

Words of Light and Hope from Muriel Rogers

"Doors on, or doors off!"

"Doors off!" – we replied as we hurried across to the small helicopter waiting on the tarmac. Head sets donned and communications checked we left the ground in a cloud of dust. It was not long before we reached our target. Slowly the helicopter circled around a black, red and orange inferno, the gaping maw of P'u'u'o'o crater on Kilauea volcano in Hawaii. Leaning out to get clear views, we watched as the lava bubbled and boiled, little tufts of smoke rising as large viscous bubbles popped.

The lava was flowing over the edge of the crater in just one spot now. All the sides of the cone were a shining black where lava had overflowed and cooled but now a new ribbon of lava was oozing over the edge and down the side of the cone as it headed for the sea. As far as the eye could see was thick forest. The lava stream was soon hidden, just the occasional blaze as a tree in its path was engulfed in flames, a swirl of smoke left behind highlighting its route. Sadly we didn't have time to follow it to the sea and watch as it tumbled over the cliff into a steaming, boiling cauldron of sea water but we did have time to have a last low circle over the crater, cameras held as far out of the helicopter as we could before we found ourselves back on terra firma.

The lava in the crater was boiling, noisy and extremely damaging. The stream of lava was narrow, small, quiet and unnoticeable apart from when trees in its path were overrun and destroyed. This got me thinking of a comparison with words. These can be large, very powerful and specifically directed words which can completely destroy. There can also be small, snide comments, sometimes just carelessly uttered with no harm intended but if they collide with someone they can destroy. Just like the lava, once the words have been released, they can't be taken back. Be aware of your words and use them to support and build up, not destroy, just as the lava was building new land as it met the sea.



REEPHAM & WENSUM VALLEY
TEAM CHURCHES

Pew Notes

Service for next week 5th July:

10:30am: Whole Benefice Holy Communion
(Nigel Kinsella's first service), All Saints, Weston Longville
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 resources provided by Canon Sussanah Gunner.

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

O God, the protector of all who trust in you, without whom nothing is strong, nothing is holy: increase and multiply upon us your mercy; that with you as our ruler and guide we may so pass through things temporal that we lose not our hold on things eternal; grant this, heavenly Father, for our Lord Jesus Christ's sake, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

Genesis 22:1-14

22 After these things God tested Abraham. He said to him, 'Abraham!' And he said, 'Here I am.'² He said, 'Take your son, your only son Isaac, whom you love, and go to the land of Moriah, and offer him there as a burnt-offering on one of the mountains that I shall show you.'³ So Abraham rose early in the morning, saddled his donkey, and took two of his young men with him, and his son Isaac; he cut the wood for the burnt-offering, and set out and went to the place in the distance that God had shown him.⁴ On the third day Abraham looked up and saw the place far away.⁵ Then Abraham said to his young men, 'Stay here with the donkey; the boy and I will go over there; we will worship, and then we will come back to you.'⁶ Abraham took the wood of the burnt-offering and laid it on his son Isaac, and he himself carried the fire and the knife. So the two of them walked on together.⁷ Isaac said to his father Abraham, 'Father!' And he said, 'Here I am, my son.' He said, 'The fire and the wood are here, but where is the lamb for a burnt-offering?'⁸ Abraham said, 'God himself will provide the lamb for a burnt-offering, my son.' So the two of them walked on together.⁹ When they came to the place that God had shown him, Abraham built an altar there and laid the wood in order. He bound his son Isaac, and laid him on the altar, on top of the wood.¹⁰ Then Abraham reached out his hand and took the knife to kill^[a] his son.¹¹ But the angel of the LORD called to him from heaven, and said, 'Abraham, Abraham!' And he said, 'Here I am.'¹² He said, 'Do not lay your hand on the boy or do anything to him; for now I know that you fear God, since you have not withheld your son, your only son, from me.'¹³ And Abraham looked up and saw a ram, caught in a thicket by its horns. Abraham went and took the ram and offered it up as a burnt-offering instead of his son.¹⁴ So Abraham called that place 'The LORD will provide';^[b] as it is said to

Romans 6.12-end

Therefore, do not let sin exercise dominion in your mortal bodies, to make you obey their passions.¹³ No longer present your members to sin as instruments^[a] of wickedness, but present yourselves to God as those who have been brought from death to life, and present your members to God as Instruments^[b] of righteousness.¹⁴ For sin will have no dominion over you, since you are not under law but under grace.¹⁵ What then? Should we sin because we are not under law but under grace? By no means!

¹⁶ Do you not know that if you present yourselves to anyone as obedient slaves, you are slaves of the one whom you obey, either of sin, which leads to death, or of obedience, which leads to righteousness?¹⁷ But thanks be to God that you, having once been slaves of sin, have become obedient from the heart to the form of teaching to which you were entrusted,¹⁸ and that you, having been set free from sin, have become slaves of righteousness.¹⁹ I am speaking in human terms because of your natural limitations.^[c] For just as you once presented your members as slaves to impurity and to greater and greater iniquity, so now present your members as slaves to righteousness for sanctification.²⁰ When you were slaves of sin, you were free in regard to righteousness.²¹ So what advantage did you then get from the things of which you now are ashamed? The end of those things is death.²² But now that you have been freed from sin and enslaved to God, the advantage you get is sanctification. The end is eternal life.²³ For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

Psalms 13.

¹ How long, O LORD? Will you forget me for ever? How long will you hide your face from me?

² How long must I bear pain^[a] in my soul, and have sorrow in my heart all day long? How long shall my enemy be exalted over me?

³ Consider and answer me, O LORD my God! Give light to my eyes, or I will sleep the sleep of death,

⁴ and my enemy will say, 'I have prevailed'; my foes will rejoice because I am shaken.

⁵ But I trusted in your steadfast love; my heart shall rejoice in your salvation.

⁶ I will sing to the LORD, because he has dealt bountifully with me.

Matthew 10.40-42

⁴⁰ 'Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me.'⁴¹ 'Whoever welcomes a prophet in the name of a prophet will receive a prophet's reward; and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous;⁴² and whoever gives even a cup of cold water to one of these little ones in the name of a disciple—truly I tell you, none of these will lose their reward.'

Post Communion

Eternal God, comfort of the afflicted and healer of the broken, you have fed us at the table of life and hope: teach us the ways of gentleness and peace, that all the world may acknowledge the kingdom of your Son Jesus Christ our Lord.