

# CONNECT

The Magazine of the Trunch Group of Parishes



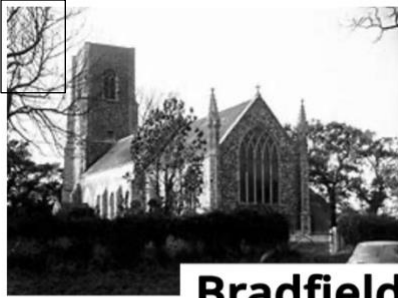
The story of  
Barnabas

-

'Son of  
Encouragement'

- Mundesley and Trunch celebrate with flowers
- Memory Lane Boat Trip
- All Our Regular Features





**Bradfield**



**Gimingham**



**Knapton**



**Mundesley**



**Paston**



**Swafield**



**Trunch**



**Café Church**

# SALLY'S LETTER

## QUESTions of Faith and Exploring Spirituality

Hello Everyone,

Labels are not always helpful and so please take the next paragraph with a pinch of salt, and remember we are all a mixture of all types! Writers within the discipline of Psychology of Religion have suggested faith falls into three types of orientation; extrinsic, intrinsic and quest.

Extrinsic faith is motivated by our desire for social recognition and belonging, alongside our need for help and comfort in navigating life's challenges. At its best it generates genuine and practical care for others. Intrinsic religion is motivated by an internal desire and personal commitment towards individual spiritual enrichment. It often involves meditation, private prayer and study. A third type was added to these two, which is called quest orientation. This is motivated by an ongoing search for deeper understanding and meaning in life. It is characterised by continual questioning and learning, often leading to inner and outer transformation.

I think we do quite well with extrinsic religion in our worship, fellowship and community-focussed activities. But I have been pondering how we might enhance our provision for encouraging and enabling spiritual depth

and intellectual curiosity about faith. (There are of course many individuals within the group who have been doing that for decades!)

However, I want to create opportunities for both members of our church family and those who are not but who are searching for deeper meaning in life and who are 'spiritual but not religious'; not to convert, but to learn together.

So, in the Autumn, we will begin a series Exploring Spirituality on Sunday afternoons commencing September 13<sup>th</sup> September at All Saints, Mundesley with 'Spirituality and Breath' 2.00pm-4.00pm. The format will be an introductory talk followed by discussion. Then after a short break, there will be opportunity to practise what has been learned.

In addition, beginning 7<sup>th</sup> July I will host 'QUESTions of Faith' each week on a Tuesday at The Hub, Mundesley: 6.00pm for coffee and fellowship for 6.30pm – 7.30pm session. The content will be decided by who turns up and will be informal, although some short courses on particular themes (which may be offered in house groups too) are almost certain to come out of it.

Please come along to either or both if you are interested. And bring a friend!

All blessings,

Sally

# EDITORIAL

Commenting on the recent resignation of the Prime Minister, Sir Keir Starmer, one political analyst said that the main reason for his unpopularity throughout the country was his 'inability to relate to people'. Perhaps there is some truth in that statement, although I also suspect our Prime Minister's perceived 'stiffness' was a common perception often fuelled by hostile social media. Nonetheless, gone are the days when a national leader could succeed by pure intellect or managerial ability; it is essential it seems to have a charisma, or at least a polished public image, which convinces people that the leader is definitely 'on their side'.

Perhaps this was always the case. In the New Testament, Jesus certainly demonstrated a leadership style which drew public acclaim. On the one hand, he could electrify a large crowd with his profound teaching, especially his use of parables – stories which related to people's everyday lives. He dealt calmly with hecklers and awkward questions (see Luke 12:13 and Matthew 21:23). On the other hand, his ministry was characterised by extraordinary compassion for individuals and a genuine concern for the people that he met. He healed people and comforted them, ignoring ethnic and social boundaries – completely against the conventions of his age. In contrast, the New Testament often provides a picture of formal and uncaring religious leaders who demonstrated insincerity alongside their apparent piety (see Matthew 6:5). In short, Jesus refreshed people's souls by blending authority with loving compassion. He provided a ministry of love – a model of servant leadership which has been rare throughout history.

As Christians, our aim must be to follow his example. Perhaps politicians of all persuasions could also learn from this style of leadership.

**- Peter Clough**

# THE STORY OF BARNABAS 'SON OF ENCOURAGEMENT'

To state the obvious, the New Testament is largely devoted to explaining the identity of Jesus Christ – his life and death and resurrection and the meaning he has brought to countless lives. But the scriptures also tell us a great deal about the apostles, especially Peter and Paul. We can paint vivid



pictures of their lives and characters from the four Gospels, the Acts of the Apostles and from extracts in various letters.

Surprisingly, perhaps, the apostle next in line, in terms of the information we have, is **Barnabas** – who features prominently in the Acts of the Apostles. We can certainly say a lot about his character – both from direct evidence and by inference – and his story should be more widely known.

Barnabas is especially relevant to our teaching in

the Trunch group of parishes this summer, as we explore the Gifts of the Holy Spirit. Gifts and talents and roles include generous giving, encouragement, leadership, evangelism,

administration and faith – everyday traits and attributes that can be shared within our community.

When it comes to the gift of encouragement, there is enormous scope in every church for positive attitudes. And our model for encouragement is Barnabas – indeed his name is literally synonymous with encouragement. We first hear of him in Acts chapter 4:34-37\*.

*Those who owned fields or houses would sell them, bring the money received from the sale, and hand it over to the apostles; and the money was distributed to each one according to need. And so it was that Joseph, a Levite born in Cyprus, whom the apostles called Barnabas (which means 'one who encourages') sold a field he owned, brought the money, and handed it over to the apostles.*

So, Barnabas had a fine reputation for generosity in the very earliest days of the Christian Church, but Luke, the author of Acts, soon gives him another important tribute (Acts 11:21-24).

*A great number of people in Antioch believed and turned to the Lord. The news about this reached the Church in Jerusalem, so they sent Barnabas to Antioch. When he arrived and saw how God had blessed the people, he was glad and urged them all to be faithful and true to the Lord with all their hearts. Barnabas was a good man, full of the Holy Spirit and faith, and many people were brought to the Lord. \*Note – the Bible quotations are from the Good News Bible.*

Amazingly, Barnabas is the only person in the New Testament to be called a 'good man'. Not even Jesus gets that precise label. It is still a term we use today, although it can be ambiguous and does not necessarily link to moral qualities. 'He's a good man', could mean for example that he is a really

reliable plumber or a skilled gardener. You could argue that all we are saying when we call someone good is expressing our approval of them. And actually that is certainly what Luke does in voicing his admiration of Barnabas, though he does it in relation to Barnabas' faith. Crucially, he was 'full of faith and the Holy Spirit'. In fact, Barnabas is like the Holy Spirit – ultimately, he is a man who is always on your side, supportive, there whenever you need him.

Barnabas had a fascinating relationship with St Paul. In the first place, he was the first Christian in the Jerusalem Church to trust Paul (then still called Saul) and therefore helped to launch his vocation as a church leader and missionary. For when Saul returned from Damascus to Jerusalem, claiming to be a disciple of Jesus, he was not believed. The apostles thought this was a trap, and Saul would turn back to his persecuting ways, and have them arrested. Barnabas was the first of the Jerusalem leaders to reach out to him and to embrace him as a brother in Christ, showing that he thought no one was beyond the grace of God (Acts 9:26-27).

*Saul went to Jerusalem and tried to join the disciples. But they would not believe that he was a disciple, and they were all afraid of him. Then Barnabas came to his help and took him to the apostles. He explained how Saul had seen the Lord on the road to Damascus and that the Lord had spoken to him. He also told them how boldly Saul had preached in the name of Jesus in Damascus.*

Later, Barnabas joined Paul on his missionary journeys. We hear in Acts 13:2-3 how the members of the church in Antioch were inspired by the Holy Spirit to 'set aside Barnabas and Paul' for missionary work across the lands of the Mediterranean.

They were to have adventurous times together. I am always intrigued and slightly amused by the passage in Acts 14:8-20. The highly religious, but pagan, inhabitants of Lystra (in modern-day Turkey) thought Barnabas and Paul were gods who had descended from Mount Olympus. Interestingly, they called Barnabas 'Zeus' (or Jupiter) – the father of the gods.



Was he a tall, impressive man with a dignified bearing? Meanwhile Paul – always considered the leader of the missionary

journeys – was relegated to the role of Hermes (or Mercury), the messenger of the gods. He was presumably much shorter, and much more talkative. We can imagine Barnabas and Paul talking about this in later years: 'Remember that time they thought I was Zeus, and you were my messenger?' It is almost a comic scene.

More seriously, there was a time when Paul and Barnabas had a significant dispute – an argument in which Barnabas showed moral courage and integrity.

As we have seen, Barnabas had been the first to welcome Paul as a brother; he believed that God's mercy extended to someone who had formerly persecuted the Christian Church. But this belief in divine mercy led to a showdown with Paul. It was all to do with the man called John Mark (by tradition the future author of our second gospel), who had accompanied Paul and Barnabas on an early mission journey to Cyprus.

But not long into their journey, for whatever reason, Mark had turned back. Paul saw Mark as a deserter.

When Paul and Barnabas were about to start their second missionary expedition, Barnabas – convinced that God always gives people a second chance – proposed taking Mark along as well. Paul would have none of it, and over this disagreement, Paul and Barnabas parted company.

*Sometime later Paul said to Barnabas, 'Let us go back and visit our brothers in every town where we preached the word of the Lord, and let us find out how they are getting on.'* Barnabas wanted to take John Mark with them, but Paul did not think it was right to take him, because he had not stayed with them to the end of their mission, but had turned back and left them in Pamphylia.

*There was a sharp argument, and they separated: Barnabas took Mark and sailed off for Cyprus, while Paul chose Silas and left for Syria and Cilicia, strengthening the churches. (Acts 15:36-41)*

We do not know all the



details, all the tensions, that lay behind that little passage. But we get the impression that Paul could sometimes be hasty and hot-tempered. Nonetheless, it must have taken huge moral courage to oppose him, to suggest that he was wrong. Barnabas did just that. As we have seen, Barnabas was a mediator – he had ensured that Paul and the Jerusalem apostles were at peace; he was a mediator and a reconciler – but he was not a ‘smoother’; ‘Nice people’ may be smoothers, but Barnabas was more than that; he was a ‘good man’ – he stood up for what he believed was right. He spoke truth to power.

In summary, Barnabas was a great apostle, one of the most attractive characters in the Bible. We could all do far worse than follow his example of faith, generosity, trustworthiness and moral courage. His ministry, the life he tried to lead, the Christian faith he exemplified, could be summed up in the following verse (which comes from the letter to the Hebrews: (Heb. 12:14)

*Pursue peace with everyone, and the holiness without which no one will see the Lord.*

That is what Barnabas did. *Let's try and emulate him.*

# WORDSEARCH

## THE STORY OF BARNABAS


H	P	Y	C	R	E	M	B	R	O	T	H	E	R
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P	N	M	I	O	G	E	E	L	T	S	O	P	A
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FAITH  
RELIABLE  
BARNABAS  
MISSIONARY  
APOSTLE  
MERCY  
PEACE  
GIFTS  
RECONCILER  
INTEGRITY  
MEDITERRANEAN  
ANTIOCH  
JERUSALEM  
SUPPORTIVE  
GOSPELS  
MEDIATOR  
EXPEDITION  
BROTHER  
GOOD MAN  
ACTS

Play this puzzle online at : <https://thewordsearch.com/puzzle/9781386/>

# POET'S CORNER

We are delighted this month to feature a new poem from Eric Kinder.



## Mundesley

In Mundesley,  
I met Sally & Jenny,  
Bob and Donna,  
who can forget Amy,  
and Wendy, so many.

Welcomed into a group of friends,  
I soon started to see the blends,  
A family with no ends.

When I arrived down here,  
My head wasn't so clear:  
I walked into church,  
With anxiety and fear.  
But now, it's priority,  
It's very clear.

It's not often you find a place like Mundesley.  
Its good every day –  
Not just Sunday

- Eric Kinder, 6<sup>th</sup> June, 2026

# OUR MEMORY LANE CRUISE ON THE BROADS



On June 24<sup>th</sup>, Memory Lane Café invited anybody who would like to join us to come on the Queen of the Broads, a boat trip, cruising the Norfolk Broads from Wroxham. Lunch was provided – sandwiches from Fizz & Fromage, Wroxham!

Chris Rondell sang and entertained everybody as we cruised - all of us cannot thank Chris enough for his brilliant singing! The crew on the boat were all fantastic and joined in with the singing and dancing.

***“A fabulous day had by all”, “The most relaxing day”, “can’t wait until the next one!”, “Best day I have had for a long time!”.***

We all sang and waved to all the other boats and people along the way – I do hope we did not disturb them too much!



Photo credit: Wendy Chappell

# TRUNCH FLOWER FESTIVAL



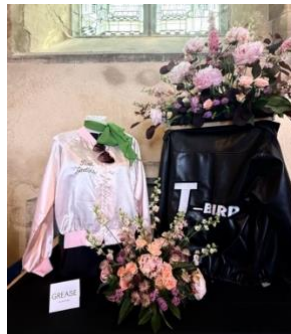
This years theme was childrens tv and films - see if you can work out each displays inspiration



A big thank you to all who helped with the superb flower festivals!



# MUNDESLEY FLOWER FESTIVAL



Mundesley's  
flower  
festival  
theme was  
musicals!



On Saturday we had a beautiful piano recital from composer, John Farmer. On the Sunday, the festival was brought to an end with a Songs of Praise service featuring songs from the musicals

# CHURCH SERVICES IN JULY AND AUGUST 2026

*Please note: Our main Sunday services at Mundesley, Knapton, Paston, Gimingham and Bradfield now start at 9.30 am, not 10.00; services at Trunch remain at 10.00 am and Café Church at 11.00 am*

## FIRST SUNDAY OF THE MONTH

09:30am, Holy Communion, All Saints, Mundesley, NR11 8BE

11:00 Sunday @ The Hub, Mundesley Community Hub, NR11 8BE

## SECOND SUNDAY OF THE MONTH

10am, Holy Communion, St Botolphs, Trunch, NR28 0PZ

11:00 Sunday @ The Hub, Mundesley Community Hub, NR11 8BE

## THIRD SUNDAY OF THE MONTH

09:30, Holy Communion, St Peter & St Pauls, Knapton, NR28 0AD

11:00 Sunday @ The Hub, Mundesley Community Hub, NR11 8BE

## FOURTH SUNDAY OF THE MONTH

09:30, Holy Communion, St Margarets, Paston, NR28 9TA

10am Morning Prayer, St Botolphs, Trunch, NR28 0PZ

11:00 Sunday @ The Hub, Mundesley Community Hub, NR11 8BE

## FIFTH SUNDAY OF THE MONTH

09:30, Holy Communion, All Saints, Gimingham, NR11 8HF

11:00 Sunday @ The Hub, Mundesley Community Hub, NR11 8BE

**PLEASE NOTE:** *Fifth Sunday, 30<sup>th</sup> August will be held at **St Giles Church, Bradfield** (NR28 0NX ) for our Patronal festival*

## EVERY WEDNESDAY

10am Informal Holy Communion, Mundesley Community Hub, NR11 8BE

# PASTON REVEALED

*At 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

**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 626811  
or 07748641709

# SWAFIELD BELLS

## Historic Swafield Church and St Nicks Arts Centre welcome back its medieval bells

The historic church of St Nicholas, Swafield completes the next exciting chapter in its 700-year history. The four bells in the church had been deemed unsafe and had not been rung as a set for over 100 years - with just the occasional use of one bell until about 50 years ago. The oldest bell is possibly from 1499, and the others are from 1615, 1615 and 1641.

The most recent architectural inspection concluded that the bells were in danger of collapse, so with the generous support of the



Church Buildings Council, Norwich Diocesan Association of Ringers and The Geoffrey Watling Charity the bells were secured and then removed to Somerset in July 2025 by Matthew Higby & Co Ltd.

After being restored, the bells returned home to Swafield on the 8<sup>th</sup> of June 2026 and on the 10<sup>th</sup> of

June they were blessed by Rev Dr Sally Myers and were rehung for electronic chiming. They have been programmed with a variety of tunes and can now be securely operated over the internet.

The church continues to be a place of worship and also contains the **St Nicks Arts Centre**, a year-round arts and community hub serving the people of North Norfolk. This transformation is part of a national movement to preserve heritage while using this historic space for community life.

The centre has created a welcoming space where creativity, heritage, and community come together. It brings high-quality arts and live performances closer to home. Instead of travelling to cities such as London, Cambridge or Norwich to see national productions, touring bands and professional acts, audiences can experience exceptional performances right here in North Norfolk.



# ST NICKS ARTS CENTRE

## FORTHCOMING EVENTS INCLUDE:

### **FETE at Swafield Hall – Sun 5th July**

Swafield Hall fete is a big and full of fun garden party, with Open Gardens, Licensed bar, Live Music, BBQ, Asian Delights, the Fun Dog Show, teas, coffee and cakes, Raffle (with wonderful prizes)

### **★★★★★ EPIC – Elvis Presley In Concert – 10th July**

**St Nicks Arts Centre, Swafield** will screen a performance of **Baz Luhrmann's** Elvis Documentary – one of the most exciting concert films ever seen.

**Saturday 18 July – This is My Theatre: The Great Gatsby** at St Nick's Arts Centre, Swafield

**Soul Setters – Fri 24th July** Soul Setters are a high-energy seven-piece soul band, fronted by a powerful female vocalist and backed by keys/bass, guitar, drums, percussion, tenor sax and harmonica.

**Maria Konoshenko, Michael J McEvoy *SONGS of EXILE* album launch concert Sat 8th August 7.30 pm** The forthcoming album *Songs of Exile* is a powerful collection of musical settings of poems written by exiled and imprisoned poets.

For bookings and much 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 IN THE 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!

# WHATS ON @ THE HUB



**THE HUB**  
Welcome to your community Hub  
All Saints Community Rooms, Mundesley, NR11 8BE  
Make use of our facilities  
**EVERY TUESDAY 3:00PM TO 5:30PM**  
Come in for a cuppa, a chat, Board Games, a cake, to make friends, a safe space, to read a book, build meaningful connections in the community  
**FREE for ALL TO ATTEND**  
food and drink available & optional



**Holy Communion**  
†  
*All Welcome!*  
every **Wednesday 10:00am**  
All Saints Community Hub  
Mundesley, NR11 8BE  
Free Parking across the road  
Refreshments Available after the service

**Mundesley Community Larder & Café**  
*All Saints' Community Rooms NR11 8BE*

**Every Friday 9am - 12pm**  
Café: 9am - 10am  
Larder: from 10am

Join us in reducing food waste and supporting our community.  
Donations welcome!



ALL SAINTS mundesley



**Memory Lane Cafe**  
All Saints Community Hub, Mundesley, NR11 8BE

Where people living with dementia, their carers, and those who are socially isolated can Enjoy a Warm, Friendly, Safe Environment with Music, Activities, Refreshments and More...

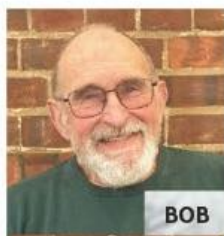
**Free** for all to attend  
*Donations Welcome*

**Every Wednesday 1:30PM - 4:00PM**  
Entertainment from 2pm till 3pm

Come along and meet our Trained Dementia Friendly Volunteers who would love to get to know you

for further information, or if you'd like to volunteer with us, please contact our team at  
MemoryLaneCafeMundesley@gmail.com

## OUR PASTORAL TEAM OF AUTHORISED PASTORAL ASSISTANTS



# 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.

## 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.*

Please contact Revd Sally Myers for more information  
[rectortrunchgroup@gmail.com](mailto:rectortrunchgroup@gmail.com) 07840 399185

# SOME PARISH CONTACTS

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

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

**Revd Jenny Lodge** 01263 649020  
(working days; Tue, Wed, Fri, Sun)

**Safeguarding Officer:** Allison Jackson 01263 720826  
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**THE NEXT ISSUE OF  
CONNECT WILL BE  
AVAILABLE IN EARLY  
SEPTEMBER AND WILL  
CELEBRATE THE  
SEASON OF  
CREATIONTIDE**