

Words of Light and Hope Sunday February 18th 2024'

First Sunday of Lent: Jane McLarty LLM

Lent is the season when traditionally we give something up – meat, or chocolate, or alcohol for instance. Here are two views on fasting, the first asking us to consider what God might actually be calling us to give up:

Even today many people seem to think that true religion is defined by 'giving up things'. In a sense it is far easier to deny one's body than quietly and soberly to surrender your whole self for God's possessing. In Lent, how much easier to give up wine or chocolate than seriously to tackle our impatience. A friend of mine who was prepared to fast most rigorously in Lent was horrified when I suggested daily mass and half an hour's prayer instead. That she shrank from, compared to the athletic glory of a penitential fast. It is not always what we do, but why we do it. And our motive must always come from fixing our eyes solely on Jesus. (Sister Wendy Beckett, Sister Wendy on Prayer, 2006)

And another view on fasting from Brother Ramon: For me, not only is [fasting] a token of repentance and participation with the fasting, sorrowing Jesus, but it unites me with the prophetic and apostolic tradition, with the ascetic athletes of the desert, and gives me a sense of solidarity with the suffering Church and world in these days of violence, hunger, persecution and deprivation. (Brother Ramon, Forty Days and Forty Nights 1993)



Pew Notes

February 17th to March 23rd—Saturday afternoon's in Lent, looking at minor prophets. 2:30– 3:30pm at St Michael's, Reepham.

February 19th to March 18th— Study Discussion Group Lent 2024: 5 Monday evenings, For more information see Facebook or the RWV website.

February 21st To March 29th— Lent Series on Wednesday afternoons looking at the 7 signs in John's Gospel. For more information see Facebook, RWV website or contact Peter on 01603 880835 or panddm.halls@gmail.com

Services for next week: Sunday 25th February , Second Sunday of Lent

- 9:00am Matins, St Andrew's, Thurning
- 9:00am Matins (BCP), St Mary's, Bylaugh
- 10:30am Word's and Praise, St Mary's, Elsing
- 10:30am Holy Communion, St Michael's, Reepham
- 10:30am Holy Communion , St Mary's, Sparham
- 10:30am Plough Service, St Margaret's, Swannington

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

The Rev'd. Keith Rengert, 01603 879275 revdkeith@gmail.com (Sunday only)

The Rev'd. Judith Sweetman, 07484862962 (Friday to Sunday)
judith.sweetman@btinternet.com

The Rev'd. Richard Turk, 07721 035009 revdrichardrwv@gmail.com

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

FACEBOOK: Reepham & Wensum Valley Events

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

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

If you have any safeguarding concerns, please contact your Parish Safeguarding Officer.

Details in the church porch or on the RWV website.

Genesis 9:8-17

God said to Noah and to his sons with him, "As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth." God said, "This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth." God said to Noah, "This is the sign of the covenant that I have established between me and all flesh that is on the earth."

Psalm 25:1-9 *Ad te, Domine, levavi*

1 To you, O LORD, I lift up my soul; my God, I put my trust in you; * let me not be humiliated, nor let my enemies triumph over me.
 2 Let none who look to you be put to shame; * let the treacherous be disappointed in their schemes.
 3 Show me your ways, O LORD, * and teach me your paths.
 4 Lead me in your truth and teach me, *for you are the God of my salvation; in you have I trusted all the day long.
 5 Remember, O LORD, your compassion and love, * for they are from everlasting.
 6 Remember not the sins of my youth and my transgressions; * remember me according to your love and for the sake of your goodness, O LORD.
 7 Gracious and upright is the LORD; * therefore he teaches sinners in his way.
 8 He guides the humble in doing right * and teaches his way to the lowly.
 9 All the paths of the LORD are love and faithfulness * to those who keep his covenant and his testimonies.

1 Peter 3:18-22

Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. And baptism, which this prefigured, now saves you-- not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

Mark 1:9-15

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased." And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him. Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

