

The Coastal Group of Parishes

Bacton, Happisburgh, Hempstead with Eccles and Lessingham,
Ridlington, Sea Palling with Waxham, Walcott, Witton And Hickling

www.coastalgroup.org.uk

News Sheet 573

March 2025



I write this in the early days of February. The days are lengthening, despite the weather being so cold, but the early signs of spring are there – the snowdrops blooming and the spring bulbs bursting through the soil. During March, the gardeners and farmers will begin to plan their planting regime. Let's hope that our weather may be favourable for early planting.

Time moves on in the church year and having celebrated Christmas – the birth of Jesus and the events of the Epiphany, symbolised by the wise men. Like the whole of the Christmas season, the Epiphany is a reminder that God has appeared among his people, the Word has become flesh. Epiphany shows us that Jesus came as Saviour not just for the Jews, but for all peoples.

Now as Lent begins, a period of 40 days (excluding Sundays) – we will notice a change of colour in church – from green to purple. Lent is a time of reflection and/or conversion. Not so easy these days when life is one big rush.

Lent gives us the opportunity to spend time reflecting on the world we live in and the part we play in our family, friends and community and accepting that at times our behaviour is not the way Jesus expects us to lead our lives. Repentance and conversion are all part of the Lenten period.

Shrove Tuesday or Pancake Day is when the Lenten-fast was more strictly observed, and all meat, eggs and cream needed to be eaten up before Ash Wednesday.

Ash Wednesday – on 9th March is a service of blessing and distribution of ashes, reminding us very bluntly that we are ashes and unto ashes we shall return. It's an important reminder during Lent there is always a process of turning more to God and therefore away from those things that separate us from God's love. It shows how important that in planning our Lent there should be resolutions of a very positive nature, for in God's love we are at peace.

Mothering Sunday – 30th March, 4th week in Lent, when we take a break from the gloom of Lent and look forward to Easter. It will be a United Benefice Service with Bishop Ian at Hickling and all are welcome (details overleaf).

A prayer: Heavenly Father, help us to use these Lenten days to grow in wisdom and prayer that we may witness to your saving love. Amen.

Pam LLM

SERVICES FOR MARCH

Sun 2nd March <i>Sunday next before Lent</i>	9.30	Morning Worship	Walcott VH
	10.00	Holy Communion	Sea Palling
	10.00	Morning Worship	Bacton
	11.00	Morning Worship	Happisburgh
	11.15	Holy Communion	Hickling
	15.00	Afternoon Service	Ridlington
Weds 5th Mar <i>Ash Wednesday</i>	10.30	Ash Wednesday Service	Happisburgh
Sun 9th March <i>1st Sunday of Lent</i>	10.00	Holy Communion	Lessingham VH
	10.00	Morning Worship	Bacton
	11.00	Morning Worship	Hickling with Sea Palling
	11.30	Holy Communion	Witton
Sun 16th March <i>2nd Sunday of Lent</i>	9.30	Holy Communion	Walcott VH
	10.00	Morning Worship	Bacton
	11.00	Holy Communion	Happisburgh
	11.00	Morning Worship	Sea Palling with Hickling
Sun 23rd March <i>3rd Sunday of Lent</i>	10.00	Morning Worship	Lessingham VH
	10.00	Holy Communion	Bacton with Walcott
	11.00	Morning Worship	Sea Palling
	11.00	Morning Worship	Hickling
	11.30	Morning Prayer	Witton
Sun 30th March <i>Mothering Sunday</i>	10.30	Benefice Service with the Bishop of Thetford	Hickling

Funerals

8th January - Beryl Turner - Sea Palling

Mobile Library Dates for March

Hempstead/Eccles/Lessingham/Sea Palling/Waxham: Weds 5th

Hickling: Tuesday 18th

Happisburgh/Walcott/Bacton/Ridlington/Witton: Tues 11th

Coastal Group Prayer Chain

If you would like to be prayed for or know of someone who would like to be prayed for (with their permission) please contact John Prince: 01692 581841.

Lent Study Group: The Lent study for 2025 will be based on the book Women of Holy Week by Paula Gooder. A review by Jane Williams states: 'Paula Gooder makes us see the biblical text with fresh eyes... Each beautifully written and illustrated reflection vividly highlights a particular woman's encounter with Jesus.' Each session will include some Bible study and worship. It is not necessary to purchase a copy of the book but if you wish to it costs around £10. All are welcome. This is a study group for both men and women. We will meet at Happisburgh Rectory on Thursday afternoons 2.30-4pm on 13th, 20th and 27th March and 3rd April. Please come to as many sessions as you are able. Each session is stand alone.

WITTON St. Margaret's

Fortunately the cold weather has encouraged the bats to continue with their winter slumbers, but on the other hand has encouraged the mice to seek shelter in the cold building. In daylight hours all are welcome in the church, but preferably on two legs and not four!

Witton PCC has now joined the "Parish Giving Scheme" which means there is a QR Code on display on the table just inside the door. This will enable anyone to donate to Witton PCC via their mobile phone online by simply following the instructions on their device.

Services in March are on Sunday 9th, 11.30am Holy Communion and on Sunday 23rd, 11.30am Morning Prayer.

On the 5th Sunday, 30th March, Mothering Sunday, there will be a Benefice Service with Ian, Bishop of Thetford, 10.30am at Hickling.

Charles and Gillian Owles 01692 650223

HAPPISBURGH ORGAN FESTIVAL 2025

By the time you read this we will only be eight weeks away from our first recital this year, which will be given on Saturday 3rd MAY by our very good friend and supporter, David Dunnett, Organist at Norwich Cathedral. His recital starts at 7pm as do all this year's events. Please make a note of the new time in your diary. David retires from the cathedral this year so this may be our last opportunity to say a very special thank you to him. Do please come and give him a rousing welcome and send off. The other recital dates are – 7th JUNE, Matthew Bond, (Organist, North Walsham Parish Church); 5th JULY, Timothy Patient, (Director of Music at Eye Parish Church) and 2nd AUGUST, David Berwick, (Happisburgh Parish Church & St. Helen's, Norwich). The Organ Committee warmly renews its thanks to all last year's supporters and hopes to see you again this year. If you have yet to attend a recital, please give us a try. A warm welcome awaits you. *David Berwick*

To sign up for a weekly email with reminders of upcoming services and events in the Coastal Group churches, please contact me on the email address below. Thanks, Emma.

DEADLINE FOR APRIL NEWS SHEET:

Please send your contributions for the April news sheet to Emma at eclawrence@btinternet.com no later than March 13th. Thank you.

HAPPISBURGH

New Church Electoral Roll

Every parish is required to prepare a new church electoral roll in 2025. To be on the church electoral roll you will need to complete an application form. Those on the previous roll will need to reapply to be included - inclusion is not automatic. The application form explains the eligibility requirements. For Happisburgh the deadline for applications is 15th April 2025. Application forms for Happisburgh are available in the church porch, inside the church, by emailing the PCC secretary Amanda May (amandamay2@me.com) or by asking a churchwarden.

Coffee Morning in Happisburgh Church Rooms on Thursday March 13th from 11 am to 12.30. Proceeds to Happisburgh RNLI and Sea Palling independent lifeboat.

Happisburgh Community Hub at the Wenn Evans Centre

Every Wednesday from 11.30am till 1.30pm. Homemade light lunches, cakes, teas and coffees (donations towards providing this always appreciated). Community library open. Occasional guest Speakers. Everyone welcome. If you, or someone you know, needs help with transport please call Malcolm on 07831 204346 and he will sort it!

Happisburgh Knitters and Stitches

Our next meetings are on 10th and 24th March in the Pavilion (next to the Wenn Evans Centre) between 2 and 4 pm. If you would like to learn to knit or crochet do come along to one of our meetings. Our EASTER CRAFT SALE is on Saturday 12th April 1- 4 pm. Coffee, Tea, Cakes and raffle. All welcome.

Happisburgh Bowls Club Easter Quiz

21st March, 7.15pm for 7.30pm, Lessingham Village Hall
Tickets £5 which includes tea and cake. Raffle & spot prizes.
Tables for maximum 6 people - book with Gill 01692 582243.

Wenn Evans Centre, Happisburgh, What's On When

(Please be aware there is a charge for the various clubs)

Mondays: Seated Zumba with Nicola 2pm till 3pm
Pilates with Sonya 4.30pm till 5.20pm
Tuesday: Short Mat Bowls 10am till 12pm
Table Tennis 2pm till 4pm
Wednesday: Happisburgh Community Hub 11.30am-1.30pm
Fitness Yoga with Sonya 4.30pm till 5.30pm
Judo with Paul 6pm-9pm
Friday: Short Mat Bowls 2pm till 4pm

For details of how to book, email Wennevans@gmail.com

Quiz Night at The Wenn Evans Centre, 2nd Saturday of the month. 6.45 for 7pm start. Max 6 per table, £4 each, bring own nibbles/drinks. Call/WhatsApp 07904 379391 to book.

Prize Bingo at The Wenn Evans Centre, last Friday of the month. Eyes down 7.30pm, lots of prizes. All welcome.

Happisburgh Acorns

We are a parent-led stay & play group for under 5s. Come along every Thursday morning during term time from 9am-11am. £1 per session. Refreshments for the grown ups and a snack for your little ones. Find us at Happisburgh Primary School - we would love to see you!

SEA PALLING WITH WAXHAM

Sea Palling Community Hub is open every Saturday 10-12 with good coffee/tea/chocolate + bacon butties in the Nissen Hut. Preloved clothes, books and bric a brac. All welcome.

Fairtrade Easter Eggs, complete with a book of the Easter story are available for £5.50 each. You can order from Pam 598408 or Eiler 651393, by 5th March please.

Sea Palling & Waxham Parish Council

Next Meeting - Tuesday 18th March 2025 at 6.30pm at Sea Palling Village Hall. All welcome.
Becky Furr, Parish Clerk, clerkseapallingpc@gmail.com

SEA PALLING & WAXHAM VILLAGE HALL

PRIZE BINGO - on Friday 7th March. Eyes down at 7.30pm. Refreshments and raffle. Everyone welcome.

QUIZ AND SUPPER EVENING - Saturday 15th March. Booking essential. Please check for availability as spaces are limited or for more information call Margaret on 01692 598828.

COME ON IN - Join us at the village hall on Wednesday 26th March for a cuppa, chat and perhaps a game of cards or dominoes. Everyone welcome, all free.

THE SEA PALLING TABLE TENNIS CLUB meets on Wednesdays from 2pm - 4pm. All equipment provided. £2 per person. Everyone welcome.

ZUMBA CLASS - On Wednesdays 7pm - 8pm. For more information please call Tina on 07341360389 or find her on Facebook at "Zumba with Tina".

THE SEA PALLING CARPET BOWLS CLUB meets on Thursdays from 2pm - 4pm. Beginners welcome. For more information, please call John on 01692 598478 or Steve on 01692 598052.

YOGA - on Thursday mornings. See www.yogabreeze.co.uk for full details, or contact Clare 07557 353723.

CRAFT FAIRS - restart on Sunday 30th March and held on the last Sunday of every month up to October. Refreshments.

SEA PALLING INDEPENDENT LIFEBOAT

We are incredibly grateful for Roys of Wroxham having us as their charity of the year 2024 and to their generous customers. Thanks to their support, we are overwhelmed to announce that we raised a staggering £9,180!. As an independent lifeboat service, we rely entirely on the generosity of our supporters and public donations to keep our search and rescue services running. These vital funds from Roys of Wroxham will be used to purchase a second launch vehicle for our 6.4m RIB. This addition will not only allow us to remain operational while our current launch vehicle undergoes an essential overhaul, but it will also bring resilience and longevity to our service, ensuring we can continue to save lives at sea for years to come.

Our new launch vehicle begins life as a dumper, which is then expertly modified. The bucket will be replaced with a specially designed telescopic arm, powered by the existing hydraulics. A hydraulic winch will also be added to aid in recovery, along with additional lights to ensure it works efficiently as a launch vehicle. A big thank you also goes to Golden Beach Holiday Park and Norwich Hobart WI for their generous support and donations in 2024. For many, the sea and coast hold a special place in their hearts. We offer a dignified and memorable service for families & friends wishing to scatter the ashes of a loved one at sea. *cont p4...*

WALCOTT

World Day of Prayer: Friday March 7th at 2pm in Walcott Village Hall. This will be an informal and interesting service put together by the Christian women of the Cook Islands. Do come and join us - or take part if you wish. *Eiler 651393.*

WALCOTT VILLAGE HALL

The booking clerk is Mr John Paul who can be contacted on 07791804872 or 'e' mail - bookwosvh@gmail.com. All bookings will be confirmed by John with the individual concerned - please don't use the calendar in the village hall until confirmed. There are spaces available during the week at £8 per hour all inclusive. Visit our Facebook calendar on the Walcott on Sea Facebook page or contact John, the booking clerk above.

Weekly groups:

Mondays 6.00pm Yoga with Virginia 07413 199718
Tuesdays 10.30am Ballet Bums with Carol 07748 825748
7.15pm Zumba Gold with Loraine 07748 985940
Thursdays 10.00am Seated Zumba with Nicola 07901 982414
Saturdays 11.15am Zumba Gold with Loraine 07748 985940

Yoga – new for 2025 Yoga with Virginia Wood – experienced yoga teacher on Mondays at 6pm price £6 – any level welcome – bring a mat if you have one – some spare ones are available. Come and try it if you have never done it before.

Walcott Warblers – The Walcott Warblers country show is on Friday 25th and Saturday 26th April – join us for some foot stompin' fun. Doors open at 7pm bring your own drinks, snacks etc; tea and coffee will be available during the interval. Tickets will be available from early March at £7.50 from Sheila on 07826033801 or pick up from Paul (Pru's hair salon) in Bacton. See y'all there!

Plant sale - Broadland First Responder annual plant sale is Saturday 10th May. If anyone has any preloved items we can sell in our "middle aisle" please email george@vistatraining.co.uk

Wild Touch – due to a very generous donation of blankets etc – no more are required at the moment. Dry biscuits and cans of cat food are welcomed for their winter hungry rescued birds and animals.

Book swap cupboard – The cupboard is to the right of the hall entrance and can be accessed at any time. Please only leave books if they can be placed in the cupboard due to the inclement weather.

Unwanted jewellery - We are still collecting any unwanted jewellery whether damaged or not in the red bucket in the hall for Alzheimer's UK.

Used postage stamps – we are collecting used postage stamps in aid of the RNIB (Royal National Institute of Blind People). The collection point is in the hall and the book swap.

The Coastal Walking group

I'm afraid we won't be holding a walk in March. The last two walks have been poorly attended so we thought it might be a good idea to skip March's walk and hope for better weather in April. Details will be in the next issue.
Ray Allcoat 01692 651609

RIDLINGTON St. Peter's

Thaw

*Over the land freckled with snow half thawed
The speculating rooks at their nests cawed
And saw from the elm - tops, delicate as flowers of grass,
What we below could not see, Winter pass.*

Edward Thomas

Let's hope it is well on its way by the time March arrives. The readings in our February service told of the presentation of the Infant Jesus in the temple where He was joyously recognised by Simeon and Anna. A lovely story. Our March service will be on Sunday the 2nd at 3pm as usual. Refreshments in church afterwards. All welcome as always. *Barbara Penn 07564536262*

LESSINGHAM AND HEMPSTEAD WITH ECCLES

Saturday March 1st at Lessingham Village Hall 10.30am-3pm. Exhibition commemorating the end of World War 2 in 1945. Photographs, maps and information. Light refreshments including soup and roll. Cakes etc. All welcome.

The annual meeting for the parish takes place on Monday March 31st 10.00am at Hempstead Church.

There is a second hand bookstall at Hempstead Church. Donations of books in good condition are always welcome. *Margaret Henderson 581858.*

HICKLING

The Greyhound Bible Discussion Group will meet at the Greyhound, Hickling, NR12 0YA, at 3pm on Tuesdays 4th and 18th March. We welcome new folk.

The Julian Meeting for Christian silent prayer will meet in St Mary's Church, Hickling, NR12 0BQ. Our meeting will be held at 10.30am on 11th March. Should you wish to know more about the Julian meetings for Silent Prayer, the organisation has a helpful website, thejulianmeetings.wildapricot.org/ Anyone who would like to join us, simply come to St Mary's.

The Prayer Walk for silent prayer and friendly mardling will meet at the NWT Hickling Reserve Visitors' Centre at 10.30am on Tuesday 25th March. Please bring NWT membership cards if you are not a resident in Hickling. *Zephney Kennedy 01692 598179*

LESSINGHAM METHODIST CHURCH

Coffee mornings 2nd & 4th Wednesday, 10.30 - 12 noon.

Monthly hot lunches on the third Thursday each month, cost £7.00. Booking for this is essential with Lay Pastor Ros Peedle 07976 720440/email ros.peedle@live.co.uk at least by the Monday of that week.

Sunday Worship at 11.00am every Sunday. Everyone is welcome to any or all of these events.

SEA PALLING INDEPENDENT LIFEBOAT - continued from p3

From our lifeboat Cannon Portal, we conduct ceremonies at sea, allowing families to observe this poignant moment of reflection from our boatshed platform with its panoramic coastal views. For more information, do email info@seapallinglifeboat.co.uk As the weather gets warmer and longer evenings are in sight, our crew trains every Thursday evening and Sunday morning. Come say hello if you're in Sea Palling!