

December 2017

THE BEACON

Church and community magazine



Christmas Family - Debbie Osborn

3 | Viewpoint
Vulnerability and
hope at Christmas

4 | Audrey Meets
Ashley Ward, of
Ward's Timber

6 | Town Talk
2017 Christmas Tree
Festival details

9 | Kay Out & About
St Martin's Housing
Trust, Norwich

St Peter & St Paul Fakenham Parish Church

Christ Church, Fulmodeston

Rector

Revd Francis Mason 01328 862268
revmason@btinternet.com

The Rectory Office

01328 862268
Gladstone Road, Fakenham,
NR21 9BZ
fakenhamparishchurch@gmail.com
For parish information, baptisms and
wedding bookings
also see our website.

**Church postcode (for satnav) -
NR21 9BX**

**The Church is open from 8.45am -
4.00pm every day**

Readers

Elaine Burbidge 01328 851848
Amanda Sands 01328 878218

Churchwardens

Roger Burbidge 01328 851848
Keith Osborn 07887 877650
keith@keithosborn.co.uk

Fabric Officer

Judith Inward 01328 855269

Church Treasurer

June Berry 01328 863643

Sacristan

Patrick Sheppard 01328 855013

Child Protection Officer

Paul Nielsen 07798 766357

Vulnerable Adults Officer

01328 862268
via Rectory office

Organist/Choirmaster

Jonathan Dodd 01328 862268
via Rectory office

Marriage Preparation

Amanda Sands 01328 878218 or
07789 225011

Stepping Stones

Elaine Burbidge 01328 851848

Messy Church

Ann Rae Sims 01328 864537

Mothers' Union

Felicity Randall 01328 862443

Church Women's Guild

Joy Gill 01328 863632

Church Flowers

Judith Smyth 01328 864061

Bell Ringers

Kevin Allcock 01328 853928

Support in Loss Group

Judith Smyth 01328 864061

Christmas Tree Festival

07999 532002

Beacon Editor and advertising

Linda Frost 01328 862919
lindaffrost@gmail.com

Beacon Treasurer

John Dunn 01328 856644

Beacon Distribution

Elaine Burbidge 01328 851848
eburbidge@gmail.com

Website Administrators

Heather Schofield 01328 878216
frankandheather@btinternet.com
Keith Osborn 07887 877650
keith@keithosborn.co.uk

Croxtan Road, Fulmodeston,
NR21 0LZ

Priest in charge

Revd Francis Mason 01328 862268
revmason@btinternet.com

Churchwarden

Andrew Lee 01328 878870

Please feel free to contact us about
services and events or the Rectory
Office where enquiries about
baptisms, weddings and funerals can
be made.

Find us online:

Web

www.fakenhamparishchurch.org.uk



Fakenham Parish Church



@fakenhampchurch

Contents

- Page 2 Contact details
- Page 3 Viewpoint
- Page 4 Audrey Sharp meets Ashley Ward, Wards Hardware & Timber
- Page 5 An encounter in Norwich
- Page 6 Town Talk
- Page 7 Bits n' Pieces
- Page 8 Prayer Space
- Page 9 Out & About with Kay
- Page 10 What's On
- Page 11 What's On and Community Archive
- Page 12 Catch up with Fulmodeston & Services at Fakenham
- Page 13 Christmas Services and Advertising
- Pages 14- 20 Advertising

Choir Practice
5.00pm every Thursday

Bell Ringing Practice
2nd and 4th Thursday each month at 7.30pm

Viewpoint

The theme for this month's magazine is "Vulnerability" which is not the first word which I suspect pops into your head in association with December. Instead you are more likely to have a list including "Christmas, shopping, family, tree, decorations, food" plus many more. Yet for many, both in this country and overseas, it is indeed a time when their personal circumstances, precarious at the best of times, are thrown into even sharper relief by the festivities and celebrations going on around them.

In Christian terms, as well as in cultural ones, we would not find ourselves celebrating the feast of Christmas at all had it not been for the birth of Christ over two thousand years ago. The birth of a baby to parents living very ordinary lives (at least until that point) who doubtless at times felt overwhelmed or confused by events in their own lives and those of others. Jesus was a vulnerable baby, dependent as he was on Mary and Joseph for care and nurture. Hence the choice of theme.

Vulnerability can take many forms: physical, emotional, financial, professional. As with other difficulties which may overtake us, recognising it for what it is and acknowledging it, is sometimes as hard as learning how to cope with it. No one is immune regardless of their age. As a community we hopefully do the best we can to offer encouragement and optimism to those known to us. From where does optimism come? For the



Christian it comes from knowing that God loves us enough to be born and die in vulnerability for me and you. In the new year we hope to offer a short course for anyone wanting to explore more about the Christian life. If you are interested you would be very welcome. My contact details for more information are at the front of the magazine. Finally, may I take the opportunity to wish you a happy and blessed Christmas and remind you that you are most warmly welcome to any of the Christmas services. Details are on page 13.

Francis Mason

Fakenham Parish Church Registers

Baptism
22nd October
Frankie Sutton

Funerals
1st November
Irene Cartwright 91 yrs
6th November
Robert 'Bob' Betts 93 yrs
7th November
Merry Huxtable 70 yrs

Audrey meets...

Ashley Ward, Director of Ward's Hardware and Timber

By his own admission, Ashley Ward is not an advocate of modern life. For him, the old ways were the best and village and family life are not the same as they used to be. He grew up in Shipdham, the second youngest of six siblings. There wasn't much money around and his life was simple but in retrospect, idyllic. He had a very happy childhood, went to Sunday school and had the freedom to play outside all the time. No one locked their doors and people helped each other. Many cycled to Dereham each day to work in one or other of the many factories and businesses. Shipdham was a thriving village with several grocery shops, butchers and a drapery. It feels like a lifetime away. Now it strikes him that people don't even have to lock their car except by a press of a button, or wind down the windows. Shop doors are often automatic so they don't have to be opened or closed. People are less able to do things for themselves and it is making us all weaker. Rampant commercialism means that parents are spending furiously months before Christmas on things they can't afford that will be disregarded minutes after the presents are opened. Ashley has old fashioned values and is happy with simple things, like a pint of mild in the Hempton Bell on his way home from work, if time allows. His older son, Steven and his daughter-in-law, Emma, also work in the business. He also has two daughters, Michelle and Rebecca and a young son, Alfie.

How long have you lived and worked in Fakenham? - I lived in Fakenham for twenty-three years before moving to Colkirk twelve years ago. I started this business twenty-two years ago after being a trained carpenter and having my own business as a builder.

What do you like best about the town? - The river, but it needs dredging.

What is your favourite view in the area? - Hempton Green with a heavy frost.

Is there a motto you like to follow? - Never give up.

What do you like most about modern life? - Nothing much but I do appreciate modern medicine.

What particular talent would you like to have? - To be able to dance.

If you could change something about yourself, what would it be? - My hair! I've always disliked it even when I had some!

Your pet hate? - Red tape and bureaucracy. I once chained myself to the railings of North Norfolk council offices!

Who has been a great influence in your life? - My brother Martin, who has sadly died. I've listened to him a lot and he gave me a lot of tips over the years. He was a very good businessman and very meticulous.

What is your greatest strength? - My family. They keep me motivated.

And your greatest weakness? - Food! And chocolate! My wife June is a great cook and I eat like a horse!

What's the greatest challenge you've had to overcome? - Becky had a life-threatening illness when she was seventeen. It was a very difficult time.

Your earliest memory? - My Mum ironing and Tom Jones was on the radio singing Delilah!

Have you ever been grateful for the kindness of a stranger? - Yes I have - the doctor who saved the life of my daughter.

What's your biggest extravagance? - I once bought a mark 4 Zodiac Executive. It was a lovely motor.

What's your favourite store? - Ward's Hardware!

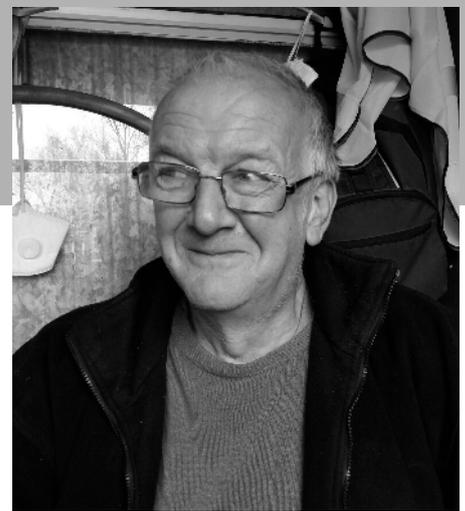
What do you collect? - Tins of all kinds: sweet tins, tea caddies, any sort of tin.

What concerns you about modern life? - Too much technology. People are miserable now. They're wrapped up in material things.

How would others describe you? - Deaf, eccentric and strong-headed!

Do you have advice that you'd like to pass on? - To all students taking exams: Do your best but don't worry.

Are you a saver or a spender? - Put it this way - you can't take it with you.



Have you any regrets? - I don't care what people say, we all have regrets, too many to list here.

What do you wish you'd known when you were 18? - How many opportunities there would be in the future.

What is the secret of happiness? - To make the most of what you've got.

What's the one thing you are really good at? - Psychology. I can read people like a book and I can smell a lie a mile away.

What's your bedtime reading? - The only book I've ever read was 'Harry Patch, the last fighting Tommy'.

Any particular ambitions? - To build a snooker room in the back garden. With a bar!

Your luxuries on a desert island? - A barrel of Trent Mild.

If you were Prime Minister for the day? - We haven't long enough to talk about that, do we?

What is your favourite song? - Roar, by Katy Perry.

If you had a whole day to yourself? - I'd go visiting old school mates.

Where would you like to go that you haven't been to? - Lapland

Is there a person you admire? - Brian Clough

What did you learn from your parents? - To tell the truth and manners.

What's your ideal weekend? - To watch a local football match, have a couple of pints, get a takeaway and watch Strictly, Dad's Army and Match of the Day.

What lessons has life taught you? - Be careful who you trust.

What lessons has money taught you? - Know when you've got enough.

So, I was getting a bit despondent on my rather wet walk round Norwich looking for photos, and then, while I was taking a photo, I met M. He was clearly living rough, begging, by his own admission an alcoholic, but began to talk to me when he saw me taking a photo. His English was good but heavily accented (he was Eastern European) which made him a little difficult to understand, but he talked about philosophy, art, literature - he was a gentle and cultured man. He pointed out patterns in the brickwork on the wall, drew one line portraits from his head in my notebook, and when I asked if I could photograph him, he insisted on slicking back his hair with beer from his can. He then said I should keep his photo in view once I'd printed it out (which I will). I hope and believe we parted friends although I imagine I'll never see him again. I shook his hand, gave him my sandwiches and the £1.20 change in my pocket. It seemed inadequate for the time and enjoyment he had in fact given me. I'll remember M for a long time and my talk with him. I wish him well. I asked him where he came from and he told me it was a small blue planet called Earth. I told him I did too. We are all human beings - no one is different or better than anyone else. Take care M.

Words and photography by Keith Osborn. Please note the photograph, whilst relevant and taken in Norwich, is entirely unrelated to M.



TOWN TALK

Town Talk

In the run up to the opening of the Christmas Tree Festival it was good to hear of the district council's decision to back-track on its housing plans for the Highfield Road car park. The site will stay in its present condition for some months before investment is made to convert it into a pay-and-display park. The height barriers across the entrance were removed in early November which will allow coaches to drop off and pick up close to the town centre as they did in the past. Again this is good news for the festival. The popularity of the Thursford Christmas Spectacular has in no way diminished and coach parties to the event have in the past stopped off in Fakenham so that their passengers can enjoy some Christmas cheer with us. That didn't happen last year because of the barriers and the difficulty in finding convenient places to stop in the town. Added to which the building works adjacent to the church have made access to it more challenging, particularly for the disabled. The work continues, of course, but at least progress over recent months has been rapid. Would it be too optimistic to hope for the official re-opening to take place when winter has finally blown itself out? We can but dream.

Wayfarer

The 17th Christmas Tree Festival 2017

Don't forget to visit from 30th November until Thursday 7th December.

Dates for 2018 are: Thursday 29th November to Thursday 6th

December. The launch date will be in the Beacon with details as to how to apply.

Hopefully the charity results and winners of the grand draw can be found on the church website before Christmas.



Fakenham Town Band's Christmas Concert

Sunday 17th December, 2pm
Fakenham Academy. Tickets £5 on the door, raffle and refreshments available.



Bumper Christmas Makers Market
Our largest ever Fakenham Makers Market, with over forty stalls, will take place on Saturday 9th December between 10am and 2pm in Fakenham Parish Church. From fused, and stained, glassware, through needle felting, woodturning, pyrography, jewellery, papercuts, books, lamps and lampshades, to beautiful ceramics, art, photography, iron and steel work, boxes, cards, book art and fabric gifts – amongst much else - this is a market not to miss. Santa will also be paying a visit so make sure you bring your children so that they can join in the fun. Our caterer, Purple Rose Patisserie, will be providing their lovely snacks and lunches, and we are very pleased to be having Christmas tunes played live by our lovely talented recorder and flute group led by Dawn Wakefield. Everything on sale is handmade in Norfolk by our talented artists, crafters and makers and is completely unique. So come along and do your Christmas gift and card shopping at Fakenham Makers Market, and know that by doing so you are supporting local artists and craftspeople, the Church itself and Fakenham Barnardo's Helpers Group. We look forward to seeing you.

BITS N' PIECES

Christmas cards 2017

Please support the church bookstall by buying your Christmas cards from us. A good selection is already on sale in the Parish Church. These are from a Christian supplier, Leonard Smith, as well as some of our very own cards, with a photo of the church interior by Keith Osborn.

Fakenham Museum receives accreditation from the Arts Council

The Trustees are delighted to announce that The Fakenham Museum of Gas and Local History has once again been awarded Full Accreditation from the Arts Council.

The museum demonstrated through an extensive Accreditation Submission that it has the systems and procedures to meet very stringent National standards.

More than just demonstrating its procedures the museum has shown effective governance, management and commitment by its volunteers to maintain the museum to the highest standards and to ensure that this Scheduled Ancient Monument continues to be a museum of National Importance.

It also recognises the work put in by the small group of volunteers who help run the museum. These volunteers would be more than

pleased for additional volunteers to join them in particular for stewarding so that the museum can extend its opening hours. Anyone interested is welcome to call at the museum on a Thursday morning and leave their details and have a talk with the existing stewards.

The Trust is pleased to announce that long serving volunteer and local historian Jim Baldwin has been appointed to the board of Trustees of the museum. He will look after the interests of Fakenham Local History Society.



Fakenham Choral Society

presents its annual Christmas Concert on Saturday 16th December at 7.30pm in Fakenham Parish Church. This year's event will feature a very special guest indeed. Oliver Wass is a young harpist who was awarded the coveted Guildhall Gold Medal in 2016. Previous winners of this medal have included Jacqueline Du Pré, Tasmin Little and Bryn Terfel and it is undoubtedly true to say that Oliver, who has already played on Radio Three and Classic FM, has a bright future ahead. He will be accompanying the ladies of the choir in a magical candlelit performance of Benjamin Britten's 'Ceremony of Carols' in Part One.

In Part Two he will be joined by two colleagues on the flute and viola, who together make up the Pelléas Ensemble. They will provide accompaniments for a varied selection of carols, including two which are just for the gentlemen of the choir. As always there will be opportunities for the audience to join in with their festive favourites. Tickets are priced at £12.00 (under 18s free of charge) and wine will be on sale at the interval with a free mince pie. Buy your tickets soon from 01485 544335 to ensure your seat. A limited number of tickets will also be available at the door.

Community Carols by Candlelight

with the band at The Salvation Army on Friday 22nd December at 7pm. Followed by coffee and mince pies.

Sorry

The Beacon would like to apologise to Hilary Bevan Jones for publishing her name incorrectly on the cover of the November Beacon.

Prayer Space

Psalm 137

1. By the rivers of Babylon—
there we sat down and there
we wept when we remembered
Zion.
2. On the willows there we hung
up our harps.
3. For there our captors asked
us for songs, and our tormentors
asked for mirth, saying, 'Sing us
one of the songs of Zion!'
4. How could we sing the Lord's
song in a foreign land?

If you are of a certain age you will remember the group Bony M. One of their top songs was called 'By the rivers of Babylon' and was based on Psalm 137 and included a verse from Psalm 19 - *Let the words of my mouth*

and the meditation of my heart be acceptable to you, O Lord, my rock and my redeemer.

Psalm 137 was written at a time when the Jewish people were in captivity in Babylon in the time of the Old Testament, several hundred years before Jesus was born. The people had been captured by Nebuchadnezzar and were taken to Babylon (modern day Iraq) where they remained for 70 years until Cyrus let them return home. This Psalm was written as an appeal to the God who keeps faith with his people. However, the Jews enjoyed relative freedom although there was some forced labour. In fact at the end of the exile some Jews chose to stay in Babylon. Records show that 100 years after the exile some Jews had quite substantial bank accounts there! So it was definitely not all doom and gloom although they were living in a foreign land.

Parish Prayers for December

Daily prayers are said for Fakenham, its people and organisations
During the weeks in December we will be specifically praying for:

26 th Nov - 2 nd Dec	All who work on or in the sea Those who live or work in Church Lanes, Red Lion Court, Lichfield Street, Rosemary Terrace.
3 rd - 9 th	Christmas Tree Festival charities & organisations Those who live or work in Norwich Road, Orchard Close.
10 th - 16 th	Voluntary organisations Those who live or work in Mission Lane, Barbers Lane, Victoria Lane, Heath Way, Heath Lane.
17 th - 23 rd	Missionaries Those who live or work in The Lawn, Ratcliffe Road, Oxborough Lane.
24 th - 30 th	The homeless, refugees, the lonely Those who live or work in Salmons Way, Townshend Green West, Sheldrake Close.
31 st - 6 th Jan	Residential care homes Those who live or work in Gwyn Crescent, Searle Close, Townshend Green North & East.



OUT & ABOUT WITH KAY

This month's theme is vulnerability, and homeless people are among society's most vulnerable. So I visited St Martin's Housing Trust in Norwich, which is geared to provide somewhere to live, and related services for the homeless. I expect that The Night Shelter is well known to most of you. However, over the past years it has moved and expanded, and I was interested to find out how it had developed.

I met with Helen Baldry, Communications Officer for St Martin's. Helen told me about Bishopbridge House (BH), a direct access hostel run by St Martins where a homeless person can just turn up. It used to offer 30 beds, but this was increased to 37 as a result of a huge fund-raising exercise in 2016.

My memory of the old night shelter was of cubicled spaces in a communal room, with curtains drawn between each space. Now the homeless person has his/her own bedroom with ensuite facilities.

So who are the homeless? Again the image has changed considerably. There is a lack of affordable accommodation, likely combined with a breakdown in a relationship. This is often complicated by an addiction, usually drugs or drink.

Approximately two thirds are male, one third female. The numbers sleeping rough in Norwich went up to nearly 100 for the year ending 2016. So how do they find out what is available?

Attached to Bishopbridge House is an outreach team CAPS which acts in two ways. One is to make contact with those sleeping rough, make them aware and hopefully getting them to take up the services on offer. The second is a prevention service. If a homeless person decides to take up the offer of a room at BH, they are assessed for their individual needs and offered a range of help from various organisations. There is a kitchen at BH and much encouragement for the residents to cook for themselves. Additionally, they can bring their pets with them, as quite a number have dogs, which provides continuity and friendship.



*St Martin's direct access hostel
Bishopbridge House*

Drugs and alcohol are not allowed in BH, but habits take a long time to break and so some will continue using, at least for a time, but outside of the hostel. A huge positive is that they can stay up to 3 months and then hopefully move into one of the move-on houses, of which there are several. If they are successful in making the transition, Norwich City Council may be able to offer them accommodation in their own right. There is help available for training and developing skills and of course help with benefits and addiction. St Martins works closely with other agencies so there is a solid amount of support on offer.

Helen's role is to improve awareness of St Martin's and its varied roles. She tells me the organisation has recently rebranded with a new image and the strapline 'More than a home for the homeless', which accurately reflects the breadth of services offered by the charity. A residential home, Highwater House is provided for those who have ongoing addiction problems and mental health issues. They are considered too vulnerable for living on their own. There is also Webster Court for people aged over 55 who have nowhere else to go.

One of the more exciting recent developments is a project of presentations in schools with Year 10/11 pupils. A St Martin's worker and a service user in recovery address the children to make them aware of the dangers of drugs and alcohol and how easy is it to slip into a downward cycle. This may include loss

of self-respect, relationship breakdowns and subsequent loss of housing. Such prevention provides a powerful model for the young people it addresses.



*A kitchen at the move-on accommodation
at Magdalene Road*

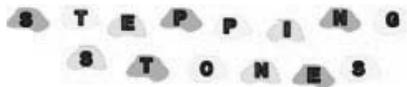
And who are the individuals St Martin's helps? Duncan, (not his real name) is a Norwich man with a mother living in hostel accommodation in London. Duncan moved between the two cities. The outreach team found him sleeping rough several times and he was assessed as a young person with mental health issues, likely stemming from childhood traumas. He also battled with alcohol addiction. He moved in to BH but couldn't settle. He had to be evicted for violent and disruptive behaviour. St Martin's kept in touch when he spent time in prison and post release he was found a bed in one of the Trust's shared houses. With regular support from the Trust, Duncan is finally settled with some hope for the future. (Source St Martin's Trust News)

And what can we do to help? If you wanted to make a difference you could donate to www.stmartinshousing.org.uk Or you could offer to help with the annual street collection throughout December. Ring 01603 438766. Some figures that might be of interest are life expectancy for a rough sleeper is **47** for a man and **43** for a woman.

My thanks to Helen Baldry for her assistance in this article.

What's On

St Peter and St Paul Fakenham Parish Church



Stepping Stones

Monday 4th, 11th, 18th December.

No Stepping Stones on Christmas Day!

Come and join us every Monday at 9.45am. For friendship, music, stories, toys and games. For pre school children and babies with their parents and carers. Stepping Stones meets in the Trinity Room inside Fakenham Parish Church every Monday (except Bank Holidays). There is no charge. Refreshments are provided free. No booking required. For regular updates and news, please visit and like us on facebook

Fakenhamsteppingstones
Contact Elaine 01328 851848

Market Day Refreshments and Stalls

Every Thursday
10.00am - 12.45pm
Drop in for coffee/tea and cake or soup and a roll and browse the stalls.

Trinity Art Group

Tuesday 12th December.
10.00am - 12 noon

We meet every other Tuesday in the Trinity Room of the Parish Church where our numbers have steadily increased. New artists are always warmly welcomed.

Contact Trish on 01328 862173.



Church Women's Guild

We meet on 18th December at 2.30pm for Tea and Carols at Moira's, 1 Harp Close. Tel: 855874

Support in Loss Group

Wednesday 6th December 10.00am - 12.00pm, Trinity Room. This month we meet during the Christmas Tree Festival so the church won't be as quiet as usual.

If you have been recently bereaved or you experienced a bereavement many years ago, you are welcome to come and share with us a morning of support in a safe and friendly place.
Contact Judith 01328 864061

Mothers' Union

Mothers' Union members in 83 countries worldwide support women and families in need.

Our meeting on Tuesday 12th December will be at the Rectory.

A time to lay aside the busyness of Christmas preparations and reflect on the real coming of Christ. Followed by tea.
2:00 start, all welcome



Messy Church

Come to a Party!

Faith, fun and food!

Sunday 3rd December in the Salvation Army Temple, 2.30pm until 4.30pm.

The December Messy Church will be held in the Salvation Army Temple due to the Christmas Tree Festival. Why not come to both?

Fakenham & District Community Archive

Come and join us in the church on Tuesday 12th December from 2.00pm to 4.00pm to see a film show on 'A Winter Theme'. We will have festive songs accompanied by the Ukulele Band.

Fakenhamcommunityarchive.weebly.com/

Contact 01328 863377

Roundabout

Rosemary Rooms

Every Monday
10.30am - 12.30pm
For people with dementia or memory problems, their family and friends. Hempton Church Hall.
Caring for someone with dementia? Join us for a morning of laughter, fun and conversation over tea, coffee and cake. Disabled access.

Contact Judith 01328 864061 or Pam 01328 829735

No Rosemary Rooms on Christmas Day but we will be there on New Year's Day.

Fakenham Local History Society

December 11th at the Salvation Army Temple in Oak Street at 7.30pm. Non members are charged £2.00

St Andrew's Church, Great Ryburgh

Sat. 9th December
Christmas Market 9.30pm - 12 noon
Sun. 10th December
Christmas Concert 3.00 pm.
Details from 01328 829413

Fakenham Choral Society
directed by Janet Kelsey

Britten's
**Ceremony
of Carols**
by candlelight
& Festive Favourites

With special guests –
award winning harpist Oliver Wass
and the Pelléas Ensemble

**Saturday
16 December 2017**

7.30pm • Fakenham Parish Church
Tickets £12 (under 18 free)
from 01485 544335 or on the door
www.fakenhamchoralsociety.co.uk

FREE ENTRANCE
2017 CHRISTMAS TREE FESTIVAL
DONATIONS TO CHARITY

**FAKENHAM
PARISH CHURCH,
NORFOLK**



**30TH NOVEMBER TO 7TH DECEMBER
10AM TO 8PM (12 NOON TO 8PM ON SUNDAY)
FESTIVAL SERVICE, SUNDAY 3RD DEC 10.30AM
FOR INFORMATION TEL: 07999 532002
www.fakenhamparishchurch.org.uk**

Fakenham & District Community Archive



While it was traditionally used as a blood sacrifice, the lamb is also often used in Christianity to symbolise gentleness, innocence and purity. This very vulnerable animal may therefore be in much need of protection and this month's photograph from the Archive is a good example of this. It shows farmer James Crask, who lived in New Road in Whissonsett, cuddling one of his flock in the early 1900's.

The photo was donated by Peter Thatcher

Howard Young

Catch up with Christ Church Fulmodeston

Christ Church will be a hive of activity all during December as we prepare to celebrate Christmas. The **Eve of Advent Market** will be a time to meet friends old and new to buy some gifts and seasonal baked goods. There will be a number of craft and charity stalls. Do join us for this popular event.

Advent starts properly with an **Advent Carol Service**, looking forward to the coming of Christ. **The Christmas Carol Service** will be full of candlelit atmosphere as we listen again to the story of the promise of the coming of the



Saviour. Mulled wine and mince pies will be served afterwards. A new departure for Christ Church will be a **Crib Service** on Christmas Eve at 3.00pm. If you would like to take part, contact Andrew Lee on 878 870.

Finally, there will be a celebration of **Holy Communion on Christmas Day** at 10.30am.

Everyone at Christ Church wishes you a **Happy Christmas** and we look forward to welcoming you in 2018.

Andrew Lee - Church Warden



Services at Fakenham Parish Church

Every Sunday

8.00am Holy Communion (BCP)
10.30am Parish Communion (CW)

Every Thursday

9.30am Holy Communion

Every Monday

Parish Prayers 8.00am
all welcome

Stepping Stones 9.45am

Come and join us every Monday (except bank holiday) for friendship, music, stories, toys and games.

December 3rd

Messy Church 2.30pm - 4.30pm
At the Salvation Army

December 24th

8.00am Holy Communion (BCP)
10.30am Parish Communion (CW)

See page 13 for details of
December special services.

December Services and Events at Christ Church, Fulmodeston

2 nd	10.30am - 1.00pm	Eve of Advent Market
3 rd	3.00pm	Advent Carol Service
10 th	11.00am	Holy Communion
17 th	3.00pm	Christmas Carol Service
24 th	3.00pm	Crib Family Service
25 th	10.30am	Christmas Day Holy Communion
31 st	No service	

**FAKENHAM
MAKERS
MARKET**

**Independent, creative
handmade arts & crafts**

**Saturday 9 Dec 2017
10am to 2pm**

Fakenham Parish Church
Supporting Fakenham Barnardo's Helpers Group

Christmas Services at Fakenham Parish Church

Sunday 10th December:

4.00 pm Christingle Service

Sunday 17th December:

6.30 pm Candlelit Carol Service

Christmas Eve 24th December:

4.00 pm Crib Service

11.30 pm Midnight Communion

Christmas Day Monday 25th December:

8.00 am Holy Communion

10.30 am Family Communion

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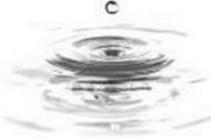
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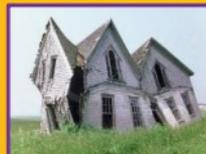
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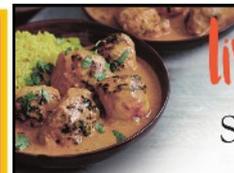


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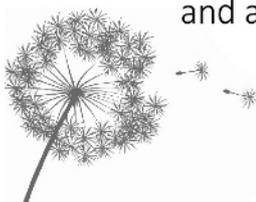
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