

Words of Light and Hope from Tony Foottit.

Comfrey – St Barnabas - 11th June.

Comfrey is a good plant to associate with St. Barnabas, whose name means Son of comfort or encouragement. The name comfrey comes from the Latin conferre, meaning to bring together. The Latin name of the plant Symphytum is in fact Greek and means to unite in growth. Comfrey has lots of nectar in its tubular flowers and is beloved of insects. In days gone by comfrey was widely used in medicine for the treatment of broken bones, which is why another old English name for it is Knitbone. Barnabas was a great encourager and bringer-together. It was Barnabas who introduced Paul to the apostles after his conversion. Comfrey is full of protein. You can cook it like spinach. There is even a recipe for comfrey fritters. It is good to add it to your compost heap. Once on a missionary journey Paul and Barnabas had the young Mark with them. On this occasion Paul and Barnabas fell out because Paul wanted to send Mark home, since he thought he wasn't up to the rigours ahead, but Barnabas took Mark's side. Paul and Barnabas even parted company but Barnabas took Mark with him. He must have been a very supportive person – the sort we would all like to have for an uncle or a godfather.....Without Barnabas' support, Mark might never have written his gospel.....Comfrey is a colonising plant. Given the right conditions it can spread very rapidly, so it is a good symbol for the missionary work of Barnabas. He is the founder of the Church in Cyprus, and he helped the early Church to spread round the eastern Mediterranean.

From A Calendar of Wild Flowers (part).

Bountiful God, giver of all gifts, who poured your Spirit upon your servant Barnabas and gave him grace to encourage others: help us, by his example, to be generous in our judgements and unselfish in our service; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.



REEPHAM & WENSUM VALLEY
TEAM CHURCHES

Pew Notes

Service for next week 21st June:

9am: Gathering, St Andrews, Wood Dalling

10am: Café Church (service 10:30am), St Michel's, Reepham

10:30am: Holy Communion, St Andrew's, Attlebridge

6pm: Evening Prayer, St Peter & St Paul's, Salle

For more information on any events please see our website or Facebook page or contact Joy to be on our weekly newsletter.

'Porch Prayers' Mondays at noon in St Mary's porch Reepham, to pray for God's creation

This started informally some weeks ago and we would now like to encourage others to join us in prayer using the

For more information on any events please see our website or Facebook page or contact Joy to be on our weekly newsletter. If you have any events you would like advertised please contact Joy by email parishofficerwv@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

To contact the administrator Joy, please either email or call 07770672329..

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:
<https://www.reepham-and-wensum-valley-team-churches.org.uk/>

Collect

Lord, you have taught us that all our doings without love are nothing worth: send your Holy Spirit and pour into our hearts that most excellent gift of love, the true bond of peace and of all virtues, without which whoever lives is counted dead before you. Grant this for your only Son Jesus Christ's sake, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

Romans 5:1-8

5 Therefore, since we have been justified through faith, we^a have peace with God through our Lord Jesus Christ,² through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God.³ Not only so, but we^a also glory in our sufferings, because we know that suffering produces perseverance;⁴ perseverance, character; and character, hope.⁵ And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.⁶ You see, at just the right time, when we were still powerless, Christ died for the ungodly.⁷ Very rarely will anyone die for a righteous person, though for a good person someone might possibly dare to die.⁸ But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

Genesis 18:1-15

18 The LORD appeared to Abraham near the great trees of Mamre while he was sitting at the entrance to his tent in the heat of the day.² Abraham looked up and saw three men standing nearby. When he saw them, he hurried from the entrance of his tent to meet them and bowed low to the ground.³ He said, "If I have found favor in your eyes, my lord,^a do not pass your servant by.⁴ Let a little water be brought, and then you may all wash your feet and rest under this tree.⁵ Let me get you something to eat, so you can be refreshed and then go on your way—now that you have come to your servant." "Very well," they answered, "do as you say."⁶ So Abraham hurried into the tent to Sarah. "Quick," he said, "get three seahs^a of the finest flour and knead it and bake some bread."⁷ Then he ran to the herd and selected a choice, tender calf and gave it to a servant, who hurried to prepare it.⁸ He then brought some curds and milk and the calf that had been prepared, and set these before them. While they ate, he stood near them under a tree.

⁹ "Where is your wife Sarah?" they asked him. "There, in the tent," he said.¹⁰ Then one of them said, "I will surely return to you about this time next year, and Sarah your wife will have a son." Now Sarah was listening at the entrance to the tent, which was behind him.¹¹ Abraham and Sarah were already very old, and Sarah was past the age of childbearing.¹² So Sarah laughed to herself as she thought, "After I am worn out and my lord is old, will I now have this pleasure?"¹³ Then the LORD said to Abraham, "Why did Sarah laugh and say, 'Will I really have a child, now that I am old?'"¹⁴ Is anything too hard for the LORD? I will return to you at the appointed time next year, and Sarah will have a son."¹⁵ Sarah was afraid, so she lied and said, "I did not laugh." But he said, "Yes, you did laugh."

Matthew 9:35-10:8

³⁵ Jesus went through all the towns and villages, teaching in their synagogues, proclaiming the good news of the kingdom and healing every disease and sickness.³⁶ When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd.³⁷ Then he said to his disciples, "The harvest is plentiful but the workers are few.³⁸ Ask the Lord of the harvest, therefore, to send out workers into his harvest field."

10 Jesus called his twelve disciples to him and gave them authority to drive out impure spirits and to heal every disease and sickness.

² These are the names of the twelve apostles: first, Simon (who is called Peter) and his brother Andrew; James son of Zebedee, and his brother John;³ Philip and Bartholomew; Thomas and Matthew the tax collector; James son of Alphaeus, and Thaddaeus;⁴ Simon the Zealot and Judas Iscariot, who betrayed him.⁵ These twelve Jesus sent out with the following instructions: "Do not go among the Gentiles or enter any town of the Samaritans.⁶ Go rather to the lost sheep of Israel.⁷ As you go, proclaim this message: 'The kingdom of heaven has come near.'⁸ Heal the sick, raise the dead, cleanse those who have leprosy,^a drive out demons. Freely you have received; freely give.

Post Communion

Loving Father, we thank you for feeding us at the supper of your Son: sustain us with your Spirit, that we may serve you here on earth until our joy is complete in heaven, and we share in the eternal banquet with Jesus Christ our Lord.