FAKENHAM PARISH CHURCH

A ROCHA SILVER AWARD WINNER 2024 ECO CHURCH



January 2025

THE BEACON

Church and Community Magazine



*** Reflection * THANK YOU! * Town Council News * Town Talk * Week of Prayer for Christian Unity * Walking Rugby * Let's Meet ***

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www.fakenhamparishchurch.org.uk

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Andrew Lee 01328 878870 – Fulmodeston

Safeguarding Officer:
Anne Peppitt 01328 878355
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Parish Prayers

5 Jan Holt Road , Tower Court, Westmead Road.
Government, our MPs, local government officers.

12 Jan Valley Way, John Chapman Close.
Medical charities and missions. Aid workers.

19 Jan Gorse Close, Foxglove Close, Mallard Close, Heron Close, Kingfisher Close.
Week of Prayer for Christian Unity. Fakenham Churches Together.

26 Jan Meadow Court, The Ridings, Green Court, River View Close, Paddock Close.
Those involved in fostering and adoption. IVF.

From the Parish Registers

Funerals
12.12.24 David Frary
16.12.24 Mavis Kenworthy

Cover photo
by The Revd Tracy Jessop.

"You are number three in the prayer queue, please continue to hold and an angel will be with you shortly!"



Beacon Deadline
Editorial content to Audrey Sharp by 1st of every month
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Reflection for the new year – a moth went to see a dentist.



There is an old story of how a moth went to see a dentist. (You can tell it's an old story – but it doesn't say it's an NHS dentist)

"How can I help?" said the dentist.

"Well, it's like this: I have low self-esteem, can't hold down a relationship or a steady job. I have trouble communicating, due no doubt to PTSD and severe anxiety attacks. I'm at an all-time low and feel I can no longer face reality. "

The dentist replied, "I'm sorry to hear that, but you really should make an appointment with a clinical psychologist. Why did you come to see me?"

The moth looked him straight in the eye and said: "Your light was on."

So often at the turning of the year we look back to the past with regrets, with sadness for what is gone. For the people we have loved and lost. The hopes and dreams that never materialised. Last year's resolutions that lasted, at most, into February.

This New Year, maybe of all the resolutions we intend to make, we should aim to be people whose light is on. To be that person that is approachable and a source of hope. Maybe our resolution for this year should be to be kind. To learn to listen.

If we could all be lights for others, what a difference it would make to our community, indeed our whole world. Have you heard the expression 'their face lit up when they smiled'? Smiling at one another is a good place to start. I'm sure any dentist would agree.

Revd Christine Wheeler



Just a thought:

If you see someone without a smile – give them one of yours!





Churches around Fakenham welcome *you* in January

Parish Church Upper Market Place, Fakenham NR21 9DY

Services for January in the Parish Church

Sun 5	10am Parish Communion
Sun 12	8am Holy Communion (BCP) A Said Service
	10am All Age Family Service
	6.30pm Evensong
Sun 19	10am Parish Communion
Sun 26	10am Parish Communion

Other Services
Every Thursday at 9.30am Market Day Holy Communion (a short, said service) except 2 Jan
Every Monday at 9.45am Stepping Stones for pre-school children with a grown-up.

Salvation Army Oak Street, Fakenham.
Every Sunday morning at 10.15 am

Methodist Church Chapel Lane, Sculthorpe. NR21 9QB
Morning service of worship 11am each Sunday

Fakenham Baptist Community Church - for Jan and Feb
Fakenham Baptist community church Sunday services 10:30-12:00 at Fakenham Community centre

St Anthony RC Church Wells Road, Fakenham.
Sunday Vigil Mass every Saturday at 6.00pm
Sunday Mass at 10.45am and Tues-Fri at 10.00am

Orthodox Church of the Holy Transfiguration, Scarborough Road, Gt Walsingham
Every Sunday morning 10.00am Hours 10.30am Liturgy.

Holy Trinity, Hempton *Contact: The Revd Dr Harri Williams SSC, harri1985@gmail.com*
Sunday Mass at 9.30am. Wednesday Mass at 9.30am

We continue to pray for peace for all the people of Gaza, Israel and throughout the middle east at this time.
We continue to pray for peace for the people of Ukraine.
"God of peace and justice, we pray for the laying down of weapons in every place of war. We pray for all those who fear tomorrow, that you would hold and protect them".

Let's Meet . . . Andy Lawson



Andy Lawson has been the manager of Fakenham Cinema since September 2018 and he lives with his family in the flat above. Film has been a passion since he saw Santa Claus the Movie in 1984, in the Majestic in King's Lynn, his home town. It left a lasting impression. He worked for Morrisons for 22 years, going all over the country – Newcastle, Southampton and Portsmouth. In 2018 the opportunity for a cinema manager in Fakenham arose. He got the job and is 'still loving it.' He feels that the cinema is the right place to see film as it's tailor-made to do so. Film provides a good release and a way to relax. Andy and the owner decide which films to select, informed by Andy's local knowledge. He feels they get enough people to keep the business going, although more might be welcomed, and they are currently planning for the long term. He tells me that the last summer season went well and the future looks bright. Andy and a colleague, Oliver Woodgate, made a short film called *Revelations*, available on YouTube. It's a short horror film and was mostly filmed in and around the cinema and just outside. He is hoping to do more.

What's the most underrated thing about Fakenham?
Its uniqueness. The lack of chain stores improves the feel, with individual businesses.
A gadget you couldn't do without?
My mobile. I need it for time zones and it's in use 24/7.
Who was a great influence on you?
My Dad. He was a good person and always had time for me. He was a smart man who sadly died twelve years ago.
The biggest decision you've made on the spur of the moment?
I tend to live with spur of the moment decisions. It's what I am – not very ordered.
What is your greatest strength?
I'm a caring Dad to my children.
And weakness?
Spur of the moment decisions.
Your earliest memory?
Being hit round the head with a cricket bat. I was rushed to A&E in Lynn. The family was playing cricket and our neighbour was just about to hit the ball and hit me instead.
Have you ever been grateful for the kindness of a stranger?
I was rushing through London and left my laptop at London Bridge station. I went back, couldn't find it on the bench where I left it. However, a very kind person had handed it in.
Is a religious faith part of your life?
No.
What would you buy on impulse?
Lego. It's an expensive hobby and I like the Batmobile sets.
What concerns you about modern life? Social media and my kids' exposure to it.
How would friends, partner, children describe you?
As caring, knowledgeable, chaotic and random.
What do you no longer worry about? My age.
Any advice you'd like to pass on?
I'd say, take a punt.
What do you like best about your job?
The people and to talk about film. I love engaging with enthusiastic customers.
And the least?
The digital technology. If something goes wrong you need to get the answers and how to fix it. I remember when I took the post, I had only five days to learn about the running of it.
What do you do in your spare time?
I watch film!
Do you have any ambitions?
Just for my children to find their own happiness.
Your desert island luxury?
An endless supply of Madness stuff. I'm an avid fan and have seen them everywhere including outside the U.K. They are excellent live.
Your favourite Madness song?
Victoria Gardens, written in 1984. It has excellent lyrics.
Your favourite author?
Terry Pratchett.
Where would you go that you haven't been?
Rome, just to witness the birthplace of some parts of our civilization. I love history.
What would you not be seen dead in?
A Tottenham shirt.
What did you learn from your parents?
Looking out for other people.
What's your ideal weekend?
Going with the family to watch West Ham, having a roast dinner and seeing Madness.
What lessons has life taught you?
You never know about tomorrow. Eleanor Roosevelt is credited as saying. 'Yesterday's history, tomorrow's a mystery, today's a gift, that's why we call it the present.'
Your secret happiness?
Marzipan.
And guilty pleasure?
Writing poetry.
What's a good night in?
Spending time with the family, playing board games.
Lessons that money has taught you?
It comes and it goes. It isn't the be all and end all of life.
And your epitaph?
Can I do that again?

(Ed: the cinema is a great asset to the town. Use it or lose it!)

Kay Hathway



Advent Fair in Fulmodeston. Photo: Audrey Sharp

Christ Church, Fulmodeston

Thank you to all who supported our Advent Fair, in whatever way. It was a busy December and we were grateful for the services of Jonathan Dodd at the organ, which really makes our little church come that extra bit alive.

January is a murky old month isn't it? Probably all cultures recognise the symbolism of a light shining in the darkness: we can find something really helpful and hopeful about the simple act of lighting a candle. There is always hope even in a world which can feel rather gloomy and we need reminding of this.

A bright, light and Happy New Year to you all from us at Christ Church, Fulmodeston.

January Services

Sun Jan 5th	4.00 pm	Evening Prayer
Sun Jan 12th	11.00 am	Holy Communion
Suny Jan 19th	10.00 am	Parish Communion at Fakenham
Sun Jan 26th	4.00 pm	Evening Prayer

Carolyn Thomas-Coxhead

Town Council news

Community Engagement Consultation

During 2024 the town council has carried out a consultation with residents to find out what they would like the council to focus on. The loss of our banks came top of the list, unsurprisingly. As the banks decided themselves to close right across the country, the most important matter to focus on now, is the establishment of a banking hub in town to help people to access cash and other services. The town council is working with other authorities to get this facility sooner rather than later for the community.

Looking forward to 2025 – VE80 Day

The council is making plans to celebrate VE80 Day in May. Following on from the successful D-Day80 event last June, we had a few comments from residents saying that they would have preferred the event to have been held at the weekend. We plan, therefore, to commemorate the day on 10th May (the actual anniversary being the 8th). This is to allow everyone to enjoy it on Saturday. More details to follow next month, but expect a fun day, with lots of music and entertainment.

Local government reorganisation

Some readers may have seen coverage in the media about reorganising local government to create a unitary authority for this region. At the time of writing, it is unclear when this might happen. It is unlikely that parish and town councils will be affected.

Angela Glynn, Chairman, Fakenham Town Council

Just a thought . . .

Lord of the silences-
Speak to me:
in the blowing of the wind:
in the rustling of the grass;
in the sound of the sea;
in the beating of my heart;
in the stirring of my spirit –
speak Lord. I am listening.

Pat Bennett



Week of Prayer for Christian Unity 2025 – Fakenham

The Week of Prayer for Christian Unity takes place each year from 19th – 26th January. It is an international ecumenical celebration when individuals are invited to pray for Christian unity. Churches and Ecumenical organisations celebrate the week through a variety of different services and worship in different styles and ways. Please come and join us as we celebrate this week in Fakenham.

Date	Venue	Time	Event
Sunday 19th January 2025	Fakenham Parish Church Oak Street, Fakenham NR21 9DY	3pm	Opening Service to the week of Prayer for Christian Unity – Led by Revd. Jonny Ball – Methodist Minister
Monday 20th January 2025	Fakenham Salvation Army Oak Street, Fakenham NR21 9DY	7pm	Service Led by Bill Cuthill (Baptist Church)
Tuesday 21st January 2025	Fakenham Parish Church Oak Street, Fakenham NR21 9DY	2:30pm	Service led by Sally Martin (Methodist Church)
Wednesday 22nd January 2025	Time for Prayer for Christian Unity: At time and place to suit YOU		
Thursday 23rd January 2025	Fakenham Parish Church Oak Street, Fakenham NR21 9DY	9:30am	Service of Holy Communion followed by refreshments (Anglican)
Friday 24th January 2025	St Anthony of Padua RC Church 29 Wells Rd, Fakenham NR21 9EG	10am	Mass followed by refreshments (Roman Catholic)
Saturday 25th January 2025	Church of the Holy Transfiguration Scarborough Road, Gt Walsingham NR22 6DP	5pm	Great Vespers (Orthodox)
Sunday 26th January 2025	St. Anthony of Padua RC Church	6pm	Evening Prayer and Devotions to conclude the week of Prayer for Christian Unity

What is Epiphany?

People often use the word to describe personal change, a new enlightening, whereas Epiphany, in church terms, means a more profound change, a realisation or manifestation i.e. the coming of Christ to offer love, forgiveness and salvation. Epiphany is celebrated on January 6, and the season extends to Ash Wednesday. Matthew's Gospel tells of the kings, or Wise Men, gentiles, i.e., non-Jews, who were told of Christ's birth and travelled, following the Star, to meet the infant Jesus in Bethlehem. We don't know that there were three, as is popularly believed, but they came with three gifts: gold, to show Jesus' kingship as the son of God as foretold in the scriptures, frankincense, a symbol of his priestly role and healing power, and myrrh, portents to his death. These symbols are important in the story, giving the humble birth in the stable a richness of meaning.

Kay Hathway

The story of a hymn: *Immortal, invisible, God only wise*

Six days into January, Epiphany takes the mantle of church season from Christmastide. The season celebrates the revealing of Jesus and his divine presence to the world. It also marks the arrival of the wise men, who had followed a bright star to guide them to the stable where Jesus was born. Many hymns have been written referring to three kings, or magi, visiting Jesus. Others are concerned with exploring how one can express the inexpressible mystery of the Creator. Reverend Walter Chalmers Smith (1824-1908), a Scottish Free Church minister, was prompted in 1867 to try to do just that. The inspiration for the hymn came from 1 Timothy 1 v.17 *'Now unto the King, eternal, immortal, the only wise, be glory and honour'*. The use of the word 'invisible' is explored through the hymn's four verses. Smith's final explanation comes in the last two lines of the hymn: *'tis only the splendour of light hideth thee.'* But Smith revised the hymn, originally in six verses, over a forty-year period. This vast span of years is, according to another writer, 'a profound testimony to the mystery of our immortal and invisible God.' Another writer suggests, however, that sometimes poetry can be tinkered with too much. The original poem contains more reference to the need to study the scripture. It is sung to the tune *St Denio* which started out as a Welsh ballad, and suitable for a hymn.

Immortal, invisible, God only wise,
in light inaccessible hid from our eyes,
most blessed, most glorious, the Ancient of Days,
almighty, victorious, thy great name we praise.
To all life thou givest, to both great and small;
in all life thou livest, the true life of all;
we blossom and flourish as leaves on the tree,
and wither and perish but naught changeth thee.

Sources: Merriam-Webster; Discipleship Ministries; Rebecca Faires, and Wikipedia

Kay Hathway

New Year resolution

– Pray more, worry less!



Quiz at The Gallow

Fri 24th Jan 2025

Teams of up to six, £4 per person
Crisps and nibbles available from the Bar or bring your own food.

In aid of the Fakenham Carers' Group

Please contact
Serena on 07496 256760 or
serenaward@btinternet.com

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HOLD THE DATE!

The children's charity, BREAK has taken on the effort of Garden Visit Fri 20th June 2025 **FULLERS MILL GARDEN** near Bury St Edmunds.

Visit will include a light lunch in the Cathedral's Pilgrim Kitchen, time to explore this ancient church and its Abbey Gardens or to shop in the historic Angel Hill. Or both!

Watch this space for further details!



New to Fakenham?
Hoping to make new friends?

We have a thriving Mothers' Union at Fakenham Parish Church.

Come and meet us
you will be warmly welcomed!
Meetings on 2nd Tuesday of each month at 2pm in the Trinity Room in the Church.

Open Meetings to which everyone is welcome!

Would like a chat beforehand?
Contact Eunice on 01328 855665

Domestic abuse – If you need help . . .

If you, or any of your family or friends, are experiencing this, here are some phone numbers which may be of help. If you are in immediate danger, always call 999.

Norfolk Integrated Domestic Abuse Service (NIDAS) – provides joined up services for those experiencing violence or abuse regardless of where you live in Norfolk. Working hours: **0300 561 0555**. Out of hours **0808 2000 247**

Can you deliver The Beacon?

We need deliverers in the following areas – you don't need to live there!
Thorn Rd and Heather Barrow Court
Wensum Way, Baron's Close,
Greenway Lane
All help appreciated!
Thank you!

Town Talk *by Wayfarer*

A classic Dylan song from way back includes the sentiment that 'the times they are a changing'. Reviewing our forty-odd years living in Fakenham, many residents have, like us, witnessed a fair share of changes. The big employer when we moved here from Lowestoft, after returning from teaching in Australia, was the printing works. The advent of new technology brought that to a conclusion in the 1980s. We had held on to our house near the east coast whilst abroad, letting it out to a variety of tenants, but when a teaching position was advertised at Fakenham Grammar School I decided to apply for it. Successful at interview we then had to sell and buy, finally ending up in Westmead Road where English teacher Noel Jones had formerly lived. My job was a temporary post but ended up becoming permanent. In those days, many students came to school by train and when we moved to Norwich Road the Fakenham East station was just a few yards down from the Infant school. There was also a pub, the Great Eastern, but that burnt down one night. Soon after, the railways were disbanded and once the lines were removed it was possible to walk down to the three brick arches bridge and continue into town by the river. Discovering this I was a quick convert to the walk which has become a regular part of my exercise routine ever since. As a keen footballer I joined the local team whose home was on Baron's Hall Lawn – now a housing estate – until age and injury made me see the sense of a quieter life. I took up running and after entering a few local half-marathons, went for 'the big one' in London in my fiftieth year, proud to complete the 26 plus miles in under four hours. I also raised more than £300 for Fakenham Surgery which had been generous in its attention to our boys when they were unwell. Plenty of new houses have been built on local fields, somewhat changing the face of the town but in essence, its heart remains much as it has been for a long time. We love the Thursday market, the parish church and the friendliness of the community. Retired now, we might just call it home for the remainder of our days.

Wayfarer

Fakenham and District Community Archive

At this time of year we often think about new beginnings and a good local example of this is Wensum Grange, the new urban development between Rudham Stile Lane and the Bypass.

The beginning of this in 2018 involved the removal of Brick Kiln Poultry Farm that was set up in 1951 by Dewing and Sons and the photo, donated by Maurice Reeder, shows the front of it in 1966.

The farm's name was explained when, during an archaeological investigation where it stood, some traces of a 19th century brick works and a clay pit were discovered.

If you'd like to see more of our huge collection of photos, videos, displays and scrapbooks of Fakenham you can come along to one of our meetings in church, from 2.00 to 4.00 on the last Tuesday of every month. You can also look at them on our web site www.fakenhamcommunityarchive.weebly.com.

Howard Young



What is Walking Rugby? Come and join us!

Walking Rugby is a fun team game that is accessible to people of all ages and abilities. It is attractive to both experienced players and those who are completely new to the game. It's a much simpler version of the traditional game of rugby and much less physical than a standard game. The aim is to participate, compete and most importantly, for players to enjoy themselves. Both male and female players are welcome.

We start with some gentle warm-up exercises to help with overall fitness levels. Players enjoy the pace and competitiveness of the game, and welcome the flexibility walking rugby offers. Players must walk, not run but it can still be played at a good pace.

We play throughout the year on Wednesday evenings as the club has excellent floodlights for those wanting a year-round sport.

Kit and Equipment

No specialist equipment is needed, but you must wear suitable clothing. Sessions take place on the pitch and studs/boots are not essential, but trainers with a good tread are necessary as the grass can be slippery on some evenings. Sessions will only last an hour so why not come and watch or try out the game?

Contact

For further information: Jeffrey Pearce by E-mail – jdpearce@btinternet.com



Fakenham in action at a recent tournament

January Walks with Fakenham Ramblers

Saturday walks start at 10.30am. Wednesday walks begin at 10am. Bring a packed lunch on Saturday walks which are generally over 6 miles. Otherwise, sturdy boots and waterproofs are all that's required. Please arrive ten minutes or so before the walk start time.

Please contact the walk leader for up-to-date walk information.

Date & Time	Venue	Grid Reference	Postcode	Distance	Walk Leader(s)
Wednesday 1st Jan 10am	**Glandford Manor Barns** Park/meet at Manor Farm Barns Drive past Café and park in field on left	OS 251/ 042414	**NR25 7JP**	5 miles	**Vic & Jenny** 01263 713613
Saturday 11th Jan 10.30am	**Around & About Fakenham** Park/meet at Aldiss Park Car Park [near the Gas Museum]	OS 251/ 920293	**NR21 7LA**	5 miles	**Barbara & Richard** 01328 86284
Wednesday 15th Jan 10am	**Blakeney** Park/meet at Blakeney Village Hall	OS 251/ 026437	**NR25 7PG**	5 miles	**Lesley & Christine** 07875 177210
Saturday 25th Jan 10.30am	**Gt Massingham & Roughton** Park/meet Gt Massingham Village Hall	OS 250/797233	**PE32 2HU**	9 miles	**Alison** 01328 712155
Wednesday 29th Jan 10am	**Harpley Common** Park/meet in layby near the first of the Harpley Barrows. Very limited parking	OS 250/761283	**PE31 6UD**	4.6 miles	**Paul & Daniela** 07368 124000

Your life events: baptisms, weddings, blessings and funerals.



For hundreds of years the church has been a place to turn for help at the most important moments of life and to mark the most important celebrations and commemorations; when a baby is born, a couple get married or when someone dies.

Please do not hesitate to get in touch if you want to talk about a baptism (christening), wedding or blessing, or a funeral.

First Steps – making contact

We are always happy for you to contact us for advice and any concerns. There is a lot to think about and we can help you think through what you might like to happen in your service.

Flexibility

Each person and situation are unique. Church of England services can be shaped in a number of ways and the parish church will work with you to find the most appropriate, and individual service for you. We aim to be flexible. Having a chat about your options does not make it an obligation to have your service with us, so please do explore what can be possible with us.

Ongoing Support

Wherever you live, when you have a service with us, we make a link that lasts forever. We are here for you and will continue to pray for you. We can provide ongoing support for as long as you may need it.

Getting in touch – with me, Reverend Tracy Jessop, in one of these ways:

Email: admin@fakenhamparishchurch.org.uk

Call: 01328 862268

Or look on our website for more information www.fakenhamparishchurch.org.uk

Did you know we are a Silver ECO Church?

Eco Church is a scheme that helps support your parish church and its leadership to take practical action on caring for God's earth. We assess five key areas of church life to help us improve.

- **Worship and teaching**
- **Buildings**
- **Land**
- **Community & global engagement**
- **Lifestyle**



In 2024 we moved from fossil fuelled gas boilers to full electric heating. This year, we will explore solar panel options to generate our own energy. Smaller things include: less printing, LED bulbs, weekly eco-tips for the church family, recycling , reuse & waste reduction.

FAKENHAM PARISH CHURCH

THANK YOU!

for your support













FAKENHAM
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Over 20,000 people visited the Christmas Tree Festival, raising more than £25,000 for local charities. Thank you so much x

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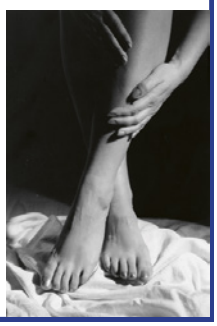
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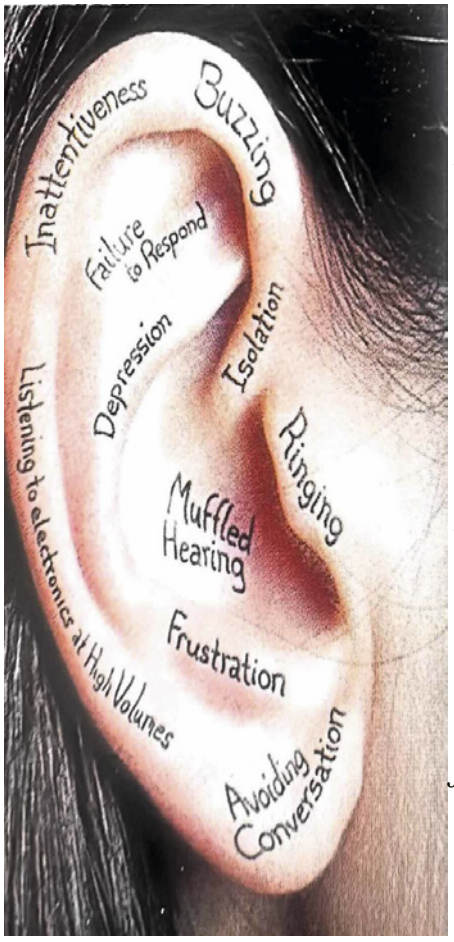
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