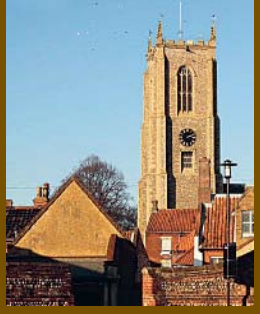
FAKENHAM PARISH CHURCH

A ROCHA SILVER AWARD WINNER 2024 ECO CHURCH



October 2026

THE BEACON

Church and Community Magazine



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* Reflection * Concerts
* Harvest services * All Souls
* Get fit with the Ramblers * Let's meet
* Festival Christmas cake * Community Archive

Church Contact Details

www.fakenhamparishchurch.org.uk

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Revd Tracy Jessop
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Fakenham NR21 9BZ 01328 862268
Email: rector@fakenhamparishchurch.org.uk
Or: admin@fakenhamparishchurch.org.uk

Licensed Lay Ministers:
Elaine Burbidge 01328 851848 – Fakenham

Church Wardens
Gail Allcock 07769 811554 – Fakenham
Andrew Lee 01328 878870 – Fulmodeston

Parish Safeguarding Officer:
Anne Peppitt 01328 878355 – Fakenham
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Gill Lee 01328 878870 – Fulmodeston
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Beacon Deadline
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

4 Oct	Smith's Lane. *Community services and groups.*
11 Oct	Queen's Road, Gladstone Road, Newman's Court. *All who work on or in the sea and those who support them.*
18 Oct	Field Lane, Fisher Road, Lawrence Close, Digby Drive, Harp Close. *Doctors, nurses, accident and emergency services.*
25 Oct	Holt Road, Tower Court, Westmead Road. *Bible Society; United Nations and peace.*

From the Parish Registers

Funerals

28 August	Jean Cushing *(Fulmodeston)*
4 September	Sheila Wright
11 September	Josephine Thompson

Cover photo:
The Revd Tracy Jessop - 'Creation' ,
Aysgarth, N. Yorkshire

"Thank you, but we don't need any gardening help. Our gardeners, Adam and Eve, are coping quite well already!"



Reflection *by Revd Andrew Thomson*



Last time I wrote in The Beacon, I reflected on waiting until my painful back improved. Now, several months later, it is improving, although not completely right yet and I'm grateful to all those who have helped me during my recovery. They range from medical people through to my family and friends. But it made me want to reflect on our need to be thankful.

Thankfulness is a fairly large topic ranging from saying 'thank you' to someone who has given you a present or helped in some way, to being thankful for any number of things that have made our lives better. When I think of my own life, apart from my family and friends, there are a number of things for which I am thankful.

There are the people I've already mentioned and those I come across in my daily life especially my neighbours. I'm thankful for the many strangers I meet when I'm out who greet me or give me a smile as we pass. Many people say what a friendly town Fakenham is. Then there are the wide variety of things that I appreciate in life: the birds, animals, trees and flowers of the natural world; the glory of a wonderful sunrise or sunset and beautiful views and some of the more wonderful cloud formations. I am grateful for music and the joy it brings me; books and being able to read; art (and in August the Fakenham Arts Festival filled many venues with a variety of wonderful artworks) and much more.

I'm sure that you could add your own list of 'blessings to count'. The important thing is to be thankful for these things, and, indeed, for all that comes our way, good or bad. Although I've had my fair share of unpleasant things in life, I can be thankful for them too. This is because I believe that being positive in life is important for us all. It lifts our spirits and I thank God for that. Good or bad things happen to us all and are part of the way God created the world. I don't know why He gave us bad things and rather wish he hadn't, but I wonder whether we would appreciate the good ones if we hadn't had the bad ones too? So let us count our blessings and thank God for them in our lives.

Revd Andrew Thomson



Churches around Fakenham welcome *you* in October

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

Sun 4	10am Holy Communion
Sun 11	8am Holy Communion (Book of Common Prayer) 10am Harvest Festival All Age Worship 6.30pm Choral Evensong
Sun 18	10am Holy Communion
Sun 25	10am Café Church Holy Communion (* clocks go back today)
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.
Sunday 4th October: Harvest Festival

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

It is a joy to see St Peter and St Paul Church floodlit during the evenings, especially in the dark winter months.

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.

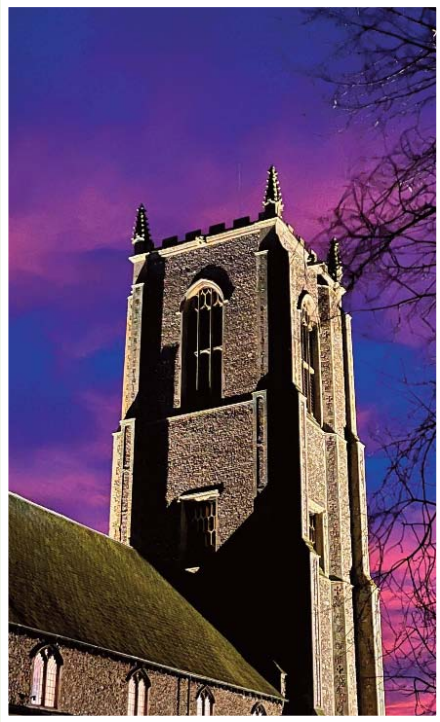
If you would like to sponsor our floodlighting, please use the form available from church or on our website or call us on 01328 862268 for more information.

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6 September
Happy Birthday Chris
(Rosemary and Brian Dear)

---

10 October
Happy Birthday Catherine
(Rosemary and Brian Dear)





All Souls Commemoration Service

Sun 1 November 2026
4pm in Fakenham & 6pm in Fulmodeston

A service to remember someone close to you who has died. Names of loved ones will be read out in this moving service, candles are lit, and we commend those we love to God.

FAKENHAM PARISH CHURCH

† Christ Church Fulmodeston



Harvest Services

Fulmodeston Sun 4 October at 6.00pm, followed by cheese and wine.

Fakenham Sun 11 October at 10.00am, followed by a bring and share lunch.

Non-perishable food donations welcome for the Foodbank

FAKENHAM PARISH CHURCH

† Christ Church Fulmodeston



Let's meet… Josie Smith



Josie was brought up in Colkirk in the family home, with her parents and three brothers. She had an infant sister who sadly suffered a cot death at three months old, which had a huge effect on her Mum. Josie sometimes stayed at her Nan's when things were not so good, and one of her brothers lived permanently with her Nan.

Her mother worked in the village as a home help and her father started as a road man and subsequently moved to the Linda McCartney factory.

Josie was a cadet with the St John Ambulance fellowship from the age of 11, until 17. Currently Josie volunteers with Gallow district girl-guiding and rainbow groups and with the St John Ambulance fellowship Open Garden scheme.

She attended Colkirk Primary and Fakenham Lancastrian which became the High school. After that, she worked in a number of care home settings including Woodspring House, Albany House and later, Courtney House in Tittleshall. She met her husband Ian and they have two children.

Henry, 32, is a mechanic and lives with his partner, Niema.

Daughter Amelia, 27, is a level 3 classroom assistant at the Duke of Lancaster school. Amelia married Liam at the parish church last year, in a 'wonderful' service, and is expecting her first child in January.

After having her children, Josie worked for Social Services for seven years, helping families with children and also helping elderly people in the evening.

Josie is now a self-employed carer, and has a waiting list.

What's the most underrated thing about Fakenham? The amount of volunteering done by the local people- such a worthwhile and rewarding thing to do.

If you could change one thing about yourself? I'd say it's hard to say no, but I do need to do it more often. My Nan, and the nurses at Cranmer House, have suggested I need to limit what I do.

What is your greatest strength? Still wanting to care for people. I also care about our environment and would like to be a litter picker at some stage. And weakness? It's still not being able to say no!

Your greatest challenge? Helping my son through education.

Early memories? Having a red bike when I was seven, and riding round the lawn on it. And picking strawberries with the family and having a picnic afterwards.

Have you ever been grateful for the kindness of a stranger? No. I am that stranger!!

Is a religious faith a part of your life? Yes. I don't think you have to go to church, but I do.

What might you buy on impulse? Shoes and underwear.

What might your husband, children and friends say about you? 'She's amazing but she needs a day off'!

Do you have any regrets? Yes, not studying hard enough at school.

What's the best thing about your job? Meeting people and being able to help them.

And the most difficult? Prompting families to be aware of their loved one's situation and sometimes helping make decisions on their behalf. Losing a client is the very worst.

What's the secret of happiness? Not being extravagant. Happiness comes from the inside, buying things doesn't help.

What do you do in your spare time? I love walking and prefer to do so in the evenings.

What do you like doing at weekend? Going to visit Henry and Niema and have Sunday lunch with them.

Your luxury on a desert island? A sewing box.

Any particular ambition? Yes, finishing off some of my craft projects.

If you had a day to yourself? I'd have a soak in the bath and get someone else to cook something nice. Then I might listen to Radio Norfolk and do a codeword and a word wheel.

What's your favourite place to visit? The local coast and the Norfolk Broads.

What did you learn from your parents? Manners and being polite. We were taught to take the nearest cake offered to you regardless of whether it was the one we wanted. Lastly, never to waste anything.

What lessons did life teach you? That kindness is sometimes painful, and to think before you act. But I tend to plod on regardless!

Kay Hathway

Nearly 250 cyclists take part in Ride North Norfolk

Nearly **250 cyclists** took part in this year's **Ride North Norfolk** at the end of August, making the latest edition of the long-running Active Fakenham event another great success.

Riders chose routes ranging from around 15 miles to 103 miles, taking them through the North Norfolk countryside, with participants travelling from across the region and further afield to take part.

Among this year's riders were **Sue and Chris**, who completed the 36-mile route and raised more than **£900 for Macmillan Cancer Support** through sponsorship.

They are far from alone. Although Active Fakenham does not directly raise large sums for charity through its events, over the years **thousands of pounds have been raised for charities and good causes by people taking part in Ride North Norfolk and other Active Fakenham events.**

Richard Crook



Photo: Alastair Robinson



CHRISTMAS TREE FESTIVAL Update – we need your help!

Open 26 Nov – 3 Dec. 10am – 8pm daily
Festival Service Sunday 29 Nov. 10am

Come and see us at the Festival desk every Thursday in church 10.30 – 11.30, where we can answer any questions, and receive your offers of help and donations of tombola prizes.

Your help is always appreciated. Thank you!

Christmas Tree Festival – hot cakes!

Here is an easy recipe for Christmas cakes, which sell like hot cakes at the Christmas Tree Festival. If you'd like to make one to support the festival, do have a go!

(Makes 1 large or 4 small cakes.)

Ingredients:

- 6 oz margarine
- 6 oz soft brown sugar
- 4 eggs
- 8 oz plain flour
- 1 tablespoon black treacle (optional)
- 1/2 lemon rind grated
- 1 tsp mixed spice
- 1 lb 14 oz mixed fruit with peel
- 2 oz cherries
- 2 oz ground almonds.



Method:

Cream sugar & marge.

Add beaten eggs alternately with flour, spice & rind mixed.

Mix in remaining ingredients.

Grease & line 8 inch deep square tin or two 1 lb loaf tins with baking parchment/ grease proof paper.

Cook gas mark 2, 350 deg F, 150 deg C for approx 2 - 2 &1/2 hours for large cake or approx 1 & 1/2 hours for small cakes.

Test in centre with a metal skewer which will come out clean if cooked.

Cool in tins.

Cut large cake into 4 or small cakes into 2.
Marzipan & ice ready to bring to church on Sat. November 21st at 10 a.m. for wrapping.

Thank you!

Margaret Simpson

The story of a hymn - When I needed a neighbour, were you there?

This fairly modern hymn by Sydney Carter directly challenges our response when someone is in need. The chorus reinforces the allcomers' need, freed from any notion of belief, race, colour or location. It asks if we were there, and what we might have done to help. Sydney Carter, 1915 – 2004, an English poet, hymn writer and folk musician, wrote it in 1965. His approach gets to the essence of Jesus' teachings in an accessible yet confronting way. He was a firm believer in justice and fairness for all.

Knowing his reputation, Carter was approached to write a song for Christian Aid to highlight global poverty and community need, for their 20th annual fundraising raising week. It was first sung at a Christian Aid rally in Trafalgar Square.

The inspiration is the parable of the sheep and goats, from St Matthew's gospel. It was written in the first person, using the voice of Jesus to show his identification with the disadvantaged in society. It focuses on feeding the hungry, clothing the naked and caring for the vulnerable.

Carter wrote both the lyrics and melody as a song rather than hymn, using mostly a minor key for the verse and major key for the chorus. The lyrics have since been updated but the original hymn is the one still used in many churches today. Reprinted below are the first and last verses and chorus. It is very much a hymn for our times.

When I needed a neighbour
were you there, were you there?
when I needed a neighbour
were you there?

And the creed and the colour
and the name don't matter,
were you there?

Wherever you travel,
I'll be there, I'll be there,
wherever you travel,
I'll be there.

Sources: Discipleship Ministries; Christian Aid; AI.

Kay Hathway

Christ Church, Fulmodeston

What a summer we have had! Those poor farmers! We poor gardeners! Yet somehow or other many plants have kept going; yields may be down (my potatoes came in at roughly marble-sized) and trees may have abandoned their leaves early, but by and large Nature did not give up on us entirely and so it is with special thanks that we gather on Sunday 4th to appreciate the harvest. Join us in our thanks and do stay for some cheese and wine. We must take care how we treat our planet and treasure what it gives us, El Niño or not.

October Services

Sunday 4th	6pm Harvest Thanksgiving Evening Prayer followed by wine and cheese
Sunday 11th	11am Holy Communion (Book of Common Prayer)
Sunday 18th	10am Parish Communion at Fakenham Parish Church
Sunday 25th	4pm Evening Prayer (BCP) (clocks go back today!)

Carolyn Thomas-Coxhead



October 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)
Sat 3rd Oct 10am	**Sedgeford & Snettisham** - Park/meet at Sedgeford VH, Jarvie Close (£1 p/p)	OS 250/ TF711368 **PE36 5NU** 7.5 miles	**Barbara & Richard** 01328 862834
Wed 7th Oct 10am	**The Burnhams** - Park/meet at East Harbour Way, Overy Staithe	**OS251/ TF845443 PE31 8FF** 6 miles	**Lesley & Christine** 07875 177210
Sat 17th Oct 10am	**Old Hunstanton & Ringstead Downs** Park/meet Ringstead VH (£1 p/p parking)	OS 250/ TF707403 **PE36 5JU** 8.5 miles	**Barbara & Richard** 01328 862834
Wed 21st Oct 10am	**Gressenhall -** Park/meet at Rural Life Museum	OS 238/ TF974170 **NR20 4DR** 6.5 miles	**Jane & Dave** 07790 642185
Sat 31st Oct 10am	**Colkirk, Toftrees & Hempton** park/meet Colkirk Parish Hall (£1 p/p parking)	OS238/ TF917265 **NR21 7NR** 8.5 miles	**Bridget** 07866 034378

FAKENHAM AND DISTRICT COMMUNITY ARCHIVE

If you're anything like me, occasionally, as we grow older, time seems to pass more quickly and sometimes, we may also get a bit confused when we do things like change the clocks (as we will at the end of this month.) Here, still on the theme of 'time', is a photograph from the Archive, donated by John Holliday, that shows time being 'removed'.

Before there were even any clocks on the church tower, a gas-lit drum clock, costing £80, hung on the wall of number 15 Norwich Street, that was then Bones Jewellers shop. (It's now Fakenham Eyeware).

At the top of the ladder is John Holliday senior who, in the 50s, worked with Richard Bone to remove it so that it could be replaced by a more modern one. John junior later took over the shop himself.

If you'd like to see any more of the Archive's huge collection of Fakenham photographs like this one, just come to one of our meetings in church, from 2.00 to 4.00 on the last Tuesday of every month. Here you can also look at slide shows, displays and many fascinating scrapbooks donated by local people.

The Archive can also be viewed online at www.fakenhamcommunityarchive.weebly.com.

Howard Young



Fakenham Food Market

Sat 10 October 9.30-1.30
Fakenham Market place

Enjoy freshly made local produce in the market place

Locally reared pork and chicken, beef, fish

Delicious pies, artisan bread and cakes.

Have a hog roast or focaccia sandwich followed by a smoothie bowl or waffle.

Looking for a present? - We have locally sourced cocktail mixes, gin and cider.

Next Markets:
14 November and 12 December



Town Council news

This month the town council hands over the column to introduce Sam Doughty from Norfolk County Council who is going to be in Fakenham to work with community groups, signposting them to funding support and advice. Welcome to Fakenham, Sam!

Connecting People and Ideas in Fakenham

By Samantha Doughty, Community Development Worker

Over the coming weeks and months, I will be working in Fakenham to help residents access support offered by Norfolk County Council Adult Social Care, to provide information for carers and to help connect people with activities delivered by existing community groups in the town.

Thursday is the busiest day of the week in Fakenham, so that's when you will be able to find me at the Library in Oak Street, from 10-12noon from 17 September to 29 October. Do come along for a chat - it's my job to listen to what you, the residents, want and need. Perhaps you run an informal group, come and tell me about it! You may have an idea or skill to share. I may be able to offer access to advice, support and funding.

Fakenham already has lots of voluntary groups that do amazing work and my aim is to bring as many as possible together to start and shape a Fakenham Community Conversation that brings together residents, groups and organisations to celebrate all that makes Fakenham a strong community.

We can all make a valuable contribution, whether it's a new idea, an existing project or group that needs support to grow and develop. Come and start the conversation with me. See you in the Library!

Able Care Advice

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 -

As a pensioner living in a rural village and needing to be careful with my finances, I wonder if I might be entitled to Pension Credit. I do not use the internet, so I cannot check online. Is there a telephone number I can call for advice?

Answer -

You may be entitled to Pension Credit, even if you own your own home or have some savings. In fact, it is estimated that around 910,000 pensioner households across the UK are missing out on Pension Credit that they could be receiving.

Pension Credit is a benefit for people who have reached State Pension age and are on a low income. It is paid in addition to your State Pension and can provide a valuable boost to your weekly income. Receiving Pension Credit may also help you qualify for other forms of support, such as help with heating costs, council tax, and dental treatment.

For advice or to make a claim, call the Pension Credit Helpline on 0800 99 1234. The helpline is open Monday to Friday, 8.00am to 6.00pm.

Community Noticeboard

Friends of All Saints
Wood Norton

The Friends of All Saints' Church,
Wood Norton invite you to

Orlando's Cello Pilgrimage

Orlando Jopling playing Bach cello suites



at

All Saints' Church, Wood Norton, NR20 5AR

Saturday 10th October at 7.30 pm

Tickets £20, includes refreshments

Contact: Hilary McGregor at **hilmac85@gmail.com** for tickets



Ryburgh October Market

Sat 24 Oct 9.30 – 12 noon
St. Andrew's Church,
Gt Ryburgh NR21 0EB

Books, plants, crafts and gifts

Refreshments at
St. Andrew's Pantry

Free entry

Details from: 01328 82941

Christmas Concert

Fakenham Choral Society

Sat 12 Dec 5.30pm

Fakenham Parish Church

John Rutter 'When Icicles Hang'

Bob Chilcott 'Christmas Night'

Carols for choir and audience

Tickets £10
under 18s free
but do require tickets

Book on:
www.fakenhamchoralsociety.org/forthcoming-1

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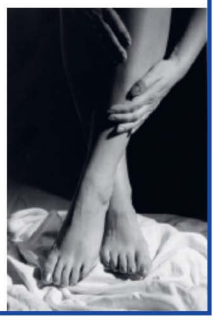
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