

What could you change to improve your life and the lives of others?

When Lent began on Ash Wednesday, (the day after Pancake Day) lots of people, of Christian faith and none, decided to 'fast' or to give something up until Easter day. It is a form of an old practice that dates back to the early Christian church. At one time if you wanted to be a Christian you were expected not just to study, but prepare for your baptism, usually held at Easter, by fasting for the immediate 40 days beforehand. This was to mirror Jesus's time in the wilderness where he stayed for 40 days before beginning his public ministry. Gradually the practice became popular with many Christians old and new, particularly in the Roman Catholic church. Above all it was a time for self-denial, reflection and prayer. Fasting from food was a way of showing commitment and helping you to think about what you were doing and why.

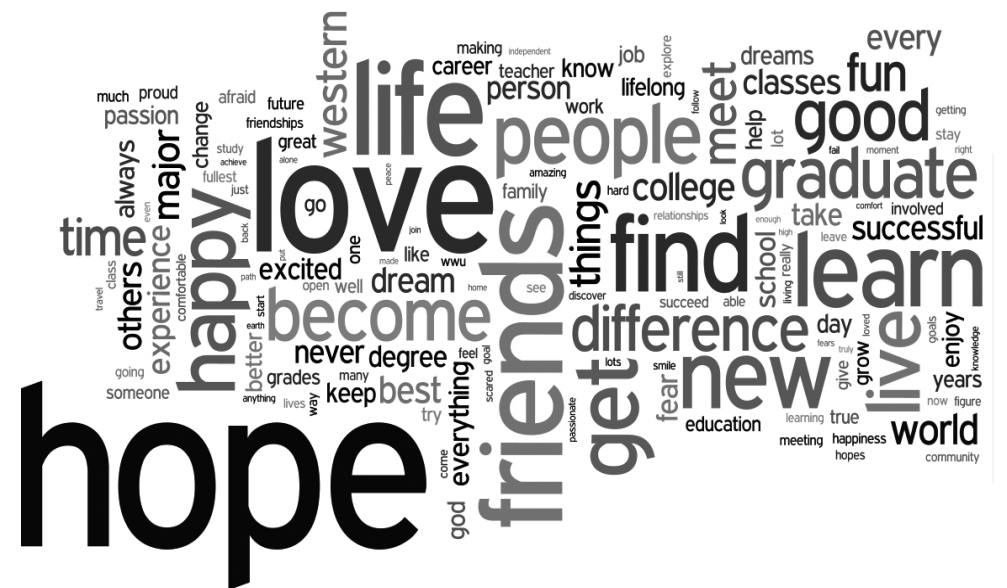
These days many people see Lent as a good way to apply some self-discipline and give up something that is not very good for their health or waistline such as chocolate or alcohol. A Christian might use each moment of denial as a time to reflect on their own shortcomings or brokenness but not everyone does.

I must admit I am not great at giving things up. I am full of good intentions in both Lent and at New Year, but I am pretty hopeless at keeping it going. I manage for a day or two but then I either forget completely or something happens to stop me. For instance, giving up cake - It's easy enough just not to buy cakes or to make them yourself, but what if you visit someone who has made a cake specially... surely it would be rude to refuse? I have a hundred ways to convince myself that I am just breaking the rules once, but by the end of week one, I have usually abandoned all pretence.

So when someone suggested that instead of giving up Bounty Bars for once I try giving up a sin, it struck a chord. That year I decided I would give up being angry! I am not generally someone who gets angry (my children might disagree of course) but even so, I have my moments, so stopping was quite a challenge. There are some circumstances where it is easy to count to ten and let it go, but there are others, for me mainly when driving, when it's much harder. But I did it. Every time I started to get wound up, I took a deep breath and calmed down again. I taught myself to control my temper and felt much happier as a result and so, I suspect, did everyone around me.

Pope Frances helpfully suggested some more things we could all 'fast' from that might improve our lives and the lives of others. He included fasting from hurtful words and using kind ones instead, fasting from sadness and being filled with gratitude, from anger to being patient, from pessimism to hope, from worrying to trusting in God and from bitterness to being filled with joy. They are all things which can cause harm but which could make a big difference if we stopped.

We often think about giving up things for our physical health, but how often do we pay attention to our mental health? How often do we stop doing something that we know makes us miserable and replace it with something that brings us joy? Unfortunately, just as we can get into bad habits with what we eat or drink, so we can find ourselves repeatedly saying and doing things that make us miserable.



Of course we can't stop doing everything at once because we are only human, but the problem is that just as we can reach for a treat, so sometimes do we reach for anger without pausing to think if there is another way. We may be bitter towards someone, and we don't stop to think about the damage it is doing to us although the other person may be unaware. There are so many ways in which we do ourselves and others harm and yet Jesus showed us that there is another way to live our lives without those dark and negative feelings and behaviours by looking for opportunities to be loving and kind.

By the time you read this Lent may already be over, but today is always the best day to make a change, you don't need to wait for a particular season. Imagine if we all decided to change one thing, how much would that change everything in even a small way. Perhaps today is the day - so, what would you choose?

Revd Cate Turner



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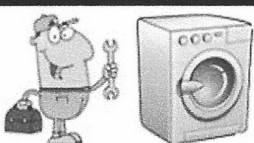
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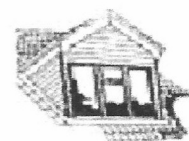
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Thoughts on Anglo Catholic Liturgical Tradition: Incense

In my lead article in the last edition of Eleven Says, I spoke of the plans by the Ashby St Mary PCC to introduce an Anglo Catholic Service at St Mary's and I said I would write some short articles over the coming months to give my thoughts on the significance of some of the liturgical practices associated with that tradition. I will start with incense.

The first thing to say, is that all liturgical practice is theological in its basis - nothing is done simply for 'show'. Incense is primarily about purification and sanctification; being made clean in order to become holy. In the Wisdom books of the Old Testament there is also a strong connection with prayer:

Let my prayer be counted as incense before you, and the lifting up of my hands as an evening sacrifice. (Psalm 141:2)

Christians have used incense as part of worship since the earliest days, continuing the Jewish tradition of cleansing the tabernacle or temple by following the commandment to Moses recorded in the book of Exodus: Aaron was instructed to burn incense on the 'Altar of Incense' as the way of cleansing the sacred space to make it a worthy place to worship God.

In the New Testament, of course, Frankincense is one of the gifts to the infant Jesus from the Magi, an indication that he was divine and to be worshipped and in the Book of Revelation, John the Divine sees incense being used at God's heavenly throne.

In our services in church, you will see the incense being used a number of times and each time it is significant:



- First, at the beginning of the service, the celebrant will cense the altar as an initial sign of cleansing (with the churches being quite rightly open to the public and with no knowing what may have occurred in the building during the week, this ensures the altar is cleansed and prepared for the consecration of the bread and wine to follow);
- The second use is over the Book of the Gospels before it is proclaimed as a recognition of the divine truth it contains;
- The third is over the bread and wine once they have been placed on the altar so that the earthly bread and wine are made pure and thereby the best we can offer to God;
- The fourth is over the celebrant to make him/her worthy to preside over the consecration;
- Then the gathered congregation are censed which can be considered in conjunction with the confession and absolution we are required to make/ receive before partaking in the sacrament.
- The thurifer (the person who looks after the thurible/censor) then stands before the altar during the consecration and allows the incense to rise before us and surround the altar to remind us that through the mystery of the Eucharist, our worship on earth is united with the perpetual worship in heaven. At the moment of consecration as the paten and chalice are individually raised heavenwards, the thurible is swung three times towards them to signify the sacred mystery that has taken place.

Incense has, therefore, a significant role in worship as a means of purification and sanctification of the building, the items used in worship and us. As it rises in the air it combines our personal and corporate prayers with the prayers of the saints, purifying us and allowing the Holy Spirit to work in us and make us Holy.

Fr Chris Ellis

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The Easter Lily Symbolism

There are several theories about the symbolism that surrounds the Easter lily, and much of it is related to the Christian religion.



Mentioned many times in the Bible, the white lily symbolizes purity, rebirth, new beginnings and hope and is most often associated with the resurrection of Jesus Christ as observed on Easter.

The trumpet shape of the Easter lily represents a trumpet sounding the message that Jesus has risen, and the nature in which lilies grow is symbolic of the resurrection as well. ...

Thus, lilies represent rebirth and hope, just as the resurrection does in the Christian faith.

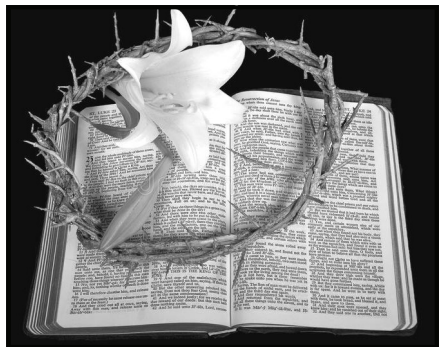
White lilies are often used at Christian weddings. The reason for this is that, just like in ancient times, white lilies symbolise virginity and purity. The white lily is sometimes known as the Madonna lily, and is often depicted in religious art as the symbol of the Virgin Mary.

The flowers are often referred to as "white-robed apostles of hope," and they symbolize the purity of Christ, who was free from sin. In many paintings, the angel Gabriel is depicted as handing Mary white lilies, which symbolizes her purity as well.

From bulbs that grow underground for three years or longer, they become beautiful flowers. This process is reminiscent of Jesus's brutal death and holy resurrection.

Some think that it was white lilies that sprouted in the Garden of Eden as Eve's remorseful tears fell to the ground.

There are also theories that Easter lilies grew where Jesus's tears and blood fell from the cross, and lilies were supposedly found in the Garden of Gethsemane after the crucifixion.



In Pagan traditions, the Easter lily is associated with motherhood and is often gifted to mothers as a symbol of gratitude.

Wednesday Fellowship

A Meeting for all people in the Bramerton Group and beyond! A Meeting on the second Wednesday of the month 2-4pm at Alington and Yelverton Village Hall with Christian and secular speakers followed by Tea cake and fellowship. All welcome.

April 13th, Alexander Bass - Suffolk Heritage Coast

May 11th, Kevin Parfitt - A Case of Covid Curiosities

June 8th, Revd Canon Pat Akinson - Vidiyal Trust Update

For more information please contact Pat Barter 493570 or Leo Smith 493695

We are grateful to Revd Cate Turner for being our leader.

Norwich Cathedral's Shakespeare Festival returns for summer 2022

Norwich Cathedral's centuries-old Cloister will be transformed into the Forest of Arden for this summer's Shakespeare Festival as the rustic comedy 'As You Like It' takes to the stage.

After wowing audiences last year with sold-out performances of Macbeth, The Lord Chamberlain's Men (TLCM) are this year returning with one of the Bard's best-loved comedies for the open-air festival which is always a summer highlight at the Cathedral.

'As You Like It' will be performed in the Cloister on Friday 8th and Saturday 9th July and tickets are on sale now via the **Cathedral website**.



On both nights, doors will open at 6pm for people to enjoy the beautiful surrounds of the Cloister before the show. Tickets cost £20. Concessions (over 60s, NUS and under 16s) £18.

Keeping people safe continues to be the number one priority at Norwich Cathedral and the Cathedral has achieved Visit England and Visit Britain's official 'We're Good To Go' mark, which highlights Covid-secure venues. The Lord Chamberlain's Men's open-air production is 'See it Safely' compliant and will adhere to government and industry Covid safety guidance, ensuring every effort is made to protect audiences and company members at all times.

Helpful information

Doors open at 6pm, with the performance starting at 7pm.

Plastic fold out seating is provided but is unreserved. You are welcome to bring a cushion with you, or set out your own chairs towards the back of the Cloister (behind the provided seating).

Parking in the Cathedral Close is limited and available on a first come first served basis.

There is additional parking available nearby in the city, including at the multi storey car parks at Rose Lane and Duke Street and the St Helen's Wharf pay and display car park.

The production continues in all but the very worst weather!

Which church is this?

This is a local church but not one of the Bramerton Group.

Answer on Page 14.



✝ Thurton Benefice Update

COVID Update: With the changes in the rules, there is no longer a legal requirement to wear face coverings in church and the signage has now been removed in our church buildings. However, the wearing of face coverings is a personal choice and it is important that we respect one another's views. Hand sanitiser will still be provided and we would ask you to continue to use it as you enter the buildings. Communion will continue to be administered by intinction by the celebrant with no sharing of the common cup for the immediate future.

Annual Meeting of Parishioners: These have now taken place in each parish and my thanks to those who have been elected to stand as churchwardens in the Benefice for the coming year.

Church Services in Holy Week: it is good that we are able to keep **Holy Week (11th - 16th April)** in the churches across the Benefice this year. Our planned services are:

Fig Monday: Compline at Yelverton at 7pm.

Temple Tuesday: Compline at Bergh Apton at 7pm.

Spy Wednesday: Compline at Thurton at 7pm.

Maundy Thursday: Mass of the Last Supper at Framingham Pigot at 7pm.

Good Friday: Benefice Pilgrimage with these approximate timings:

09.30: Ashby St Mary

10.30: Thurton

11.30: Bergh Apton

13.00: Yelverton

14.30: Framingham Pigot

You would be welcome to join us for the whole pilgrimage, part of the pilgrimage or simply attend the short service at one of the churches at the appropriate time.

Mass with Incense: In the last edition of Eleven Says I wrote about the plans to introduce a more Anglo Catholic style service in Ashby St Mary. The PCC have met to discuss this further and the first service will be on **Sunday 22nd May at 11am**. We do hope those who appreciate this style of worship or who would like to experience it, will join us.

Daily Prayer: Morning Prayer is said every week in the benefice at 9am from Tuesday to Saturday on 'zoom'. If you would like to join us, as several do, please ask one of the clergy for the meeting ID.

Choral Evensong: As advertised last month, we are planning a service of Choral Evensong in the Benefice and this will be on **Sunday 22nd May at 4pm** at Yelverton, followed by refreshments. If you are interested in being in the 'ad hoc' choir please contact Revd Cate for more details.

Weekday Communion: Monthly Services of Holy Communion are offered on the first Thursday of each month at St Mary's Yelverton. In April it will be on Thursday 7th and in May, Thursday 5th. Both services will be at 10.30am. All most welcome.

Home visits and Home Communion: The clergy are 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 homes. Please do contact us if you, or anyone you know, would like a visit.

Revd Chris Ellis: 01508 484174 Revd Cate Turner: 01508 498494

ROCKLAND BENEFICE - HOLY WEEK SERVICES

Holy Week Rockland Benefice	Apr 11 th Monday	Apr 12 th Tuesday	Apr 13 th Wednesday	Apr 14 th Maundy Thursday	Apr 15 th Good Friday
Bramerton					
Carleton St Peter					
Claxton				10am HC	
Kirby Bedon					
Rockland St Mary		8pm Night Prayer Barn & Zoom	8pm Night Prayer Barn & Zoom		2pm Barn & Zoom Watch by the Cross
Surlingham					10am FW



From the Registers

BAPTISMS

16/01/22 Nancy Amelia Isla GLOYN
23/01/22 Otilie Emilia Minnie BADGER

Framingham Pigot
Kirby Bedon

CONFIRMATIONS

January 16th at Carleton St Peter's Church by the Rt. Revd Alan Winton, Bishop of Thetford.

Charles William MEO
Harry Richard MEO

MARRIAGES

06/03/22 Jordan STEWART and Hannah ROBINSON Framingham Pigot

FUNERALS, BURIALS, CREMATIONS, INTERMENT OF ASHES

13/01/22	Elizabeth Irene HOOD (94)	Bramerton
19/01/22	Elaine Mary SMITH	Bramerton
20/01/22	Richard BEAUMONT (70)	Framingham Pigot
24/01/22	Christine LAIN (78)	Yelverton
25/01/22	John FEEK (91)	Yelverton
25/01/22	Doreen Elizabeth PARFITT	Claxton
26/01/22	Christopher (Chris) John PLAW (73) (Interment of ashes)	Rockland St Mary
27/01/22	Mary GOODYEAR (70)	Rockland St Mary
08/02/22	Brian Richard TERRY (86)	Alpington
09/02/22	Jean Winifred PARFITT (82)	Ashby St Mary
17/02/22	Barbara Iris BROOKER	Rockland St Mary



Good Friday

Jesus and the thieves on the Cross

Luke's account of the crucifixion (Luke 23:32-43) emphasises the mocking of the crowd, 'If you are the king of the Jews, save yourself' (35,37,39). In their view a Messiah does not hang on a cross and suffer. In considering the two men who were crucified with Jesus, we are also confronted with the issue of how Jesus secures salvation for us.

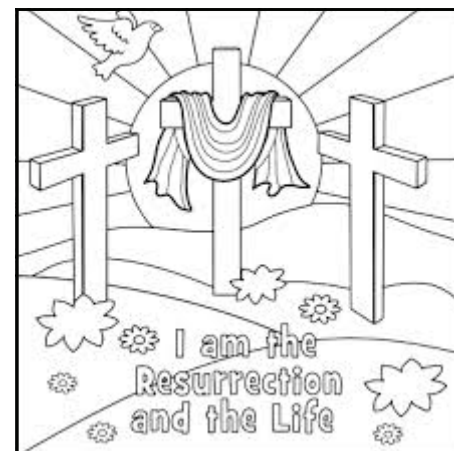
The words of one of those crucified with Jesus reflected the crowd's taunts: 'Aren't you the Christ? Save yourself and us.' He highlights the question of Jesus' identity: how can He save others, when He cannot save himself from death? He failed to see that the cross itself was the means of salvation.

So - what kind of Messiah was Jesus?

The other criminal's response in his last moments is a moving expression of faith. When challenging the other man, he spoke of the utter injustice of the crucifixion: 'this man has done nothing wrong.' He perceived the truth that Jesus was indeed the Messiah. In a wonderful picture of grace, 'remember me when you come into your kingdom', the second thief confessed his guilt and secured Jesus' forgiveness and mercy.

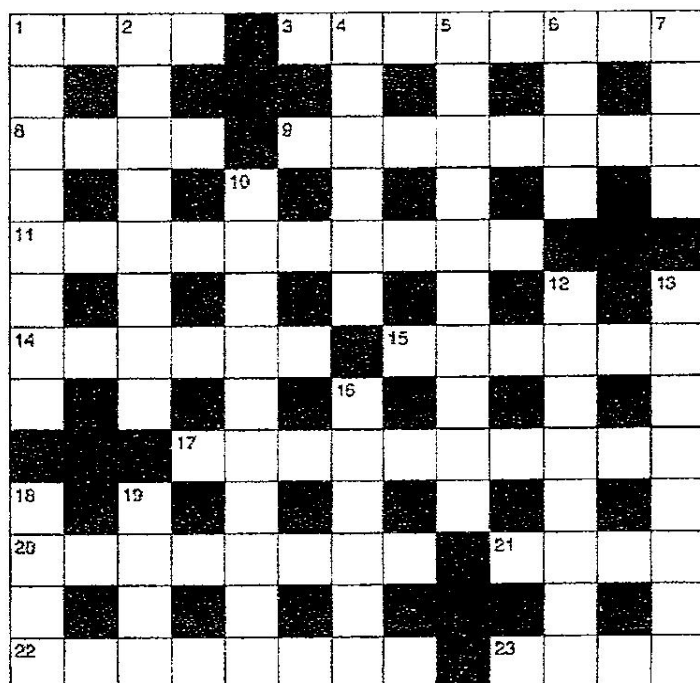
In reply, Jesus promised the man life from the moment of death; 'Today you will be with me in paradise.' Jesus used the picture of a walled garden to help the man understand his promise of protection and security in God's love and acceptance eternally.

Each one of us has to choose how we react to Jesus on the cross. Do we want him to 'remember' us when He comes into his kingdom, or not? If you were to die tonight, how confident would you be of going to be with Jesus? 'For Christ died for sins once for all, the righteous for the unrighteous, to bring you to God.' (1 Peter 3:18).



Easter themed crossword

Answers at bottom of Page 8.



ACROSS

- Made from the fruit of the vine. symbol of the blood of Christ (4)
- 'You are to set an ambush behind the city. Don't go very far from it. All of you be on — —' (Joshua 8:4) (3,5)
- Seep (4)
- Celebrated by Jesus on the night of his betrayal (Luke 22:15) (8)
- One of the supposed sites of Christ's burial place in Jerusalem (6,4)
- 'A city on a hill – be hidden' (Matthew 5:14) (6)
- He inherited Elijah's mantle (2 Kings 2:12-13) (6)
- Where Jesus prayed 'Not as I will, but as you will' (Matthew 26:36, 39) (10)
- 'Only in his home town and in his — — is a prophet without honour' (Matthew 13:57) (3,5)
- Sail (anag.) (4)
- How Jesus was punished before his crucifixion (Matthew 27:26) (8)
- Eye sore (4)

DOWN

- Can't grow (anag.) (5,3)
- A servant girl to Peter, 'You also were with that — , Jesus' (Mark 14:67) (8)
- Well-being (Proverbs 3:8) (6)
- Pentecostal denomination, — of God (10)
- One of the 'obvious' acts of the sinful nature (Galatians 5:19, 21) (4)
- 'I preached that they should repent and — to God' (Acts 26:20) (4)
- ' — — , the world will not see me any more, but you will see me' (John 14:19) (6,4)
- He betrayed Jesus: Judas — (Luke 6:16) (8)
- Jesus to Peter: ' — — of my sheep' (John 21 16) (4,4)
- The centurion said, 'Surely this man was — — of God' (Mark 15:39) (3,3)
- Baked bread (Mark 8:14) (4)
- 'Blessing and honour, glory and power, be — Him' (Handel's Messiah) (4)



TWIG - The Women's Independent Group

Monthly meetings are held on the first Wednesday of the Month at 7.30pm in Alington Village Hall, Church Road, Alington. New members are always welcome.

6th April - Lynton Johnson - Spring Flowers

4th May - Maria Jordan - Textile Conservation.

The Queen's Platinum Celebrations

Twig is helping to celebrate by assisting with refreshments on Saturday 4th June from 12noon to 4pm.

In conjunction with the ten day flower festival in the church we are creating a display depicting the 1950's era.

Loddon Flower club

Tuesday 5th April - Terri Potter - This Way and That

Tuesday 3rd May - Brenda Tubb - Challenges.

(A competition for members is held entitled 'A Vintage Affair!')

Tuesday 7th June - President's Evening - Ready, Steady, Arrange

Our meetings are held at St John's Church, George Lane, Loddon, NR14 6NB. Doors open at 6-30pm for a 7pm start. A raffle will be held afterwards for the arrangements.

Saturday 30th April - Open Garden at our President Diane's garden at 33 Stoke Road, Poringland, from 2pm-5pm. Entry is £5 which includes tea/coffee and cake. Plants will be on sale.

Friday 6th May is National Flower Arranging Day, so look out in the Eleven Says villages for small arrangements that you can take away with our compliments.

Contact Tricia Godfrey (Chairman) on 01508-480522 or tricia646@aol.com or Alex Pinder (Secretary), 01508-493869 or nnark@aol.com.

Our website is www.loddonflowerclub.co.uk. We are available to arrange flowers for family occasions.



Poringland Community Cinema

Poringland Community Centre

Tickets £5 on the door (includes tea or coffee)
Doors open at 6.45pm, film starts at 7.30pm.

Please wear a mask when moving around the centre

Friday 8th April - Spencer (12A)

Biography/drama. Stars: Kristen Stewart, Timothy Spall, Jack Nielen

.....

Buena Vista Social Club

Poringland Community Centre

FILM NIGHT

Friday 1st April

Members Free. Annual Subscription £10
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AGM 7pm

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For more information please phone:

Maureen on 01508 494358 or
Carol on 01508 492630

South Yare Wildlife Group

The sight and sound of swifts swooping through clear skies is one of the highlights of the English summer. These amazing birds spend their life almost entirely on the wing and even feed, sleep and mate in flight and only come to land when nesting. However, swifts are in trouble. The UK has seen numbers plummeting, with a 53% decline between 1995 and 2016 and as of December 2021 they joined 69 other unfortunate species on the Red list of 'Birds of Conservation Concern' which means there is a very real threat of them becoming extinct in the UK. The primary reasons for this rapid decline are thought to be a lack of nest sites due to modernisation of older buildings, the lack of suitable nest sites in newer builds and the reduction in abundance of their insect food supply due to the widespread use of pesticides.

Swifts return from their wintering grounds in Africa each spring to the same spot each year to breed in gaps under roof tiles and eaves. But due to our tendency to seal up buildings during renovations, swifts are returning to discover their nest sites have gone or access is blocked.

Given swifts hunt for insects over meadows, open water and woods, the villages in the South Yare valley constitute prime swift habitat - if only there was a greater abundance of nesting habitat!

To help address the lack of nesting sites the South Yare Wildlife Group is trying to start a project to help residents of the South Yare area get involved in helping this save this iconic species. If you would be interested in helping in some way such as getting a swift nest box or 2 on your house, donating materials or time to assist in making/mounting nest boxes or engaging your local communities to get more involved then please get in contact with Jake via info@southyarewildlifegroup.org



SOUTH YARE
WILDLIFE GROUP



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www.southyarewildlifegroup.org



SYWG Events

Wednesday 20th April at 7.30 pm Claxton Village Hall - South Yare Wildlife Group AGM followed by a Talk by Tim Strudwick of RSPB "Bees and wasps of Norfolk "

Sunday 15th May - Breakfast with the Birds. Meet at 5.30 am at the Ferry House pub for a walk around Surlingham Church Marsh followed by a full English Breakfast 7.30 am at the Ferry House (vegetarian option available). £10. Booking essential. Contact Peter Armitage 07834 810181 or 01508 538069.

Wheatfen Forest Schools

Tiny Acorns is a Forest School group for children (1-5 years) and their parents or carers, which takes place on Friday mornings between 10am and 12pm or 1pm and 3pm during term time. There are a range of activities - painting, clay modelling, mud cookery, rope climbing, sharing a story, natural crafts and den building - as well as activities inspired or provided by the weather and changing seasons. We play with whatever nature has to offer as we go along. Dress for the weather. We would advise bringing waterproofs for little ones so they can fully immerse themselves. Clothes that cover the whole body are also advised to protect from insects. See photos on Page 14.

Saturday Forest School. We currently run four Saturday Forest School clubs which take place on alternate Saturdays during term time. Seedlings at Wheatfen for 4-7 year olds. Saplings at Wheatfen for 7-11 year olds (two groups, alternate weekends). Mighty Oaks at Wheatfen for 11-15 year olds.

The Saturday clubs are an opportunity for kids to be kids, run wild and free, learn life skills, form friendships and have everyday adventures. What shape those adventures take depends on what sparks the children's imaginations. Typical activities include: team games, learning to use tools for green woodworking, bush craft, nature exploration, mastering knots and lashings, sleeping under the stars, listening to the dawn chorus, making rope bridges and assault courses (with or without booby traps), mud kitchen, tree climbing, woodland conservation, environmental art, campfire cooking and many more things... the list is endless!

Basically, if the children can dream it up; if it's legal and safe for man, beast and tree, then we will attempt it!

Contact 07787 553577 to book a place or for more information. Or visit our Facebook page.

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Village News

Alpington & Yelverton



Jubilee Festival

Plans for the Alpington and Yelverton Village Festival in celebration of the Queen's Platinum Jubilee from 2nd to 5th June are well underway. Events will kick off on the Thursday evening with a Jubilee themed Quiz at the Wheel of Fortune pub in Alpington. This will be followed on the Friday evening by a Cheese and Wine tasting at the Village Hall where a variety of wines will be available for tasting-tickets will be on sale from the beginning of May.

On the afternoon of Saturday 4th June we will be holding a 1950s style Village Fete on the Village Hall recreation field/green. There will be a refreshments tent, ice cream and fish and chips vans, a Victoria Sponge baking competition, traditional games and craft stalls and a Punch & Judy show.

On the morning of the final day of our celebrations, Sunday 5th June, there will be activities for children on the Garrick Field, including tug of war, traditional races such as the three-legged race, with other activities being planned. This will be followed from 12.30pm by a "Bring your Own" Big Picnic Lunch at the Village Hall and green. There will be a performance by local ukulele group Jelly and the Biscuits and a large Jubilee Celebration cake will be cut and shared.

Why not join family, friends and neighbours at the Picnic and dress up 1950s style to make it a special occasion to celebrate the Jubilee?

It would be great if villagers deck out their homes in bunting for the Jubilee.

Other activities to complement the celebrations are being planned and a full program of events will be delivered to every household in Alpington and Yelverton in May. You will also be able to find information on the Community website:

www.alpingtonwithyelverton.com

'Happy and Glorious'

A Flower Festival to celebrate the Platinum Jubilee of Her Majesty Queen Elizabeth II
with contributions from village organisations

will be held at St. Mary's Church, Yelverton
from 2nd to 11th June

10 am to 3 pm (Sunday 12 noon to 3 pm)

Admission free

Donations to be divided between St. Mary's Church
and The Matthew Project

Alpington & Yelverton History Society with Bergh Apton Local History Group

are holding a shared event in Bergh Apton Village Hall, Cooke's Road, Bergh Apton, Norwich NR15 1DF on **Wednesday, 30th March** starting at 7.30 pm.

Our speaker will be Matt Champion who will be speaking to us about
Medieval Graffiti in Norwich Cathedral

All are welcome. Guests £3.00.

Alpington & Yelverton Village Hall AGM

19.30, 25th April 2022

An invitation to attend is extended to all residents and your input will be greatly appreciated.

Looking for a new group to join? Why not come along to the

Bergh Apton & District Society

Bergh Apton Village Hall, Cooke's Road, Bergh Apton,
Norwich, NR15 1DF

We meet monthly throughout the Winter and Autumn months on the second Wednesday, hearing talks from a wide range of interesting and entertaining speakers. In the Summer, we take day and short breaks. Our next two Speaker based meetings are as follows -

9 March - Jill Mann - The topic is Odd and Interesting.

What we wonder will this be about.

13 April - Terry Holloway - Chocks Away,

Learn about Terry's gliding adventures in the Andes.

Admission £3.00

Tea/Coffee and biscuits are served. Raffle

Ashby and Thurton



Thank you. Maurice Allen of Thurton, would like to thank everyone for their very kind donations to Motor Neurone Disease, made by guests at his 80th birthday party. A total of £560 was raised. Bless you for all your support.

Answers to the Easter Crossword on Page 5

ACROSS: 1, Wine. 3, The alert. 8, Ooze. 9, Passover. 11, Garden Tomb. 14, Cannot. 15, Elisha. 17, Gethsemane. 20, Own house. 21, Lisa. 22, Flogging. 23, Styne.

DOWN: 1, Wrong act. 2, Nazarene. 4, Health. 5, Assemblies. 6, Envy. 7, Tum. 10, Before long. 12, Iscariot. 13, Take care. 16, The Son. 18, Loaf. 19, Unto.

Village News

Bergh Apton



Bergh Apton celebrates the **Platinum Jubilee of HM The Queen**, whilst fund-raising for **St Peter & St Paul Church, Bergh Apton**. The exciting and eclectic series currently planned runs throughout the year. Here are the first four events (other dates tba) in the Church. Advance Bookings. All Tickets and Info available, **01508 558440** or via berghapton.org.uk/events/. (Limited ticket availability so early booking is recommended).

Friday 22nd April, 10.30am - 4pm - antiques 'roadshow' valuation day, Keys of Aylsham, Norfolk's premier fine art and general auctioneers, will value your prized antiques. Maximum of 3 advance-booked items per person, (more may be accepted on the day.) Charge of **£3** per item payable on arrival. **Book FREE** entry for hourly slot (eg 11-12). Or turn up and wait. **Also, a second-hand book sale.** Refreshments available.



Saturday 30th April, 7pm - Rosewood, East Anglian acoustic folk trio Suffolk-based Rosewood play at major folk festivals, clubs and arts centres. Songs and instrumentals are traditional, contemporary and include their own compositions. They play a wide range of instruments including the bandoneon, bagpipes and bouzouki. Tickets: **£10**. Refreshments available.



Friday 20th May, 6.45pm - "Tistou" of the Green Thumbs, Ashley Ramsden, storyteller Story speaks to the concerns of COP26 in tune with the themes of HM The Queen's Jubilee, central to our hopes for Earth's future. Master storyteller Ramsden will inspire adults and children. Funny, touching, full of colourful characters, it inspires action when we need it most. (Suitable for children over 8) Tickets: Adults **£14**, children 8 - 15, **£7**. Refreshments available.



Saturday 11th June, 7pm - Hexachordia, early music trio Hexachordia mark the Jubilee with 'Gloriana!', a special programme, to celebrate the first Elizabethan Age in words and music with their fresh accessible approach to early music.



Tickets: **£10**. Refreshments available.

Bramerton

The Queen's Jubilee Celebrations!

Plans are underway for a village get together in the Community Orchard to celebrate the Queen's Platinum Jubilee!

Watch out for flyers and notices being posted around the village with more details! .

Community Café

**Saturday April 9th in Bramerton village hall
at 10am - 12 noon**

Come along and meet up with neighbours and friends for a chat and to enjoy a choice of delicious cakes, scones, cookies, etc plus tea, coffee or soft drinks.

All profits to be donated to the Red Cross / DEC Ukraine Appeal

Claxton

St Andrew's Church News

Despite the winter storms the churchyard is showing welcome signs of Spring. Claxton has planted a tree in the churchyard as part of the Queen's Green Canopy initiative to celebrate her Platinum Jubilee.

A whole day of fun activities has been planned for **Thursday 2nd June**, and these will begin with the dedication of the tree at 11 am. Throughout the Jubilee Weekend, Claxton Church will be hosting a flower display as part of the Village's celebrations.

On a less happier note, our thatch roof is urgently in need of repair and the sedge ridge has to be replaced this year to keep the building watertight. The PCC are in the process of raising funds for these vital repairs to our grade 1 listed building.

Look out for our Village Walk and Open Gardens event on Saturday 16th July. There will be live music, refreshments, an ice cream 'parlour' and outdoor games. Put the date in your dairy and come and join us.

A Quiz is also being arranged for the autumn. Look out for posters!

Claxton Village Hall news

The Village Hall is now busy most evenings and it is good to see it being well used.

In the face of storms Eunice and Franklin our noticeboard finally blew over. We are all ready to revamp the front of the hall, with benches, planters and a new noticeboard but we are still waiting for the new one to be delivered. There will also be a new noticeboard available on the Village Green.

Groups and individuals will be able to post notices advertising activities but we would ask that notices are removed once the event is over or when the notice becomes damaged or faded.

A small group from the Village Hall Committee are organising a village Family Fun Day to celebrate the Queen's Platinum Jubilee on **Thursday 2nd June**. We hope the residents of Claxton and Carleton St Peter, along with friends and family, will be able to enjoy the day together.

Also, look out for The Social Club Food Nights. In March we are trying hot food served and cooked in the hall as well as the popular food vans. **The Dirty Fryer Boys** will be at the hall on **Friday 22nd April**.

One from the archives! This article was found in the 1978 June/July issue of Eleven Says!

Silver Jubilee Tree Planting Ceremony outside Claxton Village Hall.

Mrs Basey-Fisher and Mrs Allhusen combine to finalise the proceedings.

Behind stands what will soon be the old Village Hall for a new one is to be built costing **£16000**.



It is to be twice the size of the old one with a foyer and bar and a small foyer and store. It is hoped to complete the building before Christmas. Finish is to be brick and pantiles.

Village News

Rockland St Mary



Union Jack flies on Rockland St Mary Church

To mark the 70th anniversary of The Queen's accession, Kelvin Frosdick flew the Union Jack from the church flagpole he refurbished in 2020.

A great sight . . . the flag not Kelvin!!



Flower Festival 'Celebrations'

In Rockland St Mary's Church

Saturday 21st and Sunday 22nd May 2022

10am - 4pm

Refreshments in The Barn

In aid of church funds.

Contact Jayne (01508) 538087



Queen's Platinum Jubilee Tea party

Sunday 5th June

2pm - 5pm

Black Horse Dyke and the Parish Room

Come along and join us to celebrate the Queen's Platinum Jubilee

Bring your own chairs.

Refreshments will be provided

Contact Jayne (01508) 538087

The Friends of Rockland St Mary School (FORMS) Latest News

We have been running a monthly Community Café at the Parish Room, RSM, which has been wonderfully supported by our local Community. So many parents, grandparents and lovely people from the village have baked such fantastic things for us to sell including sausage rolls, brownies, cakes and scones as well as soup and hot and cold drinks. Each month, the café has become busier and busier and it really has been a delight to see so many people enjoying themselves (so much so that we have even had to purchase a card reader to be able to keep up!)

The Community Café directly supports FORMS (registered Charity 1109683) and so far this year has paid for the whole school to visit the Hippodrome Circus at Christmas, paid for a multitude of educational items for the classrooms including electronic coding equipment, models of human bodies/eyes/skeletons as well as outdoor education items. Over the next two terms we are also booking fun and interactive Science Workshops for the whole school, a trip to Banham Zoo, and a fantastic end of year party for the whole school and the Sunbeams pre-school. The money we raise really does make such a difference to their education and we are so very thankful for your support.

The next Café dates for your diary are 10am - 4pm: Friday April 29th, Friday June 3rd (moved to celebrate the Jubilee), Friday July 1st. We also have a great Raffle coming up with fantastic prizes such as A Family Day Pass to Banham Zoo, Paddleboard Hire for Two, as well as Cinema Tickets, Museum tickets and a multitude of restaurant vouchers. Tickets will be available to purchase at the April Café.

Rockland St Mary and District Gardening Club

The next meeting is in Rockland Parish Room on Thursday April 28th at 7.30pm. Our speaker will be Guy Haywood talking about daffodils, narcissi and spring flowers.

In May we start our summer garden visits.

For details and times of garden visits please contact Ruth Everett 01508 538231 or everettapplebee@hotmail.co.uk

Surlingham

We say a special farewell to a greatly respected and valued resident of Surlingham, Kevin Priest, as he sets forth with Sabina on a new venture. Surlingham Garage continues in Neil's capable hands but we hope that now and again we will catch sight of Kevin.

Over the winter the footpath along the dyke below Flint Cottage and Church Lane became almost impassable but last week a new raised, boarded path holding 4 tons of gravel was installed running most of the length of the dyke. The riverside path gets a lot of usage and can be slippery so you need to walk with care.

If you take the path by the allotments you will see a lot of hard work has been done, including hedging planted at the Orchard, it is very impressive.

Preparations for the Jubilee Celebrations are now being planned. There will be a flower festival and cakes, including knitted ones, music and more in the Church. It will be a time to remember the good times and all the changes in Surlingham through the last 70 years.

Of Easter Bunnies and Historical Hares

The Easter bunny is here again, although signs are that the cuddly bunny rabbit now associated with spring and resurrection was originally a wild hare.

Rabbits today are often perceived as a pest by farmers and gardeners, but it was not always so. One of the perks inherited in 1275 by Maud de Multon, lady of the manor of Surlingham, was a "coningyerd" - a rabbit warren. Coneys (rabbits) were a much-prized delicacy in the Middle Ages, both for food on the table and as fur for clothing.



It's tempting to think that rabbits gave their name to Bunney's Broad, just to the right of the carser (causeway) approaching Surlingham Ferry House. Sorry, no. The Bunne family were in the village as early as 1340, and a Robert Bunne was still living here in 1822 with land at Ferry Corner.

You'll find all this (and much more) in *Surlingham in Time: Meet the Medieval Ancestors* recently written, illustrated and produced by John and Christine Glynn. All they ask for this treasure trove of local history is a donation of £20 towards the urgent restoration of St Mary's Church tower, and it's yours. Copies are available from:

Yare Valley Farm Shop

Surlingham Ferry House

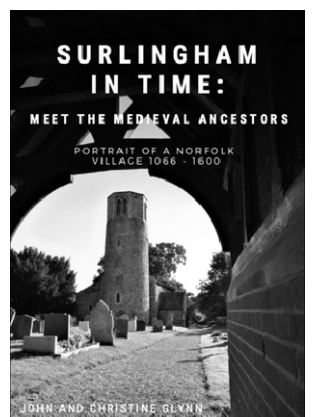
Surlingham Garage

Clive Evans 01508 538234

Or from John and Christine Glynn 01508 538372 or chris@glynn.me

By the way, the authors do not live beside cuddly Bunney's Broad, but in wild Hares Farm House.

John and Christine Glynn



Village News

Surlingham continued . . .

Calling all critters!

Overlapping with the flower festival there will be a display of a street party scene with knitted/crocheted food in St Mary's Church Surlingham from **27th May** to mark the Platinum Jubilee.

If you are a crocheter/knitter (a "critter") it would be lovely if you could donate a plate of "food". The food should be lifesize. The overall effect will be a traditional street party scene waiting for hoards of hungry children to arrive.



I can provide patterns but a quick look on the internet will bring up any number. It would be useful if you could contact me with your idea of what you would like to make so I can curate things a bit; we don't want hundreds of cupcakes and no sandwiches!

Afterwards, if you don't want to take your donation back, I'll either offer it to various playgroups (it makes great play food) or sell it to raise church funds.

It would be lovely if you could be involved in this enterprise either by donating or popping in to see the display; and I can promise there will be a very senior royal representative!

Alexandra Evans, 01508 538234

Surlingham Broadnotes

Surlingham Broadnotes have recommenced meeting after a short break. Currently we are singing in Claxton & Carleton St Peter Village Hall, every Wednesday from 6 pm to 7 pm. If you enjoy singing then do come and join us, no experience needed, just lots of enthusiasm.

Contact Sarah Carter, carterclaxton@tiscali.co.uk for further information.

Elaine M Smith

I was so sad to hear my first music teacher, Lainie Mary Smith, had passed away before Christmas. Elaine really was a fabulous teacher. She pushed me along through woodwind grades, right up to my Diploma, before I was 16. She encouraged my love of performing with hundreds of concerts and festivals and gave me some great advice when thinking about my future and helped me prepare for auditions. I doubt I would have ended up at the Birmingham Conservatoire without her and her praise of Ross Winters for being my prospective recorder teacher, and of course filling me with admiration for her 'other recorder student' Annabel Knight! She kept a keen eye on my family's updates and was always one of the first to send a congratulatory message. I know she will be very much missed by family, friends and students. Rest easy Elaine.



Thurton

Thurton "Songs of Praise!"

We are hosting a "Songs of Praise" service in Thurton Church at 4pm on **Sunday 15th May** and this will be followed by refreshments. It will be an informal occasion and we welcome anyone from across the Bramerton Group of Churches. We shall be using the Bluetooth speakers to give us some nice music and vocal leadership.

If you have a favourite hymn please send the details to us by email and why you would like it included. Or write a brief note with your name on it and give it to us or Rev Cate by **Monday 2nd May**. If you cannot come on this date we hope to have another afternoon service in August.

Chris and Rosalind Limbac
01508 480440 email: candrlimbach@gmail.com

Thurton Plant stall

The plant stall in aid of church funds can be found outside 15 Ashby Road, the second bungalow up from the school. Plants are sourced locally from gardens and allotments, mainly in Bergh Apton and Thurton, and are never dug up from the wild. We have already potted up literally hundreds of plants such as primroses, grape hyacinth bulbs, ox eye daisies, strawberries, ornamental bronze grasses, Japanese anemones, asters and there will be many more as the spring and summer progress.



We are grateful to those who gave donations last year as raising funds became much harder during the pandemic. There were also two side benefits resulting from the stall. Firstly people gained much pleasure from being outside in their gardens when so many other things were denied us. Secondly, we met so many people last year that otherwise we might not have met, and it was a real pleasure to stop and chat about plants and other things, from a safe distance of course. There were times when people bought things from my wheelbarrow on the way to the stall. We are also grateful to those who have donated compost and empty pots that can be reused. Hundreds of pots have been washed by hand, even in the cold winter months.

Thank you to all those who have supported us and enjoyed our plants. We look forward to meeting you again this year.

Chris Limbach

More from the Eleven Says archives!!

Pancake Day races for Juniors and Seniors held at Thurton back in 1979! It will be interesting to see if you can recognise someone taking part. Do please let us know . . .



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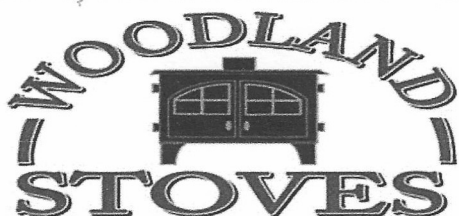
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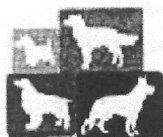
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These photos show some of the **Tiny Acorns**
enjoying their playtime at Wheatfen Forest
School. Please see more details about this and
other Forest Schools on Page 6.

'SPRING' (A sequel to 'Cycling in Winter') by Kath Ricketts

Still a breeze on my face! But warmer wind in my hair
The sun in her glory spreads light everywhere.
The trees have burst forth, hawthorn hedgerows to match,
Giving fragrant blossoms on every patch.
Some fields are ablaze with carpets of yellow,
Whilst rich green crops grow a little more mellow.
The birds in full song look for somewhere to nest,
Be it tree, shed or hedgerow, whate'er they find best.
Swifts, martins or swallows, maybe, high in the sky,
And before you know it they've hurtled by.
Wild flowers in the banks every colour and hue,
The bluebells, the buttercups to name but a few.
The marshes, the rivers, the ditches and ponds
have now become home for the ducklings and swans.
With cygnets in tow, they all must take care
For there's herons and other wildlife lurking there.
So, thanks be to God for this SPRING OF REBIRTH,
Whether cycling or walking, it's the best thing on earth!

Tree planting at St Saviour's, Surlingham



The PCC of St Mary's
and St Saviour's
Church Surlingham
secured a number of
hedgerow trees for the
border of the St
Saviours site through
the "One Million Trees
for Norfolk"
programme.



Many thanks to the
team of volunteers who
worked tirelessly over
the last weekend in
January to plant them.



*Photos courtesy of
Cathy Terry*

The mystery church on Page 4 . . .

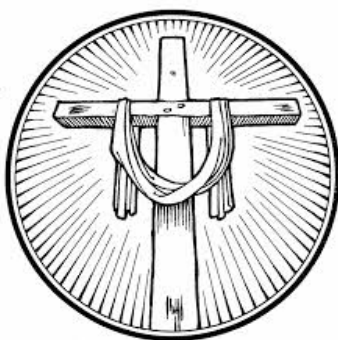
. . . is St Margaret's Church at Toft Monks. Toft Monks is a village and parish in Norfolk located on the border of Norfolk and Suffolk about four miles north of Beccles.

The first impression of St Margaret's is the stunning octagonal tower. However, on closer inspection, the tower is in fact round on the inside and is likely to have been Norman in date before gaining a 13th century octagonal skin.



In the 15th century the battlements and lushwork panelling were added, and the top stage has tall lancet bell-openings, flanked by blank lancets to great effect.

Inside the two nave doorways seem likely to have been originally Norman in date, and in the west wall there are two strange Norman windows through to the tower. The chancel dates to the 13th century, and has two lancets to the north and south and a four-light east window. The nave has various Perpendicular style windows and porch, and a 15th century font with a 17th century font cover.



Easter Wordsearch

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

Agape vespers
apostles
ascension
Ash Wednesday
Christian
crucifixion
dyed easter eggs
Easter Monday
Eastertide

Good Friday
Holy Week
Jerusalem
Jesus
Jewish Passover
Last Supper
lunisolar calendar
Octave of Easter
Palm Sunday

Paschal Full Moon
pentecost
resurrection
spring
Sunday
Sunrise Service
transfiguration

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

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Rockland St Mary - The Parish Room is available for hire. With kitchen facilities it is ideal for social functions, parties, clubs and meetings. Hire rates are extremely reasonable. Please contact Jayne Regan, 01508 538087.

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	3rd April Lent 5 Green	10th April Palm Sunday Red	14th April Maundy Thursday White	15th April Good Friday	16th April Ash Easter Eve Gold	17th April Easter Sunday White/Gold	24th April Easter 2 White	1st May Easter 3 White	8th May Easter 4 White	15th May Easter 5 White	22nd May Easter 6 White	29th May Easter 7 White	5th June Pentecost Red
Ashby						11.00 HC	09.30 HC	11.00 MP	10.00 BENEFICE HC		11.00 Mass with Incense		11.00 HC
Bergh Apton	09.30 HC					09.30 HC	09.30 HC (BCP)	09.30 HC		09.30 PT	09.30 HC (BCP)		HC
Bramerton						11.00 HC						16.00 Outdoor Service	
Carleton St Peter	11.00 MP					09.30 MP		11.00 MP					14.00 Jubilee Songs of Praise
Claxton	09.30 HC		10.00 HC			09.30 HC		09.30 HC		09.30 MW			09.30 HC
Framingham Pigot	08.15 HC (BCP)		19.00 Mass of the Last Supper			11.00 HC	11.00 HC	08.15 HC (BCP)		08.15 HC (BCP)		10.00 GROUP Service	08.15 HC (BCP)
Kirby Bedon						11.00 HC				11.00 HC			
Rockland St Mary		10.00 BENEFICE HC		14.00 Barn & Zoom Watch by the Cross	19.30 Lighting of the New Fire	06.00 Sunrise Service on Rockland Staithe			11.00 HC		16.00 Evensong		
Surlingham				10.00 FW		09.30 HC	10.00 BENEFICE HC		09.30 FW & Thanksgiving		10.00 FW & Baptism		11.00 HC
Thurton	11.00 HC				20.00 Easter Vigil	JOIN ASHBY	11.00 HC	11.00 HC		16.00 Songs of Praise			11.00 MP
Yelverton	09.30 PT	10.00 BENEFICE HC				09.30 HC	16.00 ALL 4	09.30 PT		09.30 HC	16.00 Choral Evensong		10.00 PT

FOR ALL OTHER SERVICES IN HOLY WEEK, PLEASE SEE PAGE 4 FOR DETAILS

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. A Short service of Holy Communion at St Mary’s Church, Yelverton on Thursday 7th April and Thursday 5th May at 10.30 am.

Bible Readings Sunday by Sunday: April and May 2022

Date	Old Testament	Epistle	Gospel	
03/04/22	Isaiah 43.16-21	Philippians 3.4b-14	John 12.1-8	Passiontide begins
10/04/22	Psalms 118.1-2,19-29		Luke 19.28-40	Palm Sunday
17/04/22	Acts 10.34-43	1 Corinthians 15.1-11	John 20.1-18	Easter Day
24/04/22	Acts 5.27-32	Revelation 1.4-8	John 20.19-31	2nd Sunday of Easter
01/05/22	Acts 9.1-6 [7-20]	Revelation 5.11-14	John 21.1-19	3rd Sunday of Easter
08/05/22	Acts 9.36-43	Revelation 7.9-17	John 10.22-30	4th Sunday of Easter
15/05/22	Acts 11.1-18	Revelation 21.1-6	John 13.31-35	5th Sunday of Easter
22/05/22	Acts 16.9-15	Revelation 21.10,22 - 22.5	John 14.23-29	6th Sunday of Easter
26/05/22	Acts 1.1-11	Ephesians 1.15-23	Luke 24.44-53	Ascension Day
29/05/22	Acts 16.16-34	Revelation 22.12-14,16,17, 20,21	John 17.20-26	7th Sunday of Easter
05/06/22	Acts 2.1-21	Romans 8.14-17	John 14.8-17[25-27]	Pentecost/Whit Sunday



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.

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		Saturday			6 pm Loddon
		Sunday			9 am Poringland
		Tuesday-Fri			10 am Poringland
		Saturday			9 am Poringland
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