

KEEPING IN TOUCH IN SCARROWBECK

Donations welcome

MAY 2025

"Keeping in Touch in Scarrowbeck" for the current month is also on our website: www.scarrowbeckbenefice.org.uk

All Saints Thwaite



MAY	Easter 3 4th	Easter 4 11th	Easter 5 18th	Easter 6 25th	ASCENSION DAY 29th
Alby	--	11am HC	--	--	--
Calthorpe	--	--	--	--	--
Erpingham	9.30am Group Service & Healing	9.30 HC 3pm Family service	9.30 HC	9.30 HC	9.30am HC
Gunton	--	--	--	--	--
Hanworth	--	--	--	11am HC	--
Ingworth	--	--	--	--	--
Thwaite	4pm Evensong	9.30 Morning Prayer	11am HC	4pm Evening Prayer	--

9.30am Midweek services in Erpingham church

Wednesday 7th	Wednesday 14th	Wednesday 21st	Wednesday 28th
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Priest-in-Charge of Scarrowbeck Benefice

Canon Heather Butcher

25, Muskett Way, Aylsham NR11 6GF 01263 735922 canonhdb@gmail.com

Scarrowbeck Benefice Churchwardens

Alby	Mecki Green	01263 761480
Erpingham	Keith Harrison	01263761698 harriswine@doctors.org.uk
	Linda Howard	01263 833323 cicely@danielbrian.co.uk
Thwaite	James Buchan	01263 768901 jebuchan@btinternet.com
	Mary-Claire Marriott	01263 761373 mcmariott@yahoo.com
Hanworth	Richard Harbord	01263 768723 richard_harbord@hotmail.com

Calthorpe and Ingworth are part of the Diocesan Churches Trust and have no churchwardens

Scarrowbeck Benefice Lay Ministers (Readers)

The Lay Ministers/Readers in this benefice help take services in the benefice but in addition if you or anyone you know, would like to be to be prayed for, please let Angela know, or indeed any of us, and we will gladly pray for you in our own prayers and at the services if you wish.

Please let us know as well if you know of anyone who has died and they too can be included in our prayers.

If you would like a home visit for any reason or home Communion, please contact Helen in the first place and this can be arranged at a time to suit you, or we are always on the end of a telephone:

Angela Parkes	0779969281
Helen Burrell	01263 768209
Colin Willis	01263 577288

Clergy Care and Well-Being in our benefice

With the current emphasis on mental health, the Church of England has asked local church councils to consider the wellbeing of their clergy. In the light of this we have decided to remind people of Heather's working days so that her days off are protected. Heather normally works on Wednesdays and Thursdays and two Sundays per month which are published on the service rota. Inevitably she works on other days because of weddings and funerals but we try to avoid unnecessary phone calls when she would not normally be working



CAN YOU HELP TO SAVE KEEPING IN TOUCH ?

Keeping in Touch is produced and distributed entirely by volunteers. The only cost is printing. Although the Committee has increased advertising costs for 2025, the annual income from advertising is only half of the printing costs and there are only enough funds for the rest of this year. Please can you help?



Charities and not for profit organisations make donations for their advertisements and we are grateful for their support. We are grateful to all who donate towards the printing costs of Keeping in Touch. You can give easily by using your smartphone or tablet to scan this link.

Or please send a regular or one-off donation to

Erpingham Parochial Church Council

Sort Code: 20-03-26

Account Number: 40358452

Please reference the payment "Keeping in Touch"

Or send a cheque payable to Erpingham PCC (please write "Keeping in Touch" on the back of the cheque) to our Treasurer, Liz Ashness, Beech Cottage, Chapel Road, Erpingham NR11 7QJ, liz.ashness@btinternet.com

Please let the Treasurer know if you can Gift Aid your donation.

Thank you for your support!

Thursday, 8th May
Erpingham Parishioners Annual Meeting
in the church
7pm
followed by
Erpingham Annual Parochial Church Meeting

All welcome

4th	Alby:	Town Green, Thwaite Common
11th	Thwaite:	Thwaite Hill
18th	Hanworth:	Glebe Farm, Helsdon Farm
25th	Erpingham:	Scarrowbeck Road, School Road

From the Registers

FUNERAL

Erpingham**17th April****Mary Willcox**

St Mary's Church Erpingham - Help with the cost of living Community Table

The Community Table in the church continues to be well supported and used.
Thank you to all who provide items for the table.

Food donations to the Community Table can be taken to church.

Items recommended:

Long life milk	laundry detergent
Tinned fish	shampoo
Tinned meat	pot noodles
Tinned vegetables	deodorant
Pasta sauce	Toilet rolls
Squash/fruit juice	washing up liquid

St Mary's Church Erpingham invites you to... Young People's Choir..... and Mini Melodies!

Erpingham Young People's Choir

For ages 7 to 16 years

FREE



Join us every **Thursday** during term time
from **4:15 to 5:15pm**

Erpingham with
Calthorpe Village Hall
NR11 7QD

To sign up & for more information,
please contact evbryantvocals@gmail.com



St Mary's Mini Melodies

**11am
Every Thursday**

Erpingham With Calthorpe
Village Hall, NR11 7QD

Immerse your little one in the enchanting world of music
with Mini Melodies! Join us for a delightful hour of musical
exploration and percussion play designed for toddlers.

£2 per session
or 12 sessions for £20

For more info:
evbryantvocals@gmail.com



May letter

One of the purposes of the church is praying for people in all kinds of distress. This we do in our daily prayers and every Sunday Although often people don't feel the need to go to church, many value prayer and it is our job to provide the means for people to pray. I am always incredibly moved by the prayers that are hung on the prayer tree in the church porch. They come from the heart. Every so often I put those prayers in a book which is placed on the altar each Sunday and I offer them up to God.

One member of the congregation wrote this lovely poem about the Prayer Tree in the porch.

THE ERPINGHAM PRAYER TREE

In the draughty corner of the porch

I wait for you.

Why not pause and take a label, maybe two?

Go in, sit still, until.....

In the soft silence of these sacred stones

The feelings flow,

Your words are woven

Warm my cold fingers

With your living prayers;

Trust me to point them daily

To their Destination.

Turn away homeward now

With lighter tread,

As brightened with new leaves of love I bow my head.

We have also placed some prayer cards in church for anyone who like one to take and to use at home or to sit in the quiet of the building to pray and reflect. I hope to also have some pebbles in another position in church for people to meditate with. (If you have any polished stones or attractive pebbles and would like to donate them - please let me know) We will pray for you if you have any requests, they can simply be emailed to me.

Another aspect of our prayer life is that on the first Sunday of each month at the end of the Erpingham service we will be offering prayers for healing. All are welcome to come to these services.

There are many prayer Apps to be found on line if you would like help with your prayers. One I particularly like is called Lectio 365, it is free and there are prayers for the morning and evening, I find the evening ones particularly helpful as I wind down from the day.

Prayer is an adventure, it doesn't have to be stiff, I often pray as I am driving. Music, the wonderful created world, poetry a special interest can all lead us to prayerfulness. It doesn't have to be stiff and starchy. Remember that Jesus called God 'dad'

Happy Praying
Heather



HEALING MINISTRY

From the earliest times Christians were involved in prayers for healing.

Religious communities offered hospitality to the sick, grew and used herbs to help with healing through the ages, and they were the founders of hospitals. We are following in this tradition and will be offering laying-on of hands, and prayers for healing, at the end of the service on the first Sunday of each month at Erpingham. During this time the choir will sing or the organist will play.



Requests for prayer will be confidential. It will be a time when the congregation will keep silent prayer. Prayer such as this often brings comfort.

We offer this healing prayer to anyone who would like to come, and we welcome you to church.

Help needed!

Could you spare 30 minutes on a Saturday afternoon to help prepare the church for Sunday morning? Timings to suit you.

We currently do this on alternate weeks in two teams of two people - but there are occasions when either holidays or other unforeseen events invade, and it would be useful to have a couple of other people available.

Full training will be given!

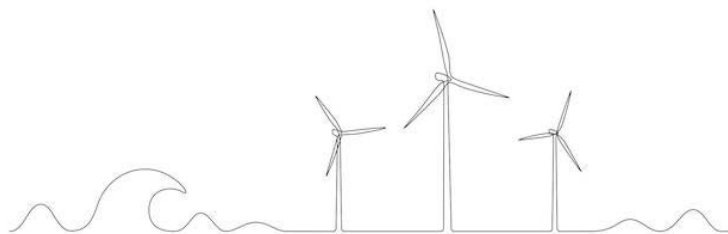
If you think you can help - speak to Corinda or Glynis. We're very approachable!

**Family Service at Erpingham church
Celebrating Spring**

May 11th 3pm

FLOWER MAKING





OFF-SHORE POWER

- How is it coming ashore?

Ever wondered what is going on with all the works along our roads - the large gateways, the hedges removed and the asphalt being laid as preparation for laying electricity cables?

What would you like to know?

Speakers from the community liaison department of the two contractors, RWE and Murphy, will be giving a presentation and will answer questions

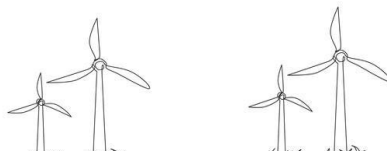
Erpingham Church

Thursday May 29th

7pm

All welcome

No ticket required but donations will be welcome at the door
Light refreshments available during the interval



Erpingham with Calthorpe Village Hall 200 Club

March 2025 monthly draw winners

The draw took place at "Cake & Coffee" in the Village Hall on Wednesday 26th March 2025.

The winning numbers were:

£30 prize: Number 199

£20 prize: Number 30

You too could be a winner. Some spare numbers are now available. As well as the monthly draws of **£30 & £20**, there is a Grand Draw in December with prizes of **£250, £200, £150 & £100**. For a one off payment of £12 a year you stand the chance of winning up to **£610!** All profits go towards the upkeep and maintenance of the Village Hall.

Peter Gidman is the administrator of the 200 Club.

If you are interested in joining the Club contact him at:

peterjgidman@gmail.com

Tel No: 07425 219292



Supporting people with hearing loss
and related conditions

**Hear for Norfolk,
your local charity,
is here to help you!**

Aural Care: offers microsuction performed by fully trained, registered and experienced nurses.

Adult Audiology: offers NHS funded hearing testing and aid fitting for those 50+ with age-related hearing loss. This accessible service is provided by registered and experienced audiologists.

Hearing Support: offers routine maintenance of NHS issued hearing aids, advising on use, communication methods and assistive listening devices.

Cuppa Care: offers emotional, wellbeing and practical support and advice to people of all ages who might experience loneliness or isolation.

Hearing Loss Awareness Training: available to individuals and organisations, aiming to increase understanding of the challenges faced by people with all degrees of hearing loss in the workplace, education and social settings.

If you would like to enquire about us further or self-refer to our services, please **call us on 01603 404440**, email us at nda@hearfornorfolk.org.uk or visit our website www.hearfornorfolk.org.uk to find out more.



The Pavilion, Aylsham Recreation
Ground

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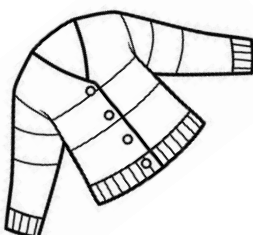
WORKSHOPS COMING SOON

Knit a top-down cardigan

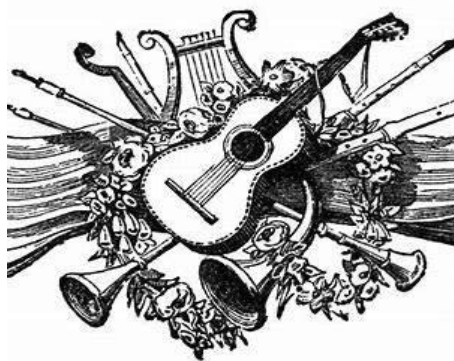
AND

Fair isle Beaded Gloves

**For more details, please see
our Facebook page - Hooked On
Stitching -
or contact**



Jill on jilly.hookedonstitching@gmail.com or 07970 016 961.



St. Mary's Church, Erpingham

NR11 6PL

Friday 16th May at 7.30pm

A Musical Evening

Alastair Robinson

**Folk, jazz, blues and classical – taking the listener
on a musical journey**

Joe & Mary

**A fun, quirky acoustic duo - their music delves into
songs about life, love and salvation - all with a
twist!**

Tickets £10

to include a glass of wine or soft drink

from Helen 01263 768209 (paigleshs@gmail.com)

or Liz 01263 761224(liz.ashness@btinternet.com)

or on the door (cash or card)



**THE SPREAD EAGLE (FREEHOUSE)
EAGLE ROAD
ERPINGHAM
NORFOLK NR11 7Q**

TEL 01263 761938
FACEBOOK : The Spread Eagle
INSTAGRAM: thespreadeagleerpingham
WEBSITE: www.thespreadeagle.pub

**OPEN 6 DAYS A WEEK 12-11 PM
CLOSED TUESDAY**

At the heart of the village is our dog-friendly pub with pool table, dart board and a friendly atmosphere. Plus a great selection of drinks and Real Ales.
Beautiful large beer garden, with patios and large car park.

EVERYBODY IS WELCOME

Please look online or on our blackboards outside the pub, for special events and Live music. We also have a function room available to hire for all of your special events and parties including weddings.

We are proud to say that due to the money raised from pub quizzes, and your kind support, there is now a defibrillator on the pub wall facing Eagle Road and The Street

**Grow MORE of your own Fruit, Veg, Flowers at
Calthorpe's Allotments - for reduced food miles & assured quality.**

Now with Easier access & parking, on-site Watering facilities A few **Raised Beds** £10 each - perfect starter gardens for children or No-Dig Growers of all ages *New for 2025: Half-size plots* (£20), for smaller / time-restricted households

For more info / to reserve your plot *Phone: Jim (01263 761798) or Ray (01263 761694) or email: jim@dofygate.co.uk*



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man with a van, flat pack
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All work considered in the
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a Little Gem**



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people do not know exist - tucked
away at the back of Alby Crafts.
Four acres of consummate quiet and
a place to reflect which have evolved
over its 45year history

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Tuesday to Sunday 10am to 5pm and Bank
Holidays Mondays

With Pia Shell

Hatha Yoga

Yoga to strengthen, stretch, release and relax
A quiet and mindful practice


Thursday evenings
6.45 - 8.15 pm

Erpingham Village Hall,
NR11 7QB

First class
free of charge

Please contact Pia
pia.shell@gmail.com
07767896610

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Diary Dates 2025

APCM for St Mary's church Erpingham Erpingham church	7pm	8 th May
Family Service – Flower Making Erpingham church	3pm	11 th May
Musical Evening in Erpingham church	7.30pm	16 th May
A Talk about Off-Shore Power Erpingham church	7pm	29 th May

If any readers would like to make a one-off or regular donation,
please make a direct payment or set up a Standing Order to:

Erpingham Parochial Church Council

Sort Code: 20-03-26

Account Number: 40358452

Please reference the payment "Keeping in Touch"

or send a cheque payable to Erpingham PCC to our Treasurer:

**Liz Ashness, Beech Cottage, Chapel Road, Erpingham,
Norwich NR11 7QJ**

Tel: 01263 761224 liz.ashness@btinternet.com

(please write "Keeping in Touch" on the back of the cheque)

Please let the Treasurer know if you are able to Gift Aid your donation

Please send copy for **JUNE 2025** by **14th MAY 2025** to the editor:

Linda Howard cicely@danielbrian.co.uk 01263 833323

**THANK YOU TO ALL WHO CONTRIBUTE TO THE
PRINTING COSTS OF *KEEPING IN TOUCH IN SCARROWBECK***

Please Support our Local Businesses

<p>ROPER HEATING SERVICES Oftec Registered Engineer covering local Oil Boiler Servicing and Breakdowns. Small heating maintenance calls and warranty calls. Grant boiler G1 engineer covering every make and model of oil boiler. Oil boiler changes and upgrades available with plenty of notice. Fully Registered and Fully Insured. Call Steve on 07788414514</p>	<p>MANNINGTON ESTATE Mannington Estate NR11 7BB Autumn/Winter Walks open every day with Boardwalks, Bird Hide and Arboretum Car park (£4.00) and lavatories Gardens, Tearooms and Hall Bookings only October 4th to 6th BOOK Bash see www.manningtonbookbash.co.uk admin@walpoleestate.co.uk 01263 584175 www.manningtonestate.co.uk</p>
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<p>ERPINGHAM WITH CALTHORPE VILLAGE HALL is available to hire throughout the year. It provides excellent facilities for clubs, children's parties, wedding receptions, anniversary celebrations, theatre, dances, exhibitions, and much more. For further information and enquiries please contact Tony Amies at 07979381277 or email: amiesanthony@gmail.com</p>	<p>EASTLAKE DECORATING SERVICES Local independent lady decorator specialising in interior painting and decorating. Friendly, reliable and high-quality service. Not sure about colour or finish? Why not try my colour consultancy service. Call or email me today for a no obligation quote on 07984 086496 or amanda@eastlakedecorating.co.uk. www.eastlakedecorating.co.uk</p>