FAKENHAM PARISH CHURCH

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July 2026

THE BEACON

Church and Community Magazine



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* Where is Fuzzbutt? * July walks

* Story of a hymn * Let's meet...

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www.fakenhamparishchurch.org.uk

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

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Parish Prayers

5 July Charles Road, Edinburgh Drive, Elizabeth Avenue, Copper Beech Close.
Community services & groups

12 July Warren Avenue, Nightingale Close, Bracken Close, Rowan Way.
Pre-school groups and nurseries, especially Stepping Stones.

19 July Wensum Grange, Brick Kiln Road, Farm Drive. Social life of the town.
Newcomers to Fakenham.

26 July Meadow Walk, Saxon Way. *Refugees, victims of war, injustice, oppression.*

From the Parish Registers

Baptisms

26 July Poppy Lucinda Nancy Allison

Weddings

11 July Benedict Johnson and Solveig Junglas

Cover photo:
The Revd Tracy Jessop

"I'm afraid He's watching the World Cup at the moment, but please do stay on the line!"



Reflection



What sort of summer can we expect this year? Hot and dry? Or wet, wet, wet? Maybe we'll find out on 15th of this month, St. Swithin's Day. Folklore tells us that whatever the weather that day, it will continue for the next 40 days. So, who was Swithin? And how did the legend come about?

Swithin (or Swithun) was born about the year 800. Educated at Winchester he became chaplain and advisor to Egbert, King of Wessex, and tutor to Egbert's son, Ethelwulf; this in uncertain times when Wessex was under threat of Viking raids. In 852 Ethelwulf, now King, appointed Swithin Bishop of Winchester. In this role Swithin became known for founding new churches, for his compassion and for charity towards the needy.

Swithin asked that when he died, he should be buried outside in open ground where rain falls and ordinary folk walk by. This wish was honoured after his death on 2nd July 862. But, about 100 years later, the then Bishop decided that Swithin deserved a fine shrine inside the cathedral. The "translation" (moving) of Swithin's body was scheduled for 15th July 971, but was delayed by exceptionally heavy rainfall, perceived to be a sign of Swithin's disapproval. From this the legend grew.

In fact, Met. Office records show that strictly, the legend is a myth, although the weather on St Swithin's day may indicate the trend for the next 6 weeks or so of summer. It's about the time that the jet stream has settled and a pattern emerges. Or it used to be. Global warming and climate change are leading to more unpredictable and more powerful weather events. We live in uncertain times, as Swithin did.

What we can take from Swithin's story is his compassion, his concern for the needy and his love for all. In this he followed the example of God who loves all people and all creation equally and unreservedly. God's love for each one of us is the one reliable certainty in our uncertain world. I pray that you will know the love God has for you and that, whatever the weather, you will make the most of every day.

Elaine Burbidge

CHURCHES TOGETHER

FAKENHAM AND DISTRICT 2026

Annual General Meeting

Sat 11 July at 10am at The Salvation Army Hall, Oak Street, Fakenham. NR21 9DY.

Our Guest speaker will be Mr. Gavin Green, from Fakenham Academy.

"How I live out my faith as Headteacher of a secular school."

The AGM business meeting will be followed by a Bring and Share lunch.

All are very welcome



Churches around Fakenham welcome *you* in July

Parish Church **Upper Market Place, Fakenham NR21 9DY**

Sun 5 July 10am Holy Communion

Sun 12 July 8am Holy Communion (Book of Common Prayer)
10am All Age Worship
6.30pm Choral Evensong

Sun 19 July 10am Holy Communion

Sun 26 July 10am Café Church Holy Communion

Other Services 9.30am every Thursday Holy Communion, a short, quiet service.
9.45am every Monday (except Bank Holidays) Stepping Stones for pre-school children with a grown-up. (Including free children's clothes Swap Shop)

Salvation Army **Oak Street, Fakenham.**
Every Sunday morning at 10.30 am

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

Fakenham Baptist Community Church
Every Sunday 10:30am Fakenham Community Centre 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.

Holy Trinity, **Hempton**
Sunday Mass at 9.30am. Wednesday Mass at 9.30am.

We continue to pray for peace for all the people of Gaza, Israel, Iran and throughout the Middle East at this time.
We continue to pray for peace for the people of Ukraine and all areas of conflict.
"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".

Floodlighting Sponsorship - helping our light shine

June Berry – **For Gordon, remembering his birthday & 40th wedding anniversary** ***Thank you.***

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 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.
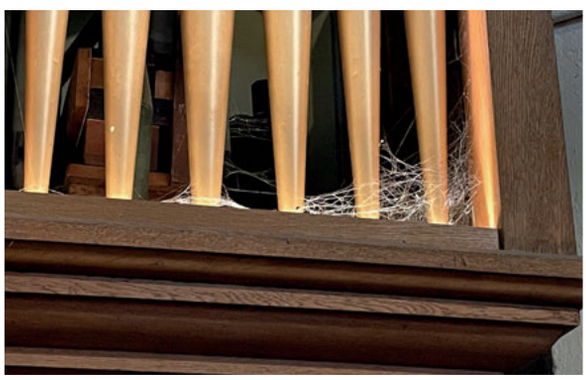


Fuzzbutt - found at last

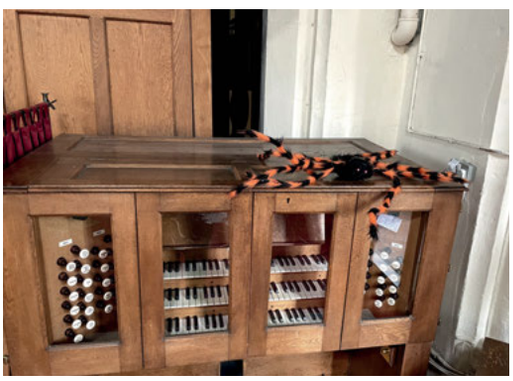
Many readers will be relieved that, after reporting her absence in April's edition, and extensive searches by the congregation, the tarantula, Fuzzbutt, has been safely located and captured. No one was more relieved than her anxious owner, Flora Islop, who warned us that she might lay eggs in her hiding place (Fuzzbutt, not Flora).

All is well, however, and it appears Fuzzbutt had found a sheltered hiding place around the church organ, as the thick cobwebs testify. We are grateful to the many visitors and Fakenham residents who contacted us with ideas and advice and can assure those who were concerned about Fuzzbutt, that no creatures came to any harm during the making of the April edition.

Editor.







Fakenham Rugby Club's Walking Rugby Tournament.

Fakenham's second Walking Rugby tournament was an enthralling, hard-fought and entertaining event; a great advert for a rapidly growing sport. Teams gathered from Diss, Lowestoft and Yarmouth, Wymondham, March as well as Norwich. The Fakenham team was faced with a full range of keen opposition!



Diss emerged as the worthy winners with Fakenham a highly creditable second. After each game, there were cheers and handshakes all round and a great sporting atmosphere.

Why not join in with walking rugby? With no running allowed, this version of the sport is designed for mainly older players. Men and women play in the same team. If you are interested, look at Fakenham Walking Rugby's Facebook page for further details and contacts. You won't regret it. We meet to play every Wednesday evening, between 7 and 8 pm, at Fakenham Rugby Club. Come and join us!

Barry Howes

Let's meet… Father Dominic Amoah.



Fr. Dominic, priest at St Anthony of Padua Catholic church, was born and raised in Ghana, along with a brother and sister. It was a religious upbringing as his father is a Catechist, who is trained to lead prayer services, conduct funerals but cannot hold mass. He would accompany his father as he travelled between outstations – the satellite churches under a parish - but when he found his vocation to serve, he knew he wanted to go further and become a priest.

Fr. Dominic came to the UK as an extern priest, ordained for one diocese, but serving in another. Coming to the UK entailed going through a series of checks, interviews and training including safeguarding, mission, an introduction to the history and culture of UK, and driving in UK.

He was comfortably hosted on arrival by a fellow Ghanaian priest, Fr Alex Anaman, at Sir Henry Morse Roman Catholic church in Diss. Once safely through the formalities, he was assigned to St Mary's Parish in Ipswich. This was a vibrant church where mass was held three times on Sunday, as well as there being another satellite church.

Coming to Fakenham provided a completely different challenge. He holds mass and home visits from Tuesday to Friday, Adoration, Confessions and Vigil Mass on Saturday and main Mass on Sunday. Fr. Dominic has been in Fakenham just over 18 months.

What is the most underrated thing about Fakenham? Two things. Fakenham is unique, and I had a warm welcome from the congregation on taking up my post.

Is there a gadget you couldn't do without? The calendar on my mobile phone is a very necessary thing, but other things about phones, less important.

Who has been a great influence in your life? My mother. She was a very hard-working person and strongly believed in the concept of service. Very sadly she died aged just 48, and two years before I was priested.

What did you learn from your father? He sacrificed himself to be a Catechist and earned respect for it.

What is the greatest challenge you've overcome? Life is like education, a process of discernment, and within the confines of life's ups and downs, so you learn every day. You take a decision and build on it. Being a priest goes beyond ordinary preferences.

Your earliest significant memory? I loved both school and football. Whilst I was playing football, I injured my leg which meant I would have to miss both. My mother strapped me to her back and walked me to school, a distance of about 2 kilometres. I was about ten years old.

What is your greatest strength? My strength is from God, wherever you go you will be provided. I am motivated by God's word and anything you do in his name is good. Giving people hope is a very important thing.

Have you ever been grateful for the kindness of strangers? Many times. I think of the verse, 'The Son of man has no place to lay his head.' (Luke 19 vv11). Jesus and the disciples relied on people they didn't know to put them up as he went about his ministry.

What is good about modern life? That people can find joy in everyday things whereas society wants instant solutions.

What concerns you about modern life? The dwindling amount of respect. Quoting from Psalm 28, 'My Lord is my strength and my Shield', which means that in giving the Lord my total respect, he will meet my needs wherever I go. This is lacking in many aspects of modern life.

And anything you would add? There is a tendency to be blinded by impression, and some people choose to live by right and not responsibility.

What do you like best about your vocation? Serving others.

Do you have any ambitions? When you're a priest you vow obedience to God and also to your Bishop. With regard to future parishes, I do have some say in where I go, but generally would go wherever I am sent.

Where would you like to visit that you haven't been? There are places in Europe I'd love to go to, but when I take a holiday, it's well planned and usually in the UK.

Do you have a favourite piece of music? Handel's Messiah, and a hymn? I will bless the Lord at all times….

Your secret happiness? Music and hymns, but I also enjoy watching shows like Britain's Got Talent.

What do you do in your spare time? I like watching football, jogging and walking to Walsingham and in the evening, I sometimes watch a movie.

Is there a person you admire? Cardinal Peter Kojo Appiah Turkson, the Archbishop who ordained me. I like his simplicity, his love of Sacred Scriptures and the Word of God.

What lessons has life taught you? That it has a lot to offer in return for hard work, humility and respect.

Kay Hathway

Town Council News

Catering to all tastes

On 25th June I had the pleasure of formally opening the newly refurbished catering and hospitality facility at Fakenham Academy along with Michelin starred chef Galton Blakiston, whose backstory truly inspired the students. A team of 12 Year 10 students prepared and served delicious refreshments demonstrating excellent skills.

The school now offers Food and Nutrition at Key Stage 3 and Hospitality and Catering to Key Stage 4 to the young people of Fakenham in a brand new, superb facility, replacing the 1959 original.

We wish the students every success in their future careers!

King Edward VIIth lamp

Residents may have noticed the removal of the commemorative lamp from the marketplace. A structural survey showed that it was badly corroded and in danger of falling.

It has been carefully removed and it will be examined to establish how repairs can be carried out. It is a specialist project so may take some time.

Bee Squared project

We distributed small packets of wildflower seeds earlier in the year so that residents could plant them to encourage bees and butterflies to their gardens.

Were you one of the 'wild' gardeners? If so, we would love to see photos of your square and we will pop them onto our social media feeds. Thank you. *(So would we at The Beacon!)*

Town council vacancies

Last month I invited residents with a little time to spare to consider joining the council. With recent changes to the meeting schedule, the commitment of time is far less burdensome than in the past.

The Clerk was delighted to receive six (to date) requests for application packs, so we hope to welcome new councillors in the coming months.

Thank you to you all!

Angela Glynn
Chairman, Fakenham Town Council



Meet Rob, our Family Law specialist...

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ROBERT COLWELL, DIRECTOR

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Old Fakenhamian

In my last year at Exeter university, I along with two friends lived in a Victorian vicarage in a village called Newton St. Cyres a few miles out of Exeter. We lived in the top of the building and the Vicar John Scott and his wife Claire and their younger son Joe lived in the rest of the house.

My oh my was it cold in the winter. The vicarage may have been cold but John and Claire couldn't have been warmer. In fact, we remained friends for the rest of their lives.

This year Rogation Sunday fell on the 10th of May (the fifth Sunday after Easter). This will always be a Sunday that brings back wonderful memories. John had brought back an ancient Rogationtide tradition of 'beating the bounds' which is walking the perimeter of the parish to confirm the boundary markers. He gave it a modern twist and it became a sponsored walk to raise funds for the Church. Friends of ours who had lodged in the Vicarage in previous years came down and we walked the bounds together with John and members of his congregation, with Claire providing a fabulous picnic half way, then off to the local pub in the evening. Next morning there was the service in the church and lunch with the Scotts. When we left university, we all continued down to Devon for that special weekend. In fact, my last time was in 1986 when I was home with my parents in Cambridge and pregnant with my son Peter. I borrowed Mum's mini and went to join them all – needless to say that year I did not walk as Peter was born a week or so later!

I can't begin to describe how wonderful those weekends were – the Devon countryside in all its Spring glory and in the company of so many dear friends. The blisters were a bit of a problem and I remember doing the last leg of my final walk in bare feet. Sometime later I was getting out of my car in London wearing backless shoes and a passerby stopped and asked what I had done to my heels as they still bore the marks of the beating they got when I was beating the bounds!

Gilly Foortse

Christian Aid

As a church, we believe that our calling is not only to care for our own fellowship, but also to look outward with generosity and compassion. The love of Christ invites us to support those who are struggling, especially where poverty, injustice and disaster make daily life uncertain. Giving to other good causes is one way we put our faith into action and remember that we are part of one human family.



That is why we are proud to support Christian Aid, whose work is rooted in dignity, equality, justice and love. Christian Aid works with local partners to help communities facing hunger, conflict and the effects of climate change, while also supporting longer-term development so that people can build safer, healthier and more secure lives.

We are especially thankful that donations given after our Sunday morning coffee time have enabled us to send a gift of £450. What may seem like a simple act of fellowship each week has become a meaningful way of sharing God's love more widely. It is encouraging to know that our time together after worship can also help support the work of Christian Aid and bring hope to communities in need.

Rev'd Tracy

The story of a hymn - O Worship the King

This well-known hymn first appeared in a publication in 1824 and was written by Sir Robert Grant, a lawyer, philanthropist and man of deep Christian faith. He was born in Bengal in 1779 and later his family returned to England where he studied law. In 1807 he became a King's Sergeant in the Duchy of Lancaster and a commissioner for bankruptcy, and later, in 1830 became an MP, for Norwich. In 1828 he married Margaret Davidson and had four children. He was the author of a book of poems, published posthumously by his brother, Lord Glenelg. Contained within was the poem 'O worship the King', which was based on Psalm 104. The poetic imagery was drawn from the psalm reflecting 'the grandeur of creation and the intimate compassion of God for humanity'.

Sir Robert was appointed Governor of Bombay in 1834, but died only four years later aged 59. The melody 'Hanover' written by William Croft a century earlier, became the most prominent and widely used tune for the hymn. Sir Robert may have had knowledge of this but there is nothing to indicate that he did. Between the two, they created a much-loved hymn.

O worship the King
All glorious above,
O gratefully sing
his power and love;
Our Shield and Defender,
The Ancient of Days,
Pavilioned in splendour,
And girded with praise.

Frail children of dust,
and feeble as frail,
in you do we trust,
nor find you to fail.
Your mercies, how tender,
how firm to the end,
our Maker, Defender,
Redeemer, and Friend!

Sources: Discipleship Ministries; Luke Powell Ministries; Wikipedia; hymnary.org

Kay Hathway

Fakenham Area
Are you a Veteran?



The **Veterans Voice** project aims to help veterans and family members find how to access veteran organisations and support groups, such as breakfast clubs and social hubs, identify opportunities for social interaction with other veterans, and provide information about support resources.

Come along for a FREE hot drink, cake, chat and a spot of banter, or to ask questions about veterans support. First Thursday of each month.

Venue: Fakenham Library, Oak St. NR21 9DY 1030 to 1230.

• Thursday 2nd July • Thursday 6th August

More information? Contact: loraine@veteranscentral.co.uk
Mobile: 0771 3860040

Veterans Central
The Veterans Central charity (#1208763) is based at West Raynham SHQ (NR21 7PL) and is a facility for Military veterans, serving personnel and families, to support activities, wellbeing and social engagement. Veterans Central is open every Wednesday, Thursday and Saturday from 1000 to 1500.

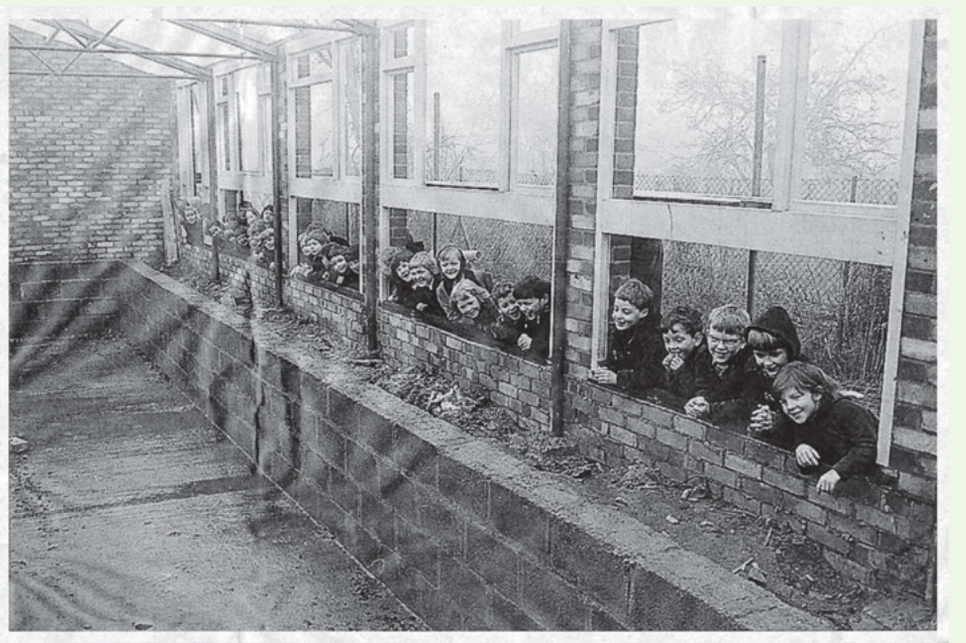
July Walks with Fakenham Ramblers

Please note that ALL walks now start 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)
Weds 1st July 10am	**Felthorpe** - Park/meet in Paddock **adjacent to 14 Bilney Lane**	OS 238/TG173182 **NR10 4ED** 6.5 miles	**Sandra** 01603 755121
Sat 11th July	**Around & About Fakenham** - Park @ Aldiss car park, meet by Gas Museum	OS 238/TF920292 **NR21 7LA** 7 miles	**Barbara & Richard** 01328 862834
Weds 15th July 10am	**Priories & Castle Acre** - Park on road around green, meet at St. James' Church	OS 238/816151 **PE32 2AE** 6.4 miles	**Sue M** 07854 754851
Sat 25th July 10am	**Round Tower Churches Round** - park Felbrigg NT (free for NT members)	OS 252/TG195393 **NR11 8PR** 9.5 miles	**Barbara & Richard** 01328 862834
Weds 29th July 10am	**Blakeney & Wiveton Downs** - Park/meet at Blakeney Village Hall	OS 251/TG026437 **NR25 7PG** 6 miles	**Ann & Christine** 07798 664815

FAKENHAM AND DISTRICT COMMUNITY ARCHIVE



With the shape and size of Fakenham's new swimming pool slowly becoming apparent next to the leisure centre on Trap Lane, here, in this month's photo donated by Wendy Gilchrist, we can see children celebrating the finishing touches being made to the one that used to be in the Junior School in Queen's Road. This opened in 1969 at the cost of £4000! It was soon followed in 1970 by another in the Grammar school on Wells Road but for various reasons both later had to be closed.

If you'd like to see more photos like this of Fakenham in the past you should come to one of our friendly, well attended meetings in church from 2.00 to 4.00 on the last Tuesday of every month. Here you can also browse through many scrapbooks and watch slide shows of how things used to be in the town. They can also be found online at fakenhamcommunityarchive.weebly.com.

Howard Young



Fakenham Food Market

On the second Saturday of every month, from 9:30am to 1:30pm, in the town centre.

Stroll around the delectably aromatic food stalls, that will be sure to tantalise your tastebuds! From artisan breads, treats and cakes to fresh meat, Asian dumplings, ice cream and drinks – just a small selection of what you'll find to feast your eyes upon.

Why not grab some lunch items there and wander along the Wensum River to sit, eat and enjoy the views, or pop into Church to enjoy the Craft Fair.

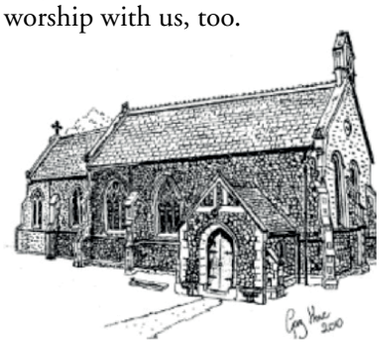


Christ Church, Fulmodeston

In recent months several houses in the village have changed hands. When I meet the New People, I've been struck how they repeatedly say that one of the things which drew them here is that they had heard that Fulmodeston is a lovely place to live with a real sense of community. What's even better is that they also say that they have found the rumour to be true.

There's nothing especially touristy or quaint about Fulmodeston and there are few second homes. It's a real place full of real people who like the place and are simply happy to join in with whatever is going on.

The Church is just one aspect of village life which we know is deeply valued by Fulmodestonians - so do come along and see! It's always just grand to welcome summer holiday visitors to worship with us, too.



July Services

Sunday 5th	6pm	Evening Prayer (Book of Common Prayer)
Sunday 12th	11am	Holy Communion (Book of Common Prayer)
Sunday 19th	10am	Parish Communion at Fakenham
Sunday 26th	6pm	Evening Prayer (Book of Common Prayer)

Throughout July and August there is a fascinating range of books for sale in the church. Flexible pricing applies (i.e. donations to church funds welcome).

Save the date! Our ever-popular Coffee at the Crossroads will be on Saturday August 8th. All the usual attractions will be on offer.

Carolyn Thomas-Coxhead

Able Community Care is a Norfolk, family owned, Home Care provider which was established in 1980. We are often asked by our clients, carers and members of the public, questions across a wide range of care issues. Care information is often time-consuming and difficult to access, so we are happy to share some of our questions and answers with you.

Question – What is Home from Hospital Support? I have an older relative who is due for discharge but will need some short-term care for a few weeks at home.

Answer – if a person is ready to leave hospital but will need some support when returning to their home there are systems in place to make sure that appropriate care support is there.

The NHS now uses a process called "discharge to assess". This just means:

- A patient will go home as soon as medically well enough and any ongoing care or support needed will be arranged at home, not in the hospital.

For a short period after discharge, help such as:

- Someone coming in to help with washing, dressing, or meals
- Help picking up shopping or medication
- Equipment in the home (like rails or a commode if needed)
- Someone checking a person is safe and coping

This short-term support is often called re-ablement and is usually free for a few weeks.

The hospital team, as part of the discharge, should:

- Talk to the patient and family before discharge
- Arrange any immediate support needed at home
- Contact the local council if longer-term care might be needed

Sometimes charities like Age UK or British Red Cross also provide extra "home from hospital" help and private care agencies often provide this support on a fee-paying basis.

What families should expect: Before their relative leaves hospital, they should:

- Be told what support is being put in place
- Know who to contact if there are problems
- Feel confident your family member will be safe at home

In summary: A patient shouldn't be discharged without a plan — short-term help should be arranged to support them safely at home.

Community Noticeboard

Age Concern Fakenham Area Mini Bus

Providing transport to Fakenham for the over 55s

Collecting from many villages, including Cley, Colkirk Burnham Market & Weasenham, and town centre.

Various weekday routes / private hire also available

Call Adrian on 07990 026839 to volunteer or check on days and routes





July concerts @ St Andrew's, Gt Ryburgh

"SONGS FOR SUNDAY"

Sun 5 July 3.30 p.m.

Sarah Poole (soprano),
David Heyes (double bass).

Afternoon tea.

Free admission. Retiring collection.
Details & booking for tea: 01328 829413

ORPHEUS FLUTES – Mozart "The Magic Flute"

Sun 26 July 3.30 p.m.

Version for Flute Quartet and Narrator.

Afternoon tea.

Free admission. Retiring collection.
Details & booking for tea: 01328 829413.

Can you deliver The Beacon?

Here are some examples where we need your help -
You don't have to live there!

Nelson Road
Warren Avenue
Wensum Way
Thorn Road

If you can help, please contact fakenhambeacon@gmail.com
Thank you!

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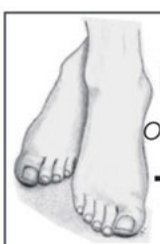
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