

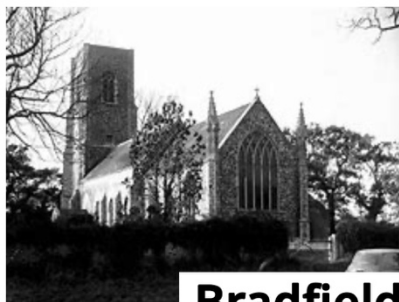
# CONNECT

April-May 2026 Edition

*The Magazine of the Parishes of the Trunch  
group of Parishes*



Celebrating the installation of our new Archbishop –  
*Sarah Mullally's pilgrimage to Canterbury*



**Bradfield**



**Gimingham**



**Knapton**



**Mundesley**



**Paston**



**Swafeld**



**Trunch**



**Café Church**

# SALLY'S LETTER

Hello Everyone,

It was wonderful to celebrate Easter together, beginning with the Dawn Service at Mundesley, followed by a baptism during our Easter Eucharist and special celebration at Café Church. We now look towards Pentecost and the coming of the Holy Spirit.

This is the introduction to Pentecost from Common Worship Times and Seasons:

*“Jesus Christ, whom we worship, is our crucified, risen and ascended Lord*

*and we have walked with him through his journey of love.*

*We have faced the agony of his suffering and death on a cross.*

*We have rejoiced at his bursting free from the bonds of death.*

*We have enjoyed his risen presence with us*

*and his revelation of himself through the breaking of bread.*

*We have seen his return to the throne before which every knee shall bow*

*and every tongue confess that this Jesus is Lord.*

*And now, with the followers of his own time, we await the coming of the promised Holy Spirit, his gift to his people,*

*through whom we make Christ known to the world.”*

In the weeks following Pentecost we will be focussing on the Holy Spirit, exploring what we understand by it, its gifts and its fruits. I am very much looking forward to it!

All blessings,

- Sally

# EDITORIAL: DELIGHT IN YOUR DAY OF REST!

The Ten Commandments are very clear about the need for a day of rest: 'Remember the sabbath day, and keep it holy. Six days you shall labour and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work' (Exodus 20:8-10 with similar reminders at Leviticus 23:3 and Deuteronomy 5:12-14). It was a command that was taken very seriously in Old Testament times – too seriously perhaps. In the Book of Numbers there is a sad and disturbing story of how a man was found gathering sticks for fuel on the sabbath. On Moses' command, he was stoned to death for his 'sin' (Numbers 15:32-36). We can also recall how much controversy was stirred against Jesus when he performed healing on the sabbath. It was one of the principal reasons why the Jewish religious authorities were so opposed to his ministry. Today we take a more liberal attitude to the concept of a Christian Sunday as a prescribed day of rest, although within living memory it was strictly enforced, often by Victorian laws. No sport, no shops, no general entertainment – as late as the 1960s and 1970s, the world seemed to shut down on a Sunday, often leading to boredom and resentment. Christian churches often preferred to maintain the status quo by sternly opposing liberalisation, rather than making a positive case for a day of rest. This may lie behind some of the decline in



church attendance since the 1960s.

There is in fact a strong and positive case for the Christian 'sabbath' as a time for regular rest and renewal. In Hebrew, the word *shabbat* (cognate with sabbath) is usually translated as 'to cease', but it has an important second meaning – 'to delight'. It is therefore not unreasonable to suggest that, rather than a negative, restrictive attitude to a day of rest, we should take delight in God – for example in enjoying his

## Shabbat Shalom



creation and in the relationships he has given us. We do not please the Lord by stoning a poor person in desperate need of fuel for warmth or cooking; or by negating compassionate acts of healing.

But God knows that we all need a day or at least a period each week to recuperate and recharge

our minds and bodies. It should, literally, be '*shabbat*' – delightful. A country walk, family time, hospitality with friends, building loving relationships, gardening, simply enjoying the life that God gives us – all these are creative and positive aspects of 'sabbath'. On the following page you will find a summary 'monk manifesto' – a guide to positive Christian life which everyone (not just those with monkish vocations) can find helpful. One of the key statements reads:

'I commit to rhythms of rest and renewal through the regular practice of *Sabbath* and resist a culture of busyness that measures my worth by what I do'.

*Let us all rejoice and delight in our God-given times of rest!*

# ‘A MONK MANIFESTO’

At a recent ministry team meeting, Rector Sally drew our attention to this series of commitments – an interesting list of possibilities for Christian living which are certainly not just for monks or nuns. Collectively, they are designed to enhance our spiritual lives and to help us grow in holiness. For more details see [www.AbbeyoftheArts.com](http://www.AbbeyoftheArts.com) who hold the copyright.

The Monk Manifesto is the public expression of a commitment to live a compassionate, contemplative and creative life.

*I commit –*

- To finding moments each day for **silence and solitude**, to make space for another voice to be heard, and to resist a culture of noise and constant stimulation
- To radical acts of **hospitality** by welcoming the stranger both without and within. I recognise that when I make space within my heart for the unclaimed parts of myself, I cultivate compassion and the ability to accept those places in others
- To cultivate **community** by finding kindred spirits along the path, soul friends with whom I can share my deepest longings, and mentors who can offer guidance and wisdom for the journey



- To cultivating awareness of my **kinship with creation** and a healthy asceticism by discerning my use of energy and things, letting go of what does not help nature to flourish
- To bringing myself fully present to the **work** I do, whether paid or unpaid, holding a heart of gratitude for the ability to express my gifts in the world in meaningful ways
- To rhythms of rest and renewal through the regular practice of **Sabbath** and resist a culture of busyness that measures my worth by what I do
- To a lifetime of ongoing **conversion** and transformation, recognising I am always on a journey with both gifts and limitations
- To being a dancing monk, cultivating **creative joy** and letting my body and heart overflow with the inexpressible delights of love.

# BOOK OF THE MONTH

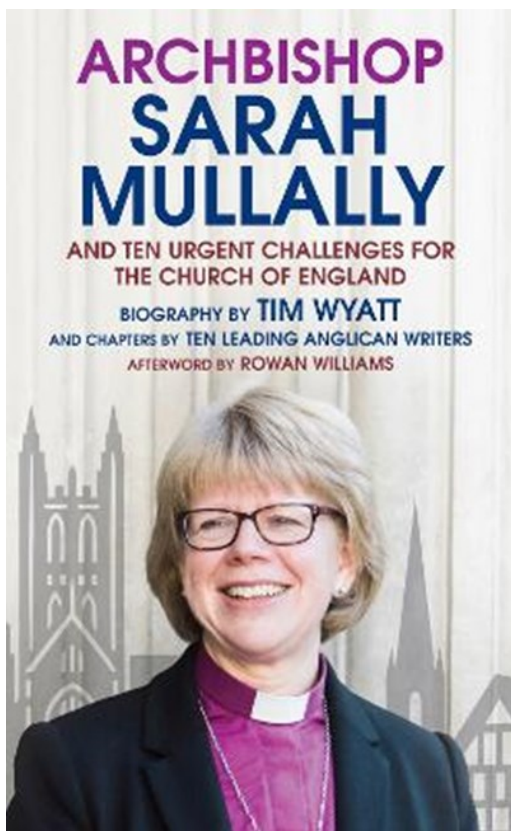
***Archbishop Sarah Mullally: Tim Wyatt (Darton, Longman & Todd, 2026, £8.99)***

This bright little book represents double value for anyone interested in the contemporary Church of England. It provides a brief, factual but inspiring biography of our first

woman Archbishop and then amplifies the challenges she faces with ten chapters describing the most pressing problems in modern Church life. We find inspiration aplenty in the biographical section, for Archbishop Sarah has had a clear sense of vocation since when, as a teenager, she committed her life to Christ.

She pursued a stellar career in nursing, becoming the youngest ever Chief Nursing Officer, aged just 37 – an immensely demanding job at the heart of Government. Remarkably, she

simultaneously trained for ordination at the non-residential South East Institute for Theological Education (where I also studied), while successfully leading the nursing profession.



Even more remarkably, she subsequently resigned her government post, taking a six-figure salary cut to become an inner city curate – an amazing act of trust in God. Her subsequent rise within the Church of England was assured: team vicar, residential Canon in Salisbury, Bishop of Crediton and the Bishop of London. These promotions reflected her astonishing gifts and her capacity for hard work. The prejudice she encountered was swept away by her resilience. She will bring a compassionate heart and great competence to her new ministry.

The second part of the book sets Archbishop Sarah's agenda for the next few years: ten challenging accounts of the issues which the Church must take on if it is to flourish. Each chapter has been written by a prominent Anglican expert, and an afterword has been provided by former Archbishop Rowan Williams. The agenda includes spirituality, social inclusion, disability rights, same-sex marriage, the climate crisis, safeguarding, poverty and church unity. If you think that all is right in the world, think again. A chapter entitled 'Facing Truth with Honesty' by Rev Eileen Harrop contains a harrowing poem about Christian ministry in the impoverished estates of Gateshead. This alone illustrates the massive scale of our challenges. It is fitting therefore that each chapter ends with a prayer specially written for Archbishop Sarah as she faces her new ministry. I strongly recommend this book for anyone who cares about contemporary Christian life.

- Peter Clough

# A MEMORABLE DAY FOR THE CHURCH OF ENGLAND

Peter Clough was privileged to attend the installation of Archbishop Sarah Mullally in Canterbury Cathedral on 25 March 2026. Here is his report, originally written for *Transforming Ministry* magazine, reproduced with minor changes by kind permission of the editor.

## **The Pilgrimage**

When it was announced that Archbishop Sarah Mullally would spend the week before her installation walking the pilgrim route from St Paul's in London to Canterbury the news was greeted with general delight and praise, though in retrospect it was no real surprise. Our new Archbishop, the first woman to occupy the chair of St Augustine in its 1400 year history, is accustomed to making challenging journeys. Her stellar career in nursing came to an abrupt halt after her ordination and she later took several senior appointments in the Church of England, reducing the 'glass ceiling' to small shards. The walk from St Paul's was, however, more than a refreshing innovation, and greater than a symbolic gesture. The increasing popularity of pilgrimage in our modern age reflects the way these walks carry connotations of humility and vocation – they are journeys for God, and *with* God and an opportunity for deep prayer and reflection. Archbishop Sarah's pastoral concerns were evident throughout her journey. As she began her walk, news was breaking of a tragic outbreak of meningitis among students in Canterbury and she immediately offered heartfelt prayers and condolences to the

families affected. Later, she briefly interrupted the pilgrimage to speak in a House of Lords debate on abortion, explaining the Church of England's 'principled opposition' to an amendment to a Bill to decriminalise abortions carried out beyond the current law. Her priorities reflect the infinite value she attaches to human life. Her nurse's buckle is attached to the clasp of her cope.

## **The Service**

The Church of England excels in planning and organising great services. The liturgy was rich and deliberately followed the theme of pilgrimage, with many multicultural allusions and acknowledgements of diverse traditions. The kyries were sung in Urdu, a dynamic African choir sang the Gospel acclamation in Swahili and other languages were used in prayers and readings. The Catholic



Archbishop of Westminster,

Richard Moth, read Isaiah 7:10-15 and the Bishop of Mexico, Alba Sally Garcia, read the annunciation text, Luke 1:26-38, in Spanish.

The music was stunning. The polyphony of Thomas Tallis, who was himself a Canterbury chorister in Tudor times, was offset by contemporary choral music and a trumpet voluntary. This was worship of the finest water, a service which will remain indelible in the memory of those privileged to be there. It was dignified, yet joyful and overtly spiritual,

bringing a deep sense of God's presence to a historic new ministry.

## **The Sermon**

Archbishop Sarah took her text from the annunciation reading: 'Nothing will be impossible with God' (Luke 1:37); but the resonance of the following verse was also dominant. Mary's words, 'Here am I, the servant of the Lord; let it be with me according to your word' had never seemed more appropriate for an occasion. The sense of a pilgrimage continued. Archbishop Sarah stressed her vocational journey, from accepting Christ when she was sixteen, to her current role – a once unimaginable responsibility. She also recognised that other Christians shared spiritual journeys – 'for we are God's pilgrim people'.

She acknowledged that the world was not yet right with God, reflecting on the war in the Middle East and other areas of the world, Ukraine, Sudan, and Myanmar. All suffering peoples needed prayers so that 'they would know God's presence as we pray for peace to prevail'. But the Church herself was not immune to serious safeguarding failures. Archbishop Sarah spoke of the pain experienced by those who have been harmed through the actions, inactions, or failures of those in our own Christian communities. 'Today, and every day, we hold victims and survivors in our hearts and in our prayers, and we must remain committed to truth, compassion, justice and action'.

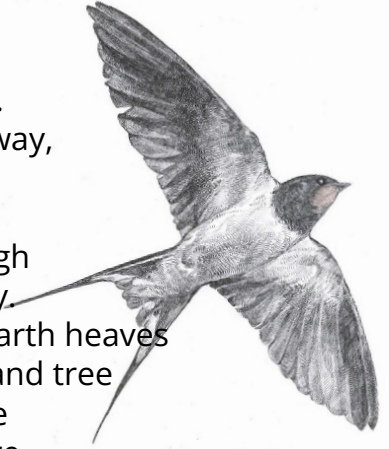
Nonetheless, this was an inaugural message filled with hope. Her final words brimmed with optimism: 'May we have the audacity to believe in the promises of God: for with him, nothing will be impossible'. © **Central Readers' Council 2026**

# POETS CORNER

*We are delighted this month to offer two seasonal sonnets from Jack Kett –  
a reminder of the richness of God's creation.*

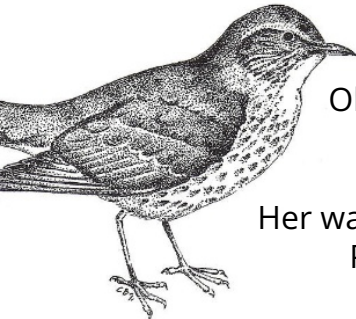
## April Growth

A soft wind stirs a ripple on the lake;  
A water-hen calls once, then hides away.  
The silver birch tree's branches gently sway,  
And on the water gay reflections make  
Of merry multitudes of dancing leaves  
Which rustle in the wind. And now on high  
A single swallow from the south soars by.  
Beside the woodland's edge the warm earth heaves  
With new life bursting forth. Each bush and tree  
Now greener grows, as if with real desire  
To help the nesting birds, and to conspire  
With them to make concealment quite complete,  
While waves of rippling song are flowing free  
From skylarks rising from the growing wheat.



## May Colour

The bright and busy days of May are here;  
The countryside's ablaze with colours rare  
In sun and shower. There's cricket on the green  
And lilies in the wood, and now are seen  
Laburnums pouring gold, tall chestnuts decked  
With spires of pink and white, where bees collect  
A precious harvest, then away go winging  
Past lovely lilacs where a blackbird's singing.  
Old gardeners now their long experience bring  
To battle with the weeds; the lawns are neat.  
A worried thrush scolds by the garden seat  
Her wandering, gaping brood. House martins cling,  
Pied master-builders, on the weathered walls  
And from the woods all day the cuckoo calls.



## CHURCH SERVICES – LATE APRIL/MAY

**Sunday 26 April – Fourth Sunday of Easter 10.00 am Holy Communion**, St Margaret's Church, Paston

**10.00 am Morning Prayer**, St Botolph's Church, Trunch

**Sunday 3 May – Fifth Sunday of Easter 10.00 am Holy Communion**, All Saints' Church, Mundesley

**Sunday 10 May – Sixth Sunday of Easter 10.00 am, Holy Communion**, St Botolph's Church, Trunch

**Sunday 17 May – Seventh Sunday of Easter, 10.00 am, Holy Communion**, St Peter and St Paul, Knapton

**Sunday 24 May – Feast of Pentecost, 10.00 am Holy Communion**, St Margaret's Church, Paston

**10.00 am Morning Prayer**, St Botolph's Church, Trunch

**Sunday 31 May – Trinity Sunday, 10.00 am Holy Communion**, All Saints' Church, Gimingham

On the 1st of every month, **St. Giles, Bradfield**, hosts a silent prayer service beginning at 12 noon and lasting about 30 mins

**Café Church** meets at 11:00 in the Mundesley Community Rooms on Sunday Mornings: 3, 10, 17, 24, 31 May

**The 10:00 Wednesday morning Holy Communion** will be in the Mundesley Community Hub on 6, 13, 20, 27 May.

# OTHER EVENTS FOR YOUR DIARY

## Worship

*The Brambles, Knapton*

A course to help us understand **'What is Worship and Why?'** – led by Rev Sally.

6<sup>th</sup>, 13<sup>th</sup>, 27<sup>th</sup> May 2026, starting at 4.30 pm

*Ring Allison 07769613399 for more information.*

All are welcome

## Memory Lane Summer Outing

*Norfolk Boards River Cruises*

**Join us on Queen of the Boards!**

Wednesday 24 June 2025

Horning Marina at 1pm – 4pm

*Ring Allison 07769613399- limited places available*

All are welcome – free of charge

## Summer Time Cream Teas – All Welcome

*St Botolphs, Trunch*

May 16<sup>th</sup>, 2pm **Talk about the Norfolk Wherries**

June 6-7<sup>th</sup>, 11-5pm **Flower Festival**

July 18<sup>th</sup>, **Summer Cream Tea**

August 15<sup>th</sup> -16<sup>th</sup>, 12-5pm **Trunch History Society Exhibition**

September 19<sup>th</sup>-20<sup>th</sup>, 12-5pm **Exhibition by Local Artists**

# 'PASTON REVEALED'

*St Margaret's Church, Paston*

A series of cultural events through the summer of 2026 exploring life and history in Paston village  
All start at 7 pm, with cheese, wine, tea and coffee

Events are free – donations voluntary

The programme was successfully launched on 16th April by 'Karl and his scythe' a demonstration and talk

Wednesday 13 May – Art and Music with Steve Fordington playing our organ.

Thursday 11 June – Letter writing Paston style with Professor Richard Beadle

Thursday 16 July – Unveiling the Pastons with Rob Knee

Wednesday 12 August – A Walk into History

Wednesday 16 September – Stow Mill

For further information please phone 01263 726811 or 07748641709



# ST NICKS ARTS CENTRE

## FORTHCOMING EVENTS

### INCLUDE:

**Friday 1<sup>st</sup> May – National Theatre Live: All My Sons**  
– filmed live from London’s West End

**Friday 8<sup>th</sup> May – The Metropolitan Opera –**  
Tchaikovsky’s Eugene Onegin

**Saturday 9<sup>th</sup> May – Trunch Concert (St Botolph’s,  
Trunch) – The Golden Age of Old Russian Music:**  
Tchaikovsky, Stravinsky, Glazunov – Francois Pineau-  
Benois (Violin), Adam Szokolay (Piano)

For bookings and more information please visit the  
website, <https://st-nicks.co.uk> or email [info@st-  
nicks.co.uk](mailto:info@st-nicks.co.uk) or phone **01692 402624**

# REGULAR EVENTS AT MUNDESLEY COMMUNITY HUB

## **The Hub – Every Tuesday**

*15:30 – 17:00*

You are warmly invited to join us at the Mundesley Community Hub to share a two-course meal, enjoy the heating and use the space for whatever you would like. Be that card games, a catch up with friends (or meet new ones!), reading a book, pop along and see what Mundesley Warm Hub can do for you.

## **Memory Lane Café – Every Wednesday**

*13:30 – 16:00*

Memory Lane Café is a friendly, safe environment for people with dementia, their carers and anyone who would like to come along for a chat over tea, coffee and refreshments. We have music, activities and entertainment for all to enjoy. Memory Lane dementia Café is free for all to attend. For further information or if you would like to volunteer with us, please contact: [MemoryLaneCafeMundesley@gmail.com](mailto:MemoryLaneCafeMundesley@gmail.com)

## **Thursday Lunch Club**

*12:00 – 14:00*

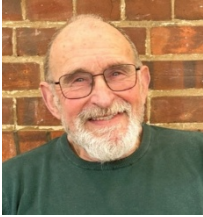
Come and join us at our Lunch club, all are welcome to partake in a 2-course meal, **every third Thursday of the month**. We open at 12 and lunch will be served at 12:30. We ask for a suggested donation of £5 a head.

## **Friday Community Cafe and Larder**

*9:00 – 12:00*

The community larder is open to all, helping to reduce food waste in our local community. Anyone can add to the larder from their allotment/vegetable patch and anyone can take away food regardless of their circumstances. We offer wholesome food as well as good company. All welcome – pop in and be part of the community!

# OUR TEAM OF AUTHORISED PASTORAL ASSISTANTS



Bob



Jane



Doreen



Donna



Amy

## **How are you, today?**

If you, or someone you know, may benefit from a listening ear, please do let us know and we would be happy to spend some time with you, either here, at Mundesley Community Hub or at your home.

## **If you'd like to talk, we are here to listen**

*Authorised Pastoral Assistants (APAs) are trained and authorised to engage in pastoral ministry on behalf of the local church, working as part of a team of clergy and laity. All Authorised Pastoral Assistants focus on pastoral care, but an individual's ministry varies according to their gifts and skills, and the local situation. In all cases, the ministry calls for a loving and compassionate heart, and a willingness to listen and support those in need.*

## SOME PARISH CONTACTS

**Rector:** Revd Dr Sally Myers (Sally) 07840 399185  
[rectortrunchgroup@gmail.com](mailto:rectortrunchgroup@gmail.com) (rest day: Monday)

**Canon John Carr** 01263 720788 [carr.ide@btinternet.com](mailto:carr.ide@btinternet.com)

**Revd Jenny Lodge** 01263 649020  
[revjennylodge@gmail.com](mailto:revjennylodge@gmail.com)  
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