FAKENHAM PARISH CHURCH

A ROCHA SILVER AWARD WINNER 2024 ECO CHURCH



August 2025

THE BEACON

Church and Community Magazine



Rector's reflection * Summer events
*ACTIVE FAKENHAM * Rotary needs YOU
* Summer Reading challenge * August walks
* Parish Summer Party * Let's meet

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Parish Prayers

3 Aug Greenway Park, Silverlands Close, Newman Drive, West Close.
All reliant on tourism.

10 Aug Charles Road, Edinburgh Drive, Elizabeth Avenue, Copper Beech Close.
Work of the worldwide Mothers' Union.

17 Aug Warren Avenue, Nightingale Close, Bracken Close, Rowan Way.
Police and all involved in law enforcement.

24 Aug Wensum Grange: Brick Kiln Road, Farm Drive.
Students receiving exam results.

31 Aug Meadow Walk, Saxon Way.
People on holiday, that they may return refreshed.

From the Parish Registers

Baptisms

10.8.25 Adelaide Wilson

Funerals

9.6.25 Interment of ashes for June and Tommy Christy
25.6.25 Stanley Armiger (Fulmodeston)

Cover pic:
by
the Rev'd Tracy Jessop



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Editorial content to Audrey Sharp by 1st of every month
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Bundles available for deliverers on the last Thursday of every month

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Rector's Reflection *by the Revd Tracy Jessop*



I've been pondering the language and creativity that God has blessed us with. Younger generations use expressions that are cryptic yet poetic like, "It's giving." To me, it initially sounded like an act of generosity, but I've since learned it's shorthand for describing a mood or aesthetic.

Then there are emojis, those tiny hieroglyphics in text messages that convey irony, amusement, or even passive aggression. They're like modern-day parables, where the meaning is revealed depending on the context. And GIFs? They've become the next frontier of storytelling, a visual language that echoes the idea that a picture is worth a thousand words.

The acronyms are equally intriguing. "FOMO" (fear of missing out) and "YOLO" (you only live once) align with the urgency of making life meaningful. "TL;DR" (too long; didn't read) strikes me as ironic at the end of a lengthy text message.

At dinner with my niece, I hear her story peppered with "no cap" (truthfully), "sus" (suspicious), and "vibe check" (assessing the atmosphere). She mentions being "ghosted," and I initially think of haunted houses before realizing it means someone stopped texting her. It reminds me of the need for grace and patience in relationships, both virtual and real. When my nephew replies "Thx, fam. You're the GOAT" on his birthday, I find myself deciphering "fam" (family) and "GOAT" (greatest of all time) while sipping tea. It's moments like these that remind me of the joy of connection, even across generational divides.

While these linguistic hurdles can feel daunting, they also symbolize the adaptability and resilience of human communication. Language evolves as we do, and embracing it, even if it means replying "Absolutely!" to "It's giving" is a way to nurture relationships. As Proverbs 18:21 reminds us, "The tongue has the power of life and death." In every LOL, every emoji, and every GIF, we have an opportunity to speak life, love, and understanding.

In the end, whether through slang, emojis, or GIFs, we're all just seeking connection. God created us to be in community, to understand and be understood. Even replying "LOL" when baffled means you are part of this dance of modern life—a dance that reflects the beauty of God's design for human connection. SMH (shaking my head), isn't it wonderful?

Revd Tracy Jessop





Churches around Fakenham welcome *you* in August

Parish Church Upper Market Place, Fakenham NR21 9DY

Sun 3	10am Parish Communion
Sun 10	8am BCP Holy Communion (said service)
	10am Morning Praise
	6.30pm Choral Evensong
Sun 17	10am Parish Communion
Sun 24	10am Parish Communion
Sun 31	10am Teaching Eucharist: Holy Communion explained

Other Services
Every Thursday 9.30am Market Day Holy Communion (a short, said service)
Every Monday (except Bank Holidays) 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

Sun 3rd, 10th, 17th August Services in Fakenham Community Centre 10:30-12:00
24th August no service - Leadership Team invite you to join them at the Salvation Army Headquarters in Oak St.

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.
Sat 8 Aug Feast of the Transfiguration (transferred) Vespers 6.00pm
Sun 9 Aug Liturgy 10.30. followed by bring and share lunch.

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".

The story of a hymn: "Make Me a Channel of Your Peace"

Written by Sebastian Temple (1928-1997) this hymn is a modern setting of a prayer of Saint Francis, although never seen in any of the Saint's writings. The prayer appeared in a magazine called La Clochette, and was considered to be a 'beautiful prayer' for mass. It is possible that the words were those of Father Esther Boquerel, who founded the League of the Holy Mass and the magazine. It was in much use between the two world wars, reflecting a desire for peace and gaining a worldwide popularity with people of all faiths.

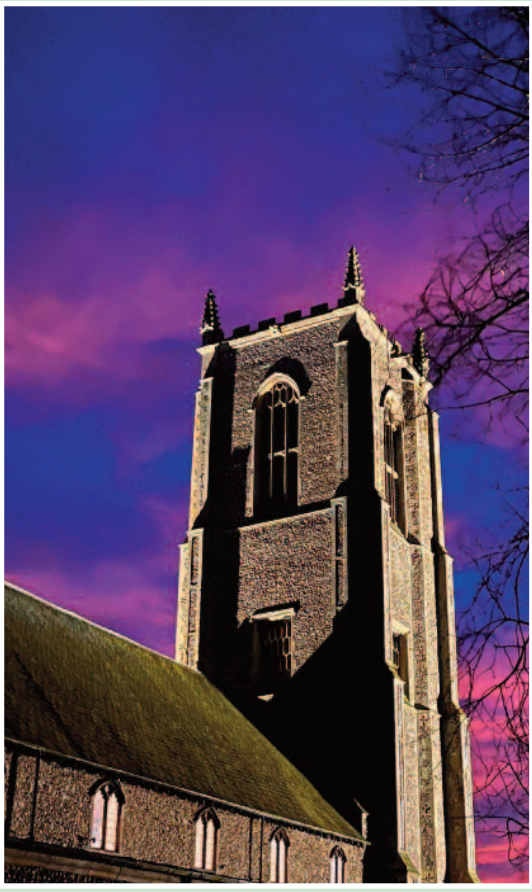
The text of this prayer is about the conversion of darkness to light, despair to hope, illustrating the transformative work of God. Sebastian Temple also composed the tune, what was considered 'in the ballad and guitar style typical of 1960s folk music'. Temple, was born in South Africa, and moved to London, where he worked for the BBC News Service. In 1958, he moved to America, converted to Catholicism, and joined the Franciscan Third Order. "Make Me a Channel of Your Peace" has become one of Temple's most loved compositions. The hymn is well known in the UK and was used in the funeral service of Diana, Princess of Wales, in 1997. Its inclusion in such a prominent service added to its widespread popularity. The Royal British Legion have included it in their Annual Festival of Remembrance.

Make me a channel of Your peace
Where there is hatred, let me bring Your love
Where there is injury, Your pardon Lord
And where there's doubt, true faith in You

Oh master, grant that I may never seek
So much to be consoled as to console
To be understood as to understand
To be loved as to love with all my soul

Sources: Discipleship Ministries, Hymnary.Org

Kay Hathway



Floodlighting Sponsorship

You can keep our Church beautifully lit by sponsoring one of our floodlights for £15 a week, perhaps to celebrate a special occasion or to remember a loved one. If you are a taxpayer, you can gift-aid your contribution. Our form gives details of how to make your sponsorship payment.
Dedication details will be displayed on the Church noticeboard, our website and included in The Beacon. You can also donate anonymously.
If you would like to sponsor our floodlighting, please use the form available from church or on our website or call us on 01328 862268 for more information.

Flood lighting sponsors

16.7.25 Donated by Lily Bothamley in celebration of son Liam's 50th birthday.

August 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)
Saturday 9th August 10.30am	**Weston Longville and Lyng** Park/meet at Hall for All village car park, using the overflow car park	OS 238/115159 **NR9 5JU** 9 miles	**Ann** 07798 664815
Wednesday 13th August 10am	**Salthouse** Park/meet on the Green [limited parking]	OS 251/ 074439 **NR25 7AJ** 4.5miles	**Sue M** 07854 754851
Saturday 23rd August 10.30am	**East & West Rudham** Park/meet on the Village Green	OS 238/827281 **PE31 8RD** 9miles	**Lesley & Christine** 07875 177210
Wednesday 27th August 10am	**Ringstead, Courtyard Farm** Park/meet at small car park by Ringstead Common, off Burnham Road	OS 132/ 722405 **PE36 5LQ** 5.9 miles	**Roger** 01485 518182

Fakenham and District Community Archive

Our choice of photograph from the Archive this month reflects the recent resurgence of interest in the town's sporting profile. Donated by Irene Childs this is the Lancastrian School's girls' hockey team in 1958.

Pictured in the top row from left to right are Rosalind Andrews, Janita Vertigan, Marlene White, Jean Woodhouse, Wendy Fisher, Gillian Townshend, Barbara Bacon and Margaret White. On the bottom row are Nancy Keeley, Irene Defew, Ann Cooper, Olive Buck and Valerie Armiger.

We have many more photographs like this and if you would like to see them, along with many scrapbooks, slide shows and displays you should come to one of our meetings in church from 2.00 - 4.00 on the last Tuesday of every month.

You can also see lots of them on our website www.fakenhamcommunityarchive.weebly.com.

Howard Young



Rotary Club – *Service above self.*

This is the motto of Rotary, reflecting its commitment to selfless service and making a positive impact on communities. Rotary – and this is exemplified by the club in Fakenham – engages in a wide range of activities, supporting worthwhile projects and hosting social events to foster friendship. Worldwide, Rotary has focussed on key issues such as eradicating polio, providing clean water and protecting the environment. Here in Fakenham, you will read below of the important causes the local club has supported in the last year alone, raising over £6500 for local needs. Rotary aims big – it certainly punches above its weight locally, where the club is small but ambitious and energetic.

If you would like to be part of this worldwide fellowship and want to make a positive difference to your local community, don't hesitate to talk to Gordon on 07881 525407 to find out more. All men and women are welcome.

URGENT: FAKENHAM ROTARY CLUB NEEDS....

Within the last year, the Fakenham Rotary Club has donated over £6050 to local and National Charities and good causes, and to International disaster Relief. Our Local Charitable giving has included donations to Fakenham Medical Practice, EPYouth, Fakenham First Responders, and participants in the Duke of Edinburgh Award Scheme.



Money has been raised by organising events in the community, such as a Santa's Grotto, a Murder Mystery Night, an Indoor Duck Race, and shortly we'll be holding our annual "Spot the Stranger" competition, and in September we're organising a Cliff Richard Tribute Act!

HOWEVER – OUR CLUB MEMBERSHIP HAS DECLINED TO JUST 10 ACTIVE MEMBERS, AND WE ARE IN URGENT NEED OF YOUR HELP IF WE ARE TO CONTINUE TO OUR CHARITABLE WORK IN THE AREA AND BEYOND – AS WELL AS BRINGING SOME ENTERTAINMENT TO THE COMMUNITY WHICH OTHERWISE WOULD NOT HAPPEN.

If you are able to give *any* time to help us, we would be enormously grateful. We meet at the Gallow Sports Centre most Wednesdays where we discuss our forthcoming projects and consider our charitable giving. Call Gordon on 07881 525407 or see our website for more details: fakenhamrotaryclub.co.uk.

FOR THE NEXT 2 MONTHS WE ARE WAIVING OUR MEMBERSHIP FEE (OF £15 PER MONTH) – SO WHY NOT COME ALONG AND SEE IF YOU LIKE US, (WE'RE CHEERY BUNCH OF MEN & WOMEN), AND SEE IF YOU CAN HELP US IN OUR WORK!?

MAKE NEW FRIENDS, HAVE FUN, RAISE MONEY FOR CHARITY & HELP THE COMMUNITY!

THERE'S NO OBLIGATION – AND WE PROMISE YOU A VERY WARM WELCOME!

Rotary
Fakenham & District

Old Fakenhamian

Back in the day, the Post Office used to take on students to help deliver the enormous amount of Christmas cards which used to be sent. So, in December 1973, home from my first term at university, I was one of those students delivering the post in Fakenham. It was great fun and the postmen were really kind and supportive. However, one thing they omitted to tell me was to never put your fingers through the letter box. I learned the hard way and gaily pushed a bunch of cards through a letter box only to have my fingers bitten by a jumping dog, resulting in my having to have a tetanus jab.

Now I am one of many people who deliver the Beacon each month (oddly enough on the same patch as in 1973). Dogs have not changed in those years, as in one house on my round the letter box is at the bottom of the door and a little terrier leaps forward at my approach and literally pulls the magazine into the house.

So, this month's column is, in a way, a recruitment drive as the Church is always in need of volunteers to deliver this magazine. I love the hour each month when I take to my rounds. I often bump into people I know or sometimes people I don't and it is lovely to stop and have a 'mardle'. Around Christmas, the way people decorate their gardens and front doors is a real pleasure and, in the spring and summer, it's delightful to see the flowers and trees in blossom and leaf. Fascinating too are the modernising improvements made to houses when they change hands, as people put their own mark on their new homes.

In truth when I first began my round many years back, I thought it might be rather tedious delivering to the same houses every month and thought it would be more fun to change rounds now and again. Apart from that being a logistical nightmare for the Beacon team, I admit I have developed a great fondness for 'my' people, and even though most are essentially strangers to me I feel I sort of know them. One thing however I must say is when choosing your letter box spare a thought for the 'Posties' because some boxes (presumably for draft proofing reasons) are really tough and getting the Beacon through, even rolled, and remembering the dog issue, can be quite a struggle!

So, if you feel you could spare an hour a month to deliver this magazine, why not give it a try? Apart from the exercise and fresh air it really does bind you to your local community and that can never be a bad thing, can it?

Interested? Please contact Alison on fakenhambeacon@gmail.com

Gilly Foortse



One Big Day, Two Great Events!

Fakenham is set to buzz with creativity and energy as two wonderfully complementary events come together: the Fakenham Arts Festival 2025 (FAF25) and the much-loved Ride North Norfolk. It's a mash-up you didn't know you needed—but one that promises to deliver colour, culture, and community spirit in spades. Richard Crook of Active Fakenham said, "By combining these two festivals, we're offering something for everyone. This should be fun and interesting and will be great for the town, residents, and visitors."

Fakenham Arts Festival 2025: A Town Transformed

Running from **1st to 24th August**, the newly launched FAF25 is already shaping up. Think pop-up galleries in shop windows, art trails, and over **forty artists** exhibiting in **more than fifty venues** across the town centre. It's a bold initiative to turn Fakenham into one giant canvas.

The grand finale on **Sunday 24th August** is a large-scale exhibition at the Fakenham Community Centre. Alongside this, there's a children's art trail complete with **free activity packs**, and budding creatives of all ages can take part in **low-cost or free workshops.**

Ride North Norfolk: Community on Two Wheels



The roads around Fakenham will come alive with the whirr of wheels as **Ride North Norfolk** returns, also on **Sunday 24th August.** With rides ranging from a gentle **15 miles to a muscle-testing 102 miles**, there's a route for every level of cyclist.

Go at your own pace with **on-route mechanical support, clear signage,** and **free feed stations** (yes, including their famous homemade flapjacks!). Every rider receives a **free souvenir drawstring bag and medal** - ideal for stashing snacks or art supplies, depending on your passion.

Both events are based around the Fakenham Community Centre and its gardens, creating a vibrant hub of activity. Expect **live music, a BBQ, food stalls, and artisan vendors** - a brilliant day out in Norfolk not to be missed!

Visit **Active Fakenham's website** or follow us on social media.

Let's meet . . . Liz Radley



Liz Radley is currently the Chair of the Library Friends. She is a former English teacher, but hasn't entirely left the classroom: she is a supply teacher at St Andrew's in Aylmerton, a school for children on the autistic spectrum. Liz read English and History at the University of Winchester. Whilst there she met her future husband, David. Liz took her teaching qualification in York, and her first teaching post was in Pontefract. Liz's parents live in Cambridge, where she and her two brothers were brought up. Her mother is from Switzerland, where Liz spent six months after her A levels. A move to a teaching post in Peterborough offered new horizons and Liz's roles encompassed Assistant Head of the 6th form, along with dispensing career advice. She and David moved to Fakenham in 2008, a place known to Liz from childhood holidays in Norfolk, and she worked at Sheringham High for six years. Following her career in teaching, Liz pondered a new direction. At this point, a friend talked with her about civil celebrants. Liz spent some time researching what was involved, and recalls that it just 'clicked' for her and is very positive about her role.

What's the most underrated thing about Fakenham? It is full of individuals who do an awful lot, but are rarely celebrated. (Except in this column in The Beacon! Ed.)

What would you change about yourself. I'd like some knees that work.

A gadget you couldn't do without? The coffee machine.

What is your greatest strength? Patience and compassion.

Is a religious faith part of your life? I was brought up a Quaker, and some ideas and beliefs have stayed.

Your earliest memory? I remember my mother holding me and I reached out to grab her hair. I was under two.

Do you have anything from your childhood? Yes, I have my teddy, which I loved because of its softness and shape.

What did you learn from your parents? My mother was a strong female role model and had a passion for books. In fact, I can recall on one occasion, when my father called me for lunch and I told him to say I would come later because I had reached Mr Knightley's proposal. My mother totally understood. (The book being "Emma" by Jane Austen). From my father, I got my love of the natural world and his interest in language.

Who has been a great influence in your life? A teacher and a Head of Department were both inspiring.

Tell me about your library role? The previous chair of the Library Friends moved away, and Elena, our library manager asked me if I would take the role, which I was very happy to do.

The Friends are very active; how did you see your position? I saw it as raising the library's profile in the community. The scope of things on offer, some for a small charge, has enabled us to redesign the front of the library building, by a planned planting and some local businesses sponsored us. There are a handful of us who plan the activities and run them. We are more than happy, for example, to support the summer reading challenge each year, which attracts many readers.

And your greatest moment? Achieving the impossible and getting Simon Armitage the Poet Laureate, to come and give a reading and talk about his poetry. He had signalled his intention to visit as many libraries as he could in a year, and I wrote him a very impassioned letter, thinking there was little chance. I could hardly believe he responded so positively.

What do you do in your spare time? I love cooking, in particular, jams and chutneys, alongside small cakes and biscuits, always appreciated.

If you had a whole day to yourself, what would you do? I'd have a leisurely breakfast, go to somewhere like Castle Acre, with a picnic and a book in the boot.

A spur of the moment decision? Buying our first house in Peterborough; we just fell in love with it when we crossed the threshold.

What might you buy on impulse? Things like pottery, books, or silver earrings.

You have a very successful marriage with David, but you waited some time before getting married in 1992. I firmly believe that friendship comes first, and that it is the basis for a successful long-term partnership.

And David, how do you describe Liz.? Liz is the best thing that has happened to me and she remains my best friend. I shall never forget when she came and told me that she was in love with me.

What are you currently reading? JoJo Moyes "Someone Else's Shoes", which is very readable.

A favourite piece of music, (one you might have played at your funeral) "Bridge over Troubled Water", by Simon and Garfunkel.

Your luxury on a desert island? A library!

A lesson that life has taught you? Not to take things personally and to remain serene.

Kay Hathway

Christ Church, Fulmodeston



Throughout the summer you will find a most interesting and varied selection of books for sale in the church. Come along, have a browse and take a few home with you: donations to church funds welcome.

On Saturday August 2nd we'll be holding our traditional **'Coffee at the Crossroads'** in the churchyard from 10.00am until at least 1.00pm. Come and enjoy the range of stalls, including the home-baking and produce, Giant Selection of Jigsaw Puzzles, Board Games and CDs, tombola, traditional fête games and a cup of tea or coffee on the house – all to the sound of the legendary Old Timers String Band. This is a great social occasion and puts the church truly at the heart of village life, whatever the weather. We'll be so pleased to see you. We'll be rounding the month off with an afternoon Café Church at 4pm on August 31st. Tea and Strawberries: you're most welcome!

August Services

Sunday 3	6pm	Evening Prayer (Book of Common Prayer)
Sunday 10	11am	Holy Communion (Book of Common Prayer)
Sunday 17	10am	Parish Communion at Fakenham Parish Church
Sunday 24	6pm	Evening Prayer (Book of Common Prayer)
Sunday 31	4pm	Afternoon Service with Tea and Strawberries!

Carolyn Thomas-Coxhead





Summer events at Fakenham Library – to book call 01328 862715 or pop in.

Thurs 7th August 10am
Get Moving! With Kev Payne - booking essential - for pre-school children and parents/carers. Join author, poet and illustrator Kev Payne, as he shares from his collection of poetry that is sure to get you moving! With plenty of audience participation, children can listen to poems, perform poems and learn how to create poems for themselves. Kev shows that ANYTHING is possible with poems!

Mondays 4th August, 18th August and 1st September 1 – 3pm
Reading dogs – drop in – ages 4+ but younger siblings welcome. Come along and read a story to Frank, a 'Pets as Therapy' dog. Suitable for ages 4+

Monday 11th August 2pm
Big Bird craft and Storytime – drop in – ages 4 to 8 supervised by an adult, and younger siblings welcome. Fantastic, free, feathered Fun! This is a messy activity, so it is recommended to wear old clothes. Join us to make your own apple bird feeder to take home. Find out about our feathered friends and make your own bird art. Listen to stories on a birdy theme.

Tuesday 19th August 2pm
Wild garden art and story time – drop in – ages 4 to 7 and younger siblings welcome. Must be accompanied by an adult. Come along to our free session to hear some of our favourite wild garden stories and be inspired to create your own wild garden art. This is a messy activity, so it is recommended to wear old clothes.

Wednesday 20th August
Hickory Dickory Dock by the Garlic Theatre – 10.30am and 2pm Booking essential. Running Time: 50 minutes. Ideal for ages 3 to 8 but younger/older siblings welcome. See Poster on p13

Thursday 21st August 10.30am
Story garden from a shoebox - Booking essential – for ages 6+ Led by Art at Work, children age 6+ and their families can come along and make their own Story Garden from a shoebox, junk modelling and natural materials, and there will be a creative thinking activity to go along with it. Tickets 'pay what you can' available here: https://www.ticketsource.co.uk/creative-arts-east/e-jqkpjv

Saturday 13th September 10.30am
Summer reading challenge ceremony – booking essential – to book see staff at the library or call 01328 862715

When you complete the Story Garden Summer Reading Challenge, book in for this ceremony with our special guests! See p13.

FINALLY - Don't' forget our regular events for young people over the summer holidays!





Can you deliver The Beacon?

We need deliverers in the following areas – you don't need to live there!

Warren Ave

Sculthorpe Road

Market Place and more

All help appreciated! Thank you!

Please contact

fakenhambeacon@gmail.com

VISION NORFOLK

Celebrating 220 years Serving the Visually Impaired in Norfolk

We provide individualized support to anyone experiencing sight loss in the Norfolk area, also family, friends and other supporters.

We can provide assistance answering questions, understanding benefits, exploring assistive technology, and give important emotional support.

Please reach out if you have concerns regarding sight loss, and we can talk through possible solutions.

We have activities in Fakenham for you to experience, ie: an Audio Book Club, Indoor Bowls, Archery, and a Coffee Morning . At these events you can share experiences with others and make new friends.

Contact: 01553 660808

email: kingslynnhub@vision Norfolk.org.uk

CONCERT

@ St. Andrew's, Great Ryburgh

Sun 24 August 3.30 p.m.

'The Pathway of Romance'

Songs by GILBERT AND SULLIVAN

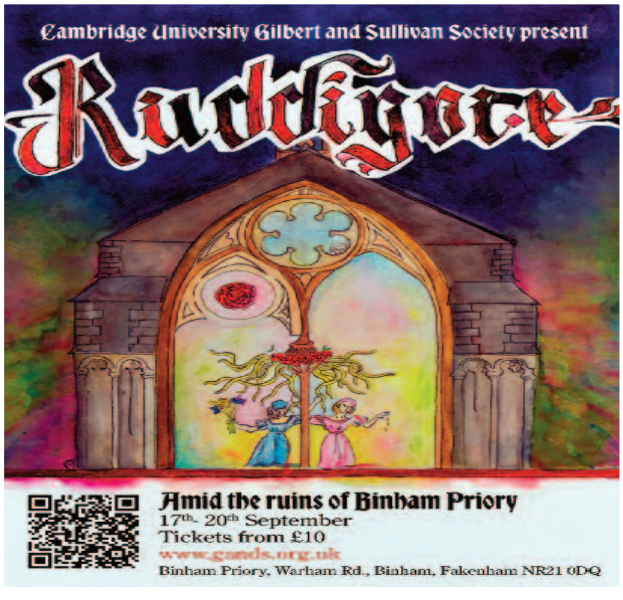
Featuring

Meg Starling, Jan Willson, John Bennet and Hugh Lanham, with Gill Smith on piano

Followed by afternoon tea

Free admission. Retiring collection.

Details from 01328 829413.



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