



MAY 2017

Land & Strand



**News, Views and information for the villages of Antingham,
Northrepps, Overstrand, Sidestrand, Southrepps,
Thorpe Market and Trimingham**

Dear friends . . .

Well – it has finally happened; the Brexit button has been pressed and the process for leaving the EU has begun. I have been disappointed throughout the pre-referendum campaign to now about the amount of mis-information and misuse of facts by those on both sides of the argument. Well, we now have to get on with it and discover what it will really mean, and what the consequences will be.

A report on BBC Radio 4 recently claimed that most Anglicans are 'Brexiters', innately conservative and loyal to the crown and the idea of an independent Britain, but I wonder if that is really so? It is sad that we continually fail to learn the lessons of history.

Perhaps more significantly, it appears we have lost the ability to debate and disagree. "Anyone who does not agree with me is wrong and must be ignored or made to shut up" seems to be a prevalent attitude amongst many – and certainly in some sections of the media. Perhaps the exponential growth of social media is partly responsible for this, when we can say anything we want, without critical reflection, and when events are commented upon and photographed and sent around the world in an instant.

But the Christian story tells us there is a different way, and there is a difficulty for Christians in following the way of Jesus Christ, because the love of God is impartial and so should we be. In these weeks of Easter, when we have recalled the terrible death of Jesus and his subsequent resurrection, we are reminded again and again of the true meaning of love. We use words like 'sacrifice', 'willingly', 'undeserved' and 'he gave himself' to describe the journey Jesus took towards his crucifixion. And all of them true. But nothing was done for himself. After the resurrection he identified himself to people he loved and had shared his life with, and he was recognised through the things he did as much for what he said.

The same can be true of us, too. Those of us who try to follow the way of Jesus Christ are judged by what we do, how we love other people, more than by what we say. It's a life filled with potential pitfalls, but we try our best, knowing that God loves us for trying, God knows we are imperfect.

I pray that our society recovers an ability to be open to others, to learn to listen to a different point of view, and to rejoice in the love God showers upon us every day.

David (Rector)

Please note the copy date for the next issue is 14th April.

Text should be sent in a Word document to landandstrand@gmail.com

Cover picture: The mediaeval Angel window in the south wall of St James' Chancel Southrepps. The glass surrounding the angel is made up of fragments from a larger window, randomly fitted to this frame. The small low window may have been installed to allow those excluded from the church – such as Lepers – to be able to see the service taking place.

Church Services in May

7th **4th Sunday of Easter**

- 9.30am Holy Communion (bcp) at Antingham
 Holy Communion at Thorpe Market
 Holy Communion at Southrepps
 Morning Worship at Northrepps
- 11.00am Holy Communion at Trimingham
 Morning worship at Overstrand
- 4.30pm Evening Prayer at Sidestrand

14th **5th Sunday of Easter**

- 9.30am Holy Communion at Northrepps
- 11.00am Holy Communion at Overstrand
- 12.30pm Holy Baptisms at Southrepps

21st **6th Sunday of Easter – Rogation Sunday**

- 9.30am Holy Communion at Thorpe Market
 Morning Worship at Northrepps
 Mattins at Antingham
- 11.00am Holy Communion at Sidestrand
 Morning Worship at Overstrand
- 3.30pm Choral Evensong for Rogation at Southrepps
 with the Cathedral Girls' Choir

28th **The Sunday after Ascension**

- 10.00am Holy Communion Benefice Service at Thorpe Market
- 4.30pm Celtic-style Service at Trimingham

Every Wednesday at 10.00am Holy Communion (bcp) at Overstrand
Every Thursday at 10.00am Holy Communion at Southrepps

Sarah Young

Sarah has been Head Teacher of Sidestrand Hall School for the past 14 years and her passion for education, whatever the abilities of the student, is abundantly clear. After a year working in the Land Registry, Sarah realised her true vocation lay in teaching and she was able to follow in the footsteps of her father and her brother and took her degree in education. After an initial 4 years in Nottingham teaching children with special needs in a mainstream school, Sarah moved to work in Special Needs Schools. Moving to Norfolk meant the family had a better quality of life in a county they had come to know whilst on holiday.

Sarah's passion for children with special needs grew out of a realisation that many children in mainstream education have complex needs which are very difficult to meet in an environment where academic achievement and high standards are demanded by government. Such children need an holistic approach to their education and a greater intervention from adults than can be provided in mainstream schools. And this is where Sidestrand Hall School excels, where these children would be vulnerable in a big institution.



The school stands in its own grounds and the original hall remains the heart of the school but the site is now dotted with various buildings, porta cabins and workshops, and a brand new 6th form centre proudly looking out over the cliff, due to be officially opened in June. There are currently 160 pupils and 130 staff, and many of the children board – this is a place of safety and security when children can grow and develop in a way which is right for them.

The school has 4 residential units, including one house which is home to 6 autistic children, 4 of whom are non-verbal. The residences are inspected by OFSTED every year and the current inspection has rated them as outstanding.

With a greater number of children surviving birth with complications arising from drug taking or alcohol abuse during pregnancy, the need for our Special Schools is greater than ever, and Sarah is excited about the development of the 6th form which now allows the school to be alongside students up to the age of 18 (currently there are 27 6th form students).

In the classrooms the ratio of children to staff is 1 to 3 or 1 to 4, all are ambulant (there are no children in wheelchairs) and are somewhere along the range of the autistic spectrum, including some children

who are high functioning (in other words, children who are very intelligent but are unable to relate to others because of their autism). Children have to be treated as individuals as ways to help them cope with their situation are often unique. So, for example, if a child is unable to walk past the fire alarm system another route through the school is found; children who cannot cope with loud noises wear ear defenders, and so on.

Sarah described how one child can change the whole school. For example there are now 6 children who do not speak, so when the first arrived the staff all had to learn how to use a picture

recognition system so the child could communicate in a non-verbal way.

Sarah is clearly passionate about every one of her pupils and wants to help them to achieve the very best they can for themselves. Being head is a complex and high octane job where emotions can swing violently through the day. But Sarah is someone who likes to be busy and in her own time she enjoys walking the dog on the beach, visiting the Midlands to see her grandchildren and does lots of craft work- sewing, knitting and interior design - and relaxing in the garden. There can hardly be a better place for it.

From the church registers . . .

The funeral of the late **Ron Banks** took place in Trimmingham on 12th April.

Ron was a long-standing resident and member of the church including a long spell as churchwarden. He is now laid to rest with his wife, Joan, who died in 2016.

. . . May they rest in peace

SUDOKU

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See page 8 for solution



Palm Sunday

It was a gloriously sunny and warm day and a great crowd processed along the road to St Mary's, Northrepps for the service, the singing accompanied by Philip Bligh on the banjo

Northrepps Primary and Pre-School

The school offers weekly Forest School sessions to all children and pupils. Forest School is an approach to outdoor learning which builds confidence and self-esteem through regular, child-led, hands-on learning opportunities and experiences in a woodland environment. It is an holistic approach to education with a focus on supporting children's well-being.



Pre-School visit a local site, within walking distance of the school. We are working with the Parish Council and using some funding from the Norfolk Coastal Partnership's Sustainable Development Fund to develop this space into our very own 'wild space'. Acorn class visit Felbrigg woods with the support of the National Trust, and Oak class visit 'The Mighty Mun', a local Site of Special Scientific Interest, with kind permission of the owner of the land owner Eddie Anderson. The different sites allow children to explore an area appropriate to their interests and abilities with a level of

freedom that is not possible in other settings, overseen and risk assessed by a qualified Forest School leader.

Being guided by the interests of the children and the group Forest School sessions vary widely but were you to visit us in the woods you might see children hunting for bugs and beasties, toasting damper bread around the fire, singing songs, telling stories, whittling a toasting stick, working together to build a den, or relaxing quietly alone in a hammock.

The federation is also very pleased to offer a unique Forest School for grown-ups. This is a 6 week course to give parents some insight into what happens at Forest School and why, and also to learn some simple outdoor skills to share with your child. Do get in touch if you would like to join the next 'Forest School All Grown Up' course.

If you are interested in the approach do get in touch with the school or visit www.forestschoolassociation.org



Photos courtesy of Northrepps School

Norwich Cathedral Girls' Choir comes to Southrepps Choral Evensong in Southrepps



Norwich Cathedral Girls' Choir (photo: Paul Hurst)

Choral Evensong is a 45 min. long peace-inducing church service in which the 'song' of voices sounding together in harmony is heard at the 'even' point between the active day and restful night, allowing listeners time for restful contemplation.

The liturgy (a fixed set of words and ceremonial features) that the Church uses to this day was laid out in Archbishop Cranmer's Book of Common Prayer, the first version of which appeared in 1549. Cranmer created the liturgy of Evensong with the general public in mind, motivated by the fact that it would condense more services than people could be expected to attend into one short service.

The music took shape a few decades later, in the reign of Queen Elizabeth I, with great composers like William Byrd and Thomas Tallis developing exquisite polyphonic choral music specifically for this new service, and in each subsequent generation new composers have continued to add great music to the repertoire of Evensong. This has inspired a unique 500-year-old unbroken tradition of church choral singing in Great Britain.

St James, Southrepps is introducing a series of occasional Sunday choral evensongs with accomplished visiting choirs. Launching the series, on **Sunday 21st May** we are delighted to welcome **Norwich Cathedral Girls' Choir** with their Director of Music Ashley Grote. *Note start time 3.30pm.*

Choral Evensongs 2017 in St. James Church, Southrepps

Sunday 21st May at 3.30pm – Norwich Cathedral Girls' Choir
Sunday 31st July at 5.00pm – Southrepps Music Festival Evensong
Sunday 15th October at 5.00pm – Vocality

The Belfry School, Overstrand

Could you help promote the education and wellbeing of our children?

The church needs to appoint a new School Governor and we need your help. Governors are an essential part of school life and their role is to be a 'critical friend' to the school management team, ensuring that policies are followed and the highest possible standards are achieved by every pupil. The pay is at the highest level – not

in financial terms but in the satisfaction knowing we have a hand in the future of our children. There is an excellent and supportive staff at the school and a recent OFSTED inspection confirmed the 'Good' status previously achieved. We are now on an upward trend towards being an 'Outstanding' school. If you are interested contact the Rector who will be pleased to chat to you.

Trimingham Church Services for 2017

It has been decided this year, that, throughout the summer months we will have a variety of different and more informal services on mainly the 3rd Sunday of each month. The Holy Communion service will take place as normal on the 1st Sunday of each month at 11.00am.

Sunday, May 28th (4th Sunday)	4.30pm	Celtic service
Sunday, June 18th (3rd Sunday)	11.00am	Father's Day service
Sunday, July 16th (3rd Sunday)	4.30pm	Sea Sunday
Sunday, August 20th (3rd Sunday)	4.30pm	Summer Songs of Praise
Sunday, September 17th (3rd Sunday)	11.00am	Pet Service
Sunday, October 22nd (4th Sunday)	3.30pm	Harvest Songs of Praise

You may be wondering what a Celtic service is. The Celts inhabited these islands in the early centuries. They were connected to the earth and to nature, and saw God in everything. The early Christian communities were places where everyone was treated equally, women had as big a part to play as men. Everyone's gifts were valued from the animal herdsman to farmers to the theologians to the preachers and all lived together in simplicity. People are reconnecting today with their way of life and their way of worship which is very simple and inclusive. So why not give us a try on May 28th.

Come and taste and see . . .

Julian of Norwich – a voice from a distant cell (our very own saint)

by Canon David Winter

Many years ago, studying English literature at university, I was intrigued to be introduced to the work of Julian of Norwich. She was writing at the end of the fourteenth century, when our modern English language was slowly emerging from its origins in Anglo-Saxon and Middle English.

Our lecturer was mainly concerned with her importance in the history of the language (she was the first woman, and the first significant writer, to write in English). But I was more intrigued by the ideas she was expressing. She was an anchoress – someone who had committed herself to a life of solitude, giving herself to prayer and fasting. St Julian's, Norwich was the church where she had her 'cell'.

Her masterpiece, Revelations of Divine Love, reveals a mystic of such depth and insight that today up and down Britain there are hundreds, possibly thousands, of 'Julian Groups' who meet regularly to

study her writings and try to put them into practice.

She is honoured this month (8th) in the Lutheran and Anglican Churches, but although she is held in high regard by many Roman Catholics, her own Church has never felt able to recognise her as a 'saint'. This is probably because – over 600 years ago! – she spoke of God as embracing both male and female qualities. Revelations is an account of the visions she received in her tiny room, which thousands of pilgrims visit every year.

Her most famous saying, quoted by T S Eliot in one of his poems, is 'All shall be well, and all shall be well, and all manner of thing shall be well' – words that have brought comfort and strength to many a soul in distress.

If you would be interested in a regular Julian Prayer meeting, please speak to the Rector as he is keen to start one.

Lonely as a cloud . . .

Half a million people, aged over 60, can often go an entire week without meeting anyone. In all, an estimated 1.2million older people in England are 'chronically lonely', which means they have been lonely for many years.

Such were the findings of recent research by the charity Age UK. It warns that this hidden epidemic of loneliness is putting pressure on the health services, as lonely people are more likely to develop heart problems, depression and dementia.

Councillor Izzy Seccombe, chairman of the Local Government Association's Community Wellbeing Board, warns: 'Loneliness and social isolation have a major impact on people's health and well-being. Research shows loneliness can be more harmful than smoking 15 cigarettes a day.

Continued ►

Continued from previous page

The Bible has a beautiful description of the kind of friendships God intends for us: 'have ... sympathy, brotherly love, a tender heart, and a humble mind. Do not repay evil for evil or reviling for reviling;' (1 Peter 3:8-9 ESV)

A million pensioners soon at risk from scams

Nearly one million people will soon be on so-called 'suckers lists', which means they are considered vulnerable to scams, according to a lead researcher for trading standards. The majority of victims are elderly and live alone.

The Government currently holds about 300,000 people on such a list, and expects this to treble by 2019. The list is made up of repeat victims who may have responded to mail scams, fake competition and lotteries.

Professor Keith Brown of the Chartered Trading Standards Institute, warns that the

growing list of vulnerable people could soon represent one of the biggest crime waves the UK has ever seen, with a staggering £10billion being stolen each year.

While the government looks into measures that can be taken at top level, what can we, as a church family, do to look after our elderly and vulnerable? Any ideas? If you hear of anyone caught up in a scam, let the Rector know so it can be publicised in the weekly bulletin in the hope we can help others avoid it.

SUDOKU SOLUTION

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5	2	8	7	3	1	6	9	4
1	3	6	4	2	9	7	8	5
7	4	9	5	6	8	2	1	3



Light in time for Easter

Thanks to a generous legacy the celestery windows in the south face of Northrepps church have recently been re-leaded, cleaned and replaced with new metal supports. No more need for Janet to keep fetching the buckets to catch the rain!

Thy Kingdom Come

The Archbishops of Canterbury and York are calling Christians of every denomination to join in with Thy Kingdom Come, a prayer initiative between Ascension and Pentecost (25th May to 4th June), to pray for the nation to know Jesus Christ. It is a time to seek the empowering of the Holy Spirit, that we may be effective witnesses to Jesus Christ.

Praying for others to know Jesus is one of the most powerful things we can do. Persistent prayer for others brings transformation to their lives. As Paul writes: 'Devote yourselves to prayer, being watchful and thankful. And pray for us, too, that God may open a door for our message, so that we may proclaim the mystery of Christ, for which I am in chains. Pray that I may proclaim it clearly, as I should.' (Colossians 4: 2-4).

As Paul says, consistent praying for others involves discipline ('be devoted') and responding to what God is already doing in people's lives ('being watchful and thankful'). We can pray for 'open doors' to point people to Jesus and what He can mean in their lives. We all have opportunities to do this, as even Paul prayed as a prisoner in chains!!

The Archbishops are encouraging us to choose five people who we can pray for regularly. Why not ask God to guide you, as you settle on five names and commit to praying for them daily, perhaps by using the following prayer:

'Loving Father, in the face of Jesus Christ your light and glory have blazed forth. Send your Holy Spirit that I may share with my friends the life of your Son and your love for all.

Strengthen me as a witness to that love as I pledge to pray for them, for your name's sake. Amen.'

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MAYTIME MEDLEY

Art Exhibition

St Margaret's Church, Thorpe Market, NR11 8UA

Friday 28th April to Bank Holiday Monday 1st May

Open daily 11.00am until 4.00pm



The very pretty St Margaret's church will once again be hosting an art exhibition by local artist Rosalie Osborne Gibb, featuring a diverse range of subjects, depicting her love of the coast and countryside, from exquisitely detailed watercolours to bold and colourful acrylics and soft pastels. Signed Limited Edition prints, plus gifts and a wide range of greetings cards featuring Rosalie's artwork will also be available. Rosalie's art has sold worldwide, as well as throughout the UK, through local galleries and exhibitions and to several private collectors.

The exhibition will also feature beautiful glass items handmade by Terrie and a range of oak items, including clocks and lamp bases, made by Ian Clift. As usual, there will be a good selection of used books, teas, coffees and delicious homemade cakes, and the beautiful wildflower conservation churchyard to stroll around.

Entry is free, with free parking opposite the church. Come along and meet the artists, who will be in attendance throughout the exhibition.

info@thorpemarket.org.uk

ANTINGHAM

St. Mary's Church

We held our Annual Parochial Church Meeting on 6 April. James Tulley was re-elected as Churchwarden, Ann Coles as Secretary and Lisa Catling as Treasurer. Other members of the Parochial Church Council are Marion Almey, Frances Catling, Joyce Pycroft and Katherine Tulley. After many years' service both as Churchwarden and as a member of the PCC, Susie Jones has decided to stand down this year. We would like to express our sincere thanks for all the hard work and time that she has put in over the years.

Books

Just a reminder that we still have second hand books at the back of the church for anyone to take and read in return (we hope) for a small donation for the church.

Village Hall

Our AGM was held on 16 March when three members of the public attended. Barry Wigg was elected as Chair, Sylvia Willingale as Vice Chair, Graham Pinner as Secretary, Sue Coleman as Treasurer and Hayley Ward as Caretaker and Bookings. The hall is used by several organisations including Gateway, Countrysiders Club, Indoor Carpet Bowls, Line Dancing, Table Tennis, Pigeon Club, Band Practice, Cash Bingo, Quiz Evenings, Parish Council Meetings, Polling Station, Flower Arranging Club and is also available for Private Hire.

Our last Bingo Evening was held on 5 April when approximately 45 persons attended. Refreshments were provided by members of the committee and appeared to be well received. Our Easter Raffle was also held. Our thanks to all who attended.

Book Club

We run a small Book Club in the village, meeting once a month starting at 7.30 pm on the first Tuesday of each month. We take turns to host the meeting and as well as reviewing the book we have read we also chat and generally have a quiz and of course decide on books to read in the future. If anyone is interested in joining please email Broomlea1@tiscali.co.uk

**NOT SLIMMING WORLD. Trimmingham slimmers wild.
Held weekly. Tuesdays 1.45pm.
Details Dot 834506 or Valerie 579797.**

NORTHREPPS WOMEN'S GROUP

Our next meeting is on Monday 15th May in the Church Room at 7.00 p.m. There will be the usual raffle but at the moment the topic or speaker has not been decided.

NORTHREPPS OPEN GARDENS

Gardens in Northrepps will be open on June 4th to raise money for the upkeep of our churchyard. If anyone can bake a cake or produce a batch of sausage rolls or scones we shall be very grateful.

Refreshments will be sold all day at the Village Hall and if you can spare an hour or two to help out we would much appreciate it. If you can bake or help in any way please ring Janet on 579599.

It is not too late to offer to "show off" your garden. If you decide you would like to, please ring Terrie on 579790.

Admission by ticket at the Village Hall NR27 0LB

SIDESTRAND NEWS

If anyone wishes to join the afternoon session of quilting in the Reading Room on a Wednesday afternoon 2.00 – 4.00 p.m. either just turn up on the day or phone Brenda on 01263 578255.

A meeting of parishioners and members of the Parochial Church Council will be held in the Reading Room on 20th April to discuss the needs of the church, arrange fund raising activities and flooding in village properties. The result will be published in the next magazine.

Overstrand Women's Group

The Chief Executive of the East Anglian Air Ambulance Patrick Peal gave a very interesting and informative talk on the work of the Air Ambulance at the March meeting.. He gave a slide show on the progress from small second hand helicopters to the present day state of the art machines, much larger and with very sophisticated medical equipment Mr. Peal explained how demanding the work was for all on board - two pilots, a consultant doctor and a highly trained paramedic. They work as a very close team sometimes in very difficult circumstances.

Mr. Peal also said that he felt it was very important that everybody should be able to perform Cardiac Pulmonary Resuscitation (CPR) as every minute counts when a person collapses. St. John Ambulance provides classes.

The Rector, the Revd. Canon David Roper will entertain at the meeting on Wednesday 24th May 7.00 p.m. in St. Martins Church Room, Overstrand.

CONFLICT *and* COLLABORATION



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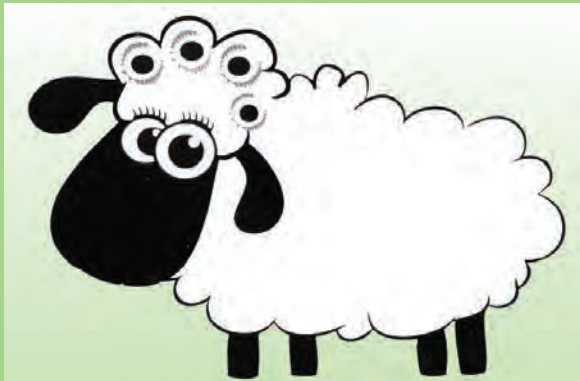
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