

Isolation Times



**Attlebridge/Alderford ♦ Bylaugh ♦ Elsing ♦ Gt & Lt Witchingham ♦ Lyng ♦ Reepham ♦ Salle ♦ Sparham ♦ Swannington ♦ Thurning ♦
 Weston Longville ♦ Wood Dalling**

Words of Light and Hope from our Lay Minister, Sue Page

[Try saying these words with pauses and silence between the sections once or twice a day]

Words from Philippians 4 4-6 & 8

Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.

I come in little things, saith the Lord:
 Yea! On the glancing wings of eager birds, the soft
 pattering feet
 Of furred and gentle beasts, I come to meet your
 hard and wayward heart.
 In brown bright eyes that peep from out the brake, I
 stand confest.
 On every nest where feathery Patience is content to
 brood
 And leaves her pleasure for the high emprise of
 Motherhood-

There doth my Godhead rest.
 I come in little things, saith the Lord:
 My starry wings I do forsake,
 Love's highway of humility to take:

E Underhill

Prayer

Loving Lord
 I long to see you more clearly.
 Open my eyes, my heart, my ears,
 my sense of expectation!
 May I see You in the wonder of nature as it changes
 through the seasons;
 May I hear You through the words of others whether
 written or spoken;
 May I learn more about Your Love through the actions of
 Your majestic world
 and through the touch and love of others,
 whether near me or afar.
 Help me to follow You day by day
 By serving others and showing them Your Love

Amen

"If Roses never withered
 I would cease to think of God!"

Rabindrath Tagore

This week's Services

9am Pre-recorded Holy Communion service on Youtube, RWV website or Facebook.

10.15am Informal Sunday Worship on Zoom with Coffee Social afterwards from 11.15am.

Zoom Meeting ID:

825 0887 5273

Password: **374589**

Dial-in numbers (to join by telephone):

0131 460 1196

0203 051 2874

0203 481 5237

0203 481 5240

Dial-in calls cost between 2p
 -10p per minute depending
 on your provider, mobiles
 may be more. Please check
 before calling.

GOSPEL John 2:1-11 Hear the gospel of our Lord Jesus Christ according to John.

On the third day there was a wedding in Cana of Galilee, and the mother of Jesus was there. Jesus and his disciples had also been invited to the wedding. When the wine gave out, the mother of Jesus said to him, "They have no wine." And Jesus said to her, "Woman, what concern is that to you and to me? My hour has not yet come." His mother said to the servants, "Do whatever he tells you." Now standing there were six stone water-jars for the Jewish rites of purification, each holding twenty or thirty gallons. Jesus said to them, "Fill the jars with water." And they filled them up to the brim. He said to them, "Now draw some out, and take it to the chief steward." So they took it. When the steward tasted the water that had become wine, and did not know where it came from (though the servants who had drawn the water knew), the steward called the bridegroom and said to him, "Everyone serves the good wine first, and then the inferior wine after the guests have become drunk. But you have kept the good wine until now." Jesus did this, the first of his signs, in Cana of Galilee, and revealed his glory; and his disciples believed in him.



Thinking of and holding in our prayers... Please light a candle as we pray and remember:

Sylvia Wright, Reepham, whose funeral is on 1st February
Kay Baker, Lyng, whose funeral is on 3rd February.

Our thoughts and prayers are with their families and those who knew them.

Contact Details

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The Rev'd. Judith Sweetman, 07484862962 (Friday to Sunday only)

Email Annie at parishofficerwv@gmail.com to submit articles or join the mailing list.

FACEBOOK: Reepham & Wensum Valley Events **TWITTER:** RAWTeam

WEBSITE: www.reepham-and-wensum-team-churches.org.uk

From the kitchen window 22nd January 2021

A sunny morning, just after the snow, enticed us out to Booton Common, our nearest bit of 'wilderness'. The ground was rather wet and muddy but we were able to potter slowly, listening to bird calls and enjoying the play of sunlight on the tree trunks. Where a small path lead across towards the stream, we passed the fluffy seed heads of Goldenrod looking like white, miniature Christmas trees in the bright morning light.



On the edge of the Alder Carr we could hear a Nuthatch calling from high in the branches and eventually spotted its orange underparts directly above us but were quickly distracted by the persistent calls of a Marsh Tit lower in the canopy. Marsh Tits are a species that is in steep decline nationally, so seeing or hearing one is always pleasing. After standing quietly for a few minutes, we were rewarded by the sight of one sitting in a nearby bush preening its pale brownish breast feathers, just below its neat black bib. We were encouraged to hear that there were others nearby, so hopefully a pair will breed there in the wet woodland this spring. Booton Beck was in full spate, with the deep and turbulent water racing to join other streams before reaching the Wensum at Lenwade.

At the east end of the Common we were delighted to find many Scarlet Elf Cups growing on moss covered twigs under Blackthorn bushes. These bright red cup fungi are fairly uncommon as they grow in damp woodland which is becoming increasingly scarce. Another reason they are so special is that they are such a bright and cheerful thing to find during the darkest, coldest part of the year, as they do not send up their fruiting bodies until January or February. In fact they look so bright, it is easy to mistake them for a piece of plastic rubbish! A plaintive 'peeping' call drew our attention to a pair of Bullfinches busy feeding amongst entwined Honeysuckle, the cock with his bright red front and black cap was much easier to spot than his drab mate. She will spend more time on the nest later in the year, so needs to be less obvious.



Do send any sightings of wildlife that you have, so we can all share them rachel.42rr@btinternet.com