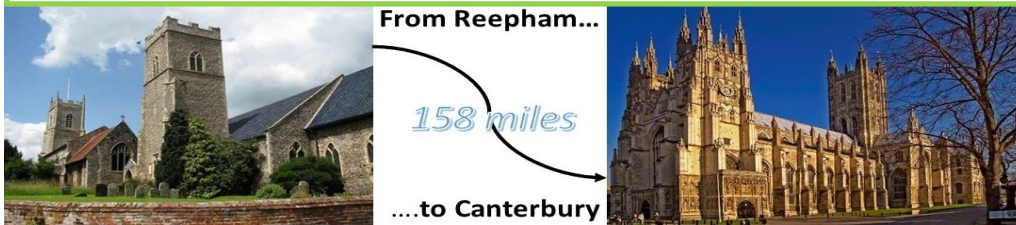


Lyng Junior Choir Children in Lyng are busy practising their Harvest Songs as part of a new Junior Choir. The choir meets to practise in Lyng Church on the 3rd Saturday of the month between 4 and 5pm and the 3rd Sunday of the month between 10.20am and 11.20am. The choir is open to all children across the benefice. As well as singing we will also be organising lots of other fun trips and socials for our members. Come and see us at the Lyng Fling on 11th September from 2–3pm or join us for a taster session on 18th and 19th September.

Wild Messy Church will be returning to **Lyng Village Hall** on Thursday 2nd September at 2-3.30pm and Sunday 12th September at **Gt Witchingham Village Hall** at 4.30-6pm. Each sessions will have games, a Bible story, light refreshments and this month we will be den and shelter building. Wild Messy Church is a place for children and their families and carers to gather together to share activities, stories, food and family time. Sessions are free and there is no requirement to book.



Sponsored Virtual Pilgrimage

in aid of St Mary's and St Michael's Churches, Reepham

"Youth may outrun the old, but not outwit."

Pilgrims are invited to complete these miles by foot or by bicycle within an agreed timescale (up to 6 months). You can start at any time and can ask to be sponsored by the mile, stage or as a one off pledge. Visit the website for more information or collect a pack from the back of St Mary's, Reepham.

Coming up: Saturday 11th September, Lyng Fling, 12noon-3pm, at Lyng Village Hall **Sunday 25th September, Reepham Rotary Preachathon 9am-7pm in St Mary's**, Saturday 23rd October—Benefice Away Day



Pew Notes

Sunday 29th August (13th Sunday after Trinity)

9am	Bylaugh	Matins
9am	Thurning	Matins
10.30am	Lyng	Word and Praise
10.30am	Reepham	Holy Communion

Saturday 25th September - Sponsored Preachathon at St Mary's, Reepham with The Ven Arthur Hawes.

Reepham Rotary are organising a unique opportunity to hear words of wisdom and help raise funds. The Ven Arthur Hawes will embark on a marathon preaching session on Saturday 25 September in St Mary's, Reepham. His sermons can be heard from 9 am – 7 pm in the first sponsored Preachathon. Arthur will be sponsored by the hour and a JustGiving Page will be available via Reepham Rotary.

Sunday 5th September (14th Sunday after Trinity)

9.00am	Salle	Holy Communion (BCP)
10.30am	Reepham	Morning Worship
10.30am	Sparham	OASIS
10.30am	Elsing	Holy Communion
10.30am	Weston Longville	Holy Communion

The Rev'd. Helen Rengert, 01603 879275 revdhelenrwv@gmail.com

The Rev'd. Keith Rengert, 01603 879275 revdkeith@gmail.com

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

judith.sweetman@btinternet.com

Email Annie 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

Pew Notes are available to download from the RWV website and the E-newsletter

Words of Light and Hope from Tony Hawes.

Sheila Cassidy, born 18th August 1937 (a good year!), is an English doctor, known for her work in the hospice movement, as a writer and as someone who, by publicising her history as a torture survivor, drew attention to human rights abuse in Chile in the 1970's.

Sheila writes:

The world is not divided into the strong who care, and the weak who are cared for. We must each in turn care and be cared for, not just because it is good for us, but because it is the way things are.....

Much of our understanding of God's action in our lives is achieved in hindsight. When a particular crisis or event in our life has passed we cry out in astonishment like Jacob, 'The Lord is in this place and I never knew it.'.....

We only deliberately waste time with those we love – it is the purest sign that we love someone if we choose to spend time idly in their presence, when we could be doing something more 'constructive'.....

Prayer, even more than eating or sleeping, is not a luxury but a necessity, and we are only fully human when we remember this, and arrange our life accordingly.....

It is precisely because we cannot see God that we can only know that our prayer is valid by the effect it has upon our lives, by the way we treat our neighbour.....

When people ask me what I pray for, I say I don't pray for anything. I pray because God is. I sit before him like an empty bowl, like a flower, like a wound. I give him my joy, my confusion, my boredom, my pain.

- just lay it there on the floor for him to process how he wishes, and when he is ready.....

Amen.....

Thanks be to God.....

Mark 7:1-8. 14-15. 21-23

Hear the gospel of our Lord Jesus Christ according to Mark. When the Pharisees and some of the scribes who had come from Jerusalem gathered around Jesus, they noticed that some of his disciples were eating with defiled hands, that is, without washing them. (For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders; and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the washing of cups, pots, and bronze kettles.)

So the Pharisees and the scribes asked him, "Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?" Jesus said to them, "Isaiah prophesied rightly about you hypocrites, as it is written, 'This people honours me with their lips, but their hearts are far from me; in vain do they worship me, teaching human precepts as doctrines.' You abandon the commandment of God and hold to human tradition."

Then he called the crowd again and said to them, "Listen to me, all of you, and understand: there is nothing outside a person that by going in can defile, but the things that come out are what defile. For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. All these evil things come from within, and they defile a person."

Wonder On Wednesdays

Our weekly "gathering" for those who wish to discuss and dig a little deeper into topics around Christianity is returning in September!

Please join us every Wednesday from 15th September on Zoom from 7pm to 8pm. **Zoom meeting ID: 836 9720 0393 Password: 102113**
Everyone is welcome.

For those aged 16 years and over, each month there will also be a **WOW Social** on the 2nd Thursday of the month from 7pm to 8pm in St Michael's, Reepham, where we can meet and share a meal together and talk about our WOW moments. **Our first social is on Thursday 9th September.**