27th - Gary Paige

Entertainment evenings are held in the village hall on the last Saturday of every month except August. To join the Social Club, which is £4 per year, come along to the village hall at 8.30 pm any Friday evening to find out more. Bar open Friday evenings as well as the last Saturday of every month.

Carleton St Peter

Events at Claxton & Carleton St Peter village hall

Saturday 6th May - Coffee Morning. 10am - 12.30. Raffle, Tombola.

Wednesday June 7th - Fun with Antiques with Lynton Johnson at 7pm. Bring any item to be valued at £1 each. Raffle, tea, coffee, biscuits available. Tickets £6.50 each. Please contact 01508 480325.

Future event for your diary

Saturday July 29th and Sunday 30th - Pride of Norfolk at Carleton St Peter Church. Flowers by Friends of the Church. 10.30am—5pm each day. Light refreshments, Tombola, Bring & Buy.

Kirby Bedon

Chance to meet old friends at a 1950s and 1960s reunion

Were you brought up in the 1950s or 1960s in Kirby Bedon, Bramerton, Surlingham, Rockland, Trowse, or Poringland? If so we would like you to join us at the Kirby Bedon Youth Club Reunion with an opportunity to renew old friendships.

The next reunion date is Saturday June 10th from 7 pm in the Church Hall at Kirby Bedon. Refreshments will be provided plus there will be a quiz and raffle with all proceedings going to charity.

If you need any more details please contact me in advance on 01603 419181, or email me on daveednaallen@talktalk.net

David Allen, Bracey Avenue, Sprowston

Rockland St Mary

Lizzie's Doing What?!!

Those of you who knew Lizzie Passingham as a toddler will remember her as a bit of a Force of Nature, and at 27 she hasn’t changed a bit! On Sunday 9th April, she’ll be back in Rockland St Mary to welcome old friends and new, and talk about her work in a Special Educational School and Creativity Academy, where she teaches with her enabling dog, Jax.

As if that’s not enough, she’s running the 2017 London Marathon and has committed to raising a minimum of £2,000 for the children’s charity Whizz-Kidz!

Every year Whizz-Kidz transforms the lives of hundreds of disabled children across the UK by meeting individual mobility needs by ensuring they get the right equipment, advice and training. Lizzie’s work is all about giving multiply-challenged children and young people the chance to lead a more independent life, so Lizzie and Whizz-Kidz make the perfect partners. Learning life skills and being better equipped for mobility makes it more possible to realise every student’s true potential.

Sunday 9 April, 2.00 pm Tea Party - Bring and Buy Cakes, Books and Plants. Lizzie and Jax would love to meet you over Tea and Treats at Star House, Star Lane, Rockland St. Mary, NR14 7BX. All donations to Lizzie’s Whizz-Kidz Marathon Appeal.

If you can’t make the date but would like to know more or make a donation, please email sarahpassingham@btinternet.com for an online link to Lizzie’s Every Day Hero page.
Village News

Precept. The Parish Council decided to keep the amount it requests from South Norfolk Council to £9,500. You will be receiving your council tax bill for 2017/18 and will notice that there is a slight decrease of 0.1% from last year in the amount being paid to the Council. This is because of the small increase in Band D properties.

Hellington Low Common. A meeting with David Mills, the Trails Officer at Norfolk County Council took place at Low Common with Councillors Kate Bevington, Ernie Green and myself to discuss the footpath. One concern of some parishioners was that the path leading up to a field was unsafe because of the steep drop to one side. It was agreed that the best solution, advised by David Mills, was to widen this area by cutting the undergrowth adjoining the path which would make it safer. I am pleased to report that the Village Caretaker has already undertaken this work and I am sure you will agree this has made a vast improvement.

Annual Parish Meeting. This will take place on April 3rd at 7.30 pm. in the Parish Room. This is an opportunity for parishioners in Rockland and Hellington to come along and hear what has been happening in their village over the last year. Representatives from organisations attend the meeting and give a report on their activities. Do please come along.

Help make Rockland and Hellington beautiful! Floral competition – summer 2017. 1st prize £50. 2nd prize £25. 3rd prize £15. To enter you will need to buy one of our 15 black heavy duty tubs at a cost of £15.00 - cheques to be made payable to Rockland St Mary with Hellington Parish Council. One entry per household only. Entry forms available from Rockland St Mary Store or www.rocklandstmary.org.uk. Entry forms with cheques must be received by Wednesday the 3rd May 2017 to me – Monica Armstrong 135 The Street, Rockland St Mary. Tubs will be delivered to your address during week commencing the 7th May 2017.

Fill the tub with compost and your planting scheme and place the tub somewhere safe but in easy view of the road. (eg end of a driveway). Competition to be judged during last week of July as part of the Village Festival. Any profit will go the Festival charity.

Monica Armstrong, Clerk to Rockland St Mary with Hellington Parish Council. Email: rocklandparishclerk@gmail.com. Tel: 01508 537026.

Rockland Staithe

After a decade of keeping the grassed areas of Rockland Staithe neat and tidy, groundsman Malcolm Woolston has decided to retire. No doubt all who have enjoyed time spent in these areas will join with the Trustees of the Rockland Poor’s Trust in thanking Malcolm and wishing him a happy retirement.

Thank you

Sebastian Shelton (Chair of RSMPT)

Rockland St Mary and District Gardening Club

If you love your garden why not come and join us. We have Brian Hedge telling us about a ‘Flower Arranger’s Garden’ on April 27th at 7.30pm in the Parish Room.

In May we start our garden visits with a visit to the Bishop’s Garden in Norwich on May 25th. Meet in the car park beside the Parish Room at 6.30pm.

We will be having our Summer Show 8th and 9th July in conjunction with the Village Festival.

For further details please contact Jean on 01508 538609.

Rockland St Mary Village Festival

We will be having a Village Festival on Saturday and Sunday, July 8th and 9th. Activities will include an exhibition of local art in the Church, W I Craft display and sales in Margaret Mack, Gardening Club Summer Show, Open Gardens, and anything else I can think of!

If you are interested in exhibiting, opening your garden, or just helping with the organising please contact Jean on 01508 538609.

Rockland and Surlingham Schools

(Three Rivers Federation Schools)

Lots has been going on at our village schools over the last few months as we continue our commitment to providing opportunities to enable all pupils to reach their potential. At the heart of this is our vision of the 4 R's - Reach, Resilience, Respect and Resourcefulness.

We believe our children have the right to the best possible educational experiences and whilst it has been a journey with some tricky diversions at times, we feel that staff, governors and the wider school community have come through stronger than ever, never losing sight of our ultimate aim - to ensure our children’s one chance at primary education is the best it can be.

Part of our ongoing strategic vision is for our schools to become part of a Multi-Academy Trust. In light of the government’s White Paper it is inevitable that all schools will be beginning their own journey in due course, but the governing body at the Three Rivers felt autonomy was key for the schools. After some very considered discussions and decision making around our aims and values; our wish to retain our small, rural community schools; and what we would be seeking in any potential partner, we are optimistic that we have identified a strong partner. We are hoping for further news soon.

This term the pupils have enjoyed a broad range of learning including topics on Antarctica, Fairytales and Castles, Ancient Egyptians, Mountains and Earthquakes. We have had visits from the Dogs Trust to talk about how Captain Scott would have looked after and relied upon his dogs during his race to the South Pole. Children have continued to visit Wheatfen in class groups to make use of the wonderful Forest School resource we have on our doorstep.

We have celebrated some excellent sporting successes too, with children from the Federation coming first in the small schools athletics competition held at Framingham Earl High School, participating in cross country at county level, also TAG rugby, and a South Norfolk swimming competition in which some of our pupils were placed. A huge commendation for our small schools.

Children across the Federation have just taken part in the Norfolk County Music Festival and considering they were competing against some very large city schools, once again proved themselves a credit to the Federation which was reflected in their feedback. Well done to all involved!

Surlingham

It seems a very short time since I wrote of the death of Michael Henderson-Begg and now I have to tell of the passing of his wife, Pat on 17th February. Pat was a strong, courageous and generous woman. She was an accomplished musician, who was for some time our church organist. She paid for the organ maintenance and for a fine adjustable height organist’s seat. She was a member of the PCC and she and Michael once hosted a memorable meal as part of the Progressive Supper. She was also on the Church Building committee and was treasurer for the annual Village Festival. We extend our sympathy to David and Danniell.

A date for the diary: Saturday 24th June there will be a concert by the Broadnotes Choir at St. Mary’s Church, further information to follow.
Thurton Little Fish

Little Fish is a thriving group of under 5’s! Harry, Katie, Olivia, Matilda and Millie are really pleased to welcome Emily and Frances who have joined us recently.

We all meet at Ashby and Thurton Village Hall (in the small carpeted committee room) at 10.30am on alternate Wednesday mornings during term time.

On arrival the children choose a cuddly toy out of the bag and we have a short service specially designed for them with songs you can shake shakers to, a bible story and a prayer.

Afterwards there’s a drink and biscuit for everyone, toys to play with, chatting, sharing and colouring.

Future dates are: Wednesdays April 26th, May 10th and 24th.

For more information please contact Angie (480477) and Rosalind (480440).

Thurton Church Holiday Club

For your diaries and holiday arrangements, Thurton Holiday Club dates are Monday 7th - Sunday 13th August. Holiday Club is for 5-11 year olds (on 31st August 2017). Planning will be starting shortly!

Contact Angie (480477) and Rosalind (480440).

Thurton Explorers

We have fun at Explorers and all 7 - 11 year olds are welcome to join us.

We play games, have a Bible story which everyone wants to act out, and end with art and craft activities.

In the lead up to the Easter holidays we worked with clay to create the stonework for the Easter garden for Thurton Church and made our own individual clay pebbles to place in the garden.

We meet on alternate Friday evenings (during term time) at Ashby and Thurton Village Hall from 7pm - 8.15pm.

Future dates are: Fridays April 28th, May 12th and 26th.

Contacts for more information are Angie (480477) and Rosalind (480440).

Thurton Tea Afternoons

The next Thurton Tea Afternoon is Monday 15th May, 2 - 4.30pm at Ashby and Thurton Village Hall.

If you are thinking of coming for the first time...do give us a try... we are there with the kettle on, there are home-made cakes to enjoy and people to chat with. Men need cake too and we have many who come regularly making this a really good mixed social event every six weeks or so.

Younger families join us after school and we provide drawing and colouring activities for the children.

There is no charge, but donations go towards covering our costs and any surplus is given to Thurton Church. We look forward to seeing you!

Contacts for more information (or to receive offers of cakes) are: Angie (01508 480477) and Rosalind (01508 480440).

The end of poor Broadband speeds locally?

Recent public meetings were held at Claxton and Carleton St Peter Village Hall and at the Margaret Mack Room, Rockland St Mary, where interested audiences of local people heard how hyper-fast broadband can be delivered to every home in the area via fibre-optic cable all the way to properties – an option not available yet from commercial suppliers. This can be achieved through the efforts of the community, including landowners, volunteers and investors, coordinated by Broadband for Rural Norfolk (B4RN) whose founder, Michael Davey from Kirby Bedon made the presentations and answered questions.

While BT’s Superfast Broadband is being rolled out in densely populated areas it is likely that most of us in rural villages will not see any substantial improvements for some years, if at all. B4RN’s methods as a not-for-profit Community Benefit Society will allow everyone, house, village hall and local business to receive 1,000 Mbs sustainably and at low cost. The model has worked successfully in Lancashire where B4RN was created and where over 2,600 properties now enjoy hyper-fast broadband.

Local people can learn more about B4RN and register an interest at www.b4rnorfolk.org.uk/

The Surlingham Broad Creative Writers Group is a new nurturing community based group for writers, whether currently beginner, aspirational or published, that offers regular opportunities to share writing experiences, test ideas, get feedback, discuss writing competitions and submissions, develop writing confidence and hopefully get inspiration.

We are a mixed bunch of adult and children’s fiction writers, memoir writers, poets and those who just enjoy playing with words or jotting down thoughts, feelings and observations. We meet on the first Tuesday of each month 7.30-9.00pm at The Ferry Inn, Surlingham (thank you Sonia!). If you are a fellow ‘scribbler’ come along and see if this is for you. For further details please contact Karen, 01508 538591
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### Bible Readings Sunday by Sunday & Holy Week: April & May 2017

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<th>Epistle</th>
<th>Gospel</th>
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<td>Ezekiel 37:1-14</td>
<td>Romans 8:6-11</td>
<td>John 11:1-45</td>
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<tr>
<td>or</td>
<td>Isaiah 50:4-9a</td>
<td>Philippians 2.5-11</td>
<td>Matthew 21:1-11</td>
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<tr>
<td>or</td>
<td>Jeremiah 31:1-6</td>
<td>Acts 10.34-43</td>
<td>Matthew 27.11-54</td>
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<tr>
<td>04/04/17</td>
<td>Exodus 12.1-4[5-10],11-14</td>
<td>Colossians 3.1-4</td>
<td>John 12-1-11</td>
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<tr>
<td>or</td>
<td>Acts 17.22-31</td>
<td>Acts 10.34-43</td>
<td>John 12-17-31b-35</td>
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<td>05/04/17</td>
<td>Isaiah 50.4-9a</td>
<td>Hebrews 9.11-15</td>
<td>Fig Monday</td>
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<tr>
<td>or</td>
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<td>1 Corinthians 1.18-31</td>
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<tr>
<td>06/04/17</td>
<td>Acts 2.42-47</td>
<td>Hebrews 12:1-3</td>
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<td>1 Corinthians 11.23-26</td>
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<td>1 Peter 1.3-9</td>
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<tr>
<td>or</td>
<td>Daniel 7:9-14</td>
<td>1 Peter 1.17-23</td>
<td>Sunday of Easter</td>
</tr>
<tr>
<td>09/04/17</td>
<td>Acts 1.1-11</td>
<td>1 Peter 2.19-25</td>
<td>Sunday of Easter</td>
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<tr>
<td>or</td>
<td>Numbers 14-16</td>
<td>1 Peter 2.2-10</td>
<td>Sunday of Easter</td>
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<tr>
<td>10/04/17</td>
<td>Acts 1.1-11</td>
<td>John 14.1-14-16</td>
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<tr>
<td>or</td>
<td>Numbers 14-16</td>
<td>John 14.1-21</td>
<td>Ascension Day</td>
</tr>
</tbody>
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### CLERGY OF THE BRAMERTON GROUP

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29 Ashby Road  
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Email: Frpadraighawkins@gmail.com

**Times of Masses**

<table>
<thead>
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<th>Day</th>
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<th>Time</th>
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<tbody>
<tr>
<td>Saturday</td>
<td>6 pm Plogging</td>
<td></td>
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<tr>
<td>Sunday</td>
<td>9 am Poringland</td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td>9 am Poringland</td>
<td></td>
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<tr>
<td>Daily Mon-Fri</td>
<td>8 am Poringland</td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td>9 am Poringland</td>
<td></td>
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</tbody>
</table>

**Staff days off:**

- **Monday**: John Shaw  
- **Wednesday**: Wendy Shaw  
- **Thursday**: Mandy Ansell

Mandy will be available for weddings and services during July and August only. She has Time out in May and June and also September and October.

---

**Please note:**

- At Holy Communion, where only two readings are used, the first reading will be the Epistle, and the second will be the Gospel.
- 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.

---

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Tel: 01508 538231

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Tel: 01508 538231

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(Answerphone)

Contributions are very welcome subject to the Board’s discretion and available space. Deadline for all material (“copy”) for the next issue is 10th MAY 2017.

**Email:** elevensays@hotmail.com

**Produced by:** Angie Yeomans

**Printed by:** Interprint, County Hall, Martinue Lane, NORWICH. NR1 2DL  
Tel: 01603 894195