

**Words of Light and Hope from Tony Foottit.
Wood Avens – July 11th – Benedict.**

Wood Avens is also called Herb Benet. Benet is a contraction of Benedict. This plant grows under hedgerows in shady places. From a rosette of rich green leaves rise slender stems of yellow star-like flowers which soon become little balls of hooked seeds. Passing animals act as unwitting disseminators. Herb Benet is named after St. Benedict (c.480-543).

Benedict was a monk of Monte Cassino in Italy. The genius of St. Benedict was to encapsulate a way of living the Christian life in the ordinary affairs of every day. Most human beings need an ordered community, a stable foundation and the opportunity to grow in their lives. It is not surprising therefore that good human endeavour needs Benedict's principles. Even businesses sometimes study his advice. Thomas More called a perfect community Utopia. Such a heaven on earth often fails without rules to prevent human selfishness or greed. The first great Benedictine principle is obedience. This is expressed especially in a daily programme and rule of life. Benedictines also provide a model of good leadership. The Abbot should always prefer mercy to judgement and not be restless or anxious, not over-demanding or obstinate, not a perfectionist or full of suspicion. The word obedience means listening. Listening should be the flavour of Christian obedience. The tonsure of a monk is a symbol of his submission and obedience. The second principle is stability, which means staying put and being part of the place. It is no accident that a monastery and indeed many churches seem to grow out of the very ground on which they are built. Their foundation is a result of a prayerful sensitivity to their surroundings. With stability goes the stewardship and maintenance of resources. Benedict taught that things as well as people should be treated with reverence and care – the earth, space, time, buildings, food, tools and the wildlife around us..... *A Calendar of Wild Flowers (part)*.

Thanks be to God for St. Benedict.



REEPHAM & WENSUM VALLEY
TEAM CHURCHES

Pew Notes

Services for next week:

Sunday 19th July:

10am Café Church (Service at 10:30am), St Michaels, Reepham

10:30am: Holy Communion, St Andrews, Attlebridge

6pm: Evensong, St Peter & St Pauls, Salle

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

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: Revd Nigel: revd.nigelkinsella@gmail.com

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

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

Merciful God, you have prepared for those who love you such good things as pass our understanding: pour into our hearts such love toward you that we, loving you in all things and above all things, may obtain your promises, which exceed all that we can desire; 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.

Isaiah 55:10-13

¹⁰ For as the rain and the snow come down from heaven, and do not return there until they have watered the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater, ¹¹ so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and succeed in the thing for which I sent it. ¹² For you shall go out in joy, and be led back in peace; the mountains and the hills before you shall burst into song, and all the trees of the field shall clap their hands. ¹³ Instead of the thorn shall come up the cypress; instead of the brier shall come up the myrtle; and it shall be to the LORD for a memorial, for an everlasting sign that shall not be cut off.

Romans 8:1-11

⁸ There is therefore now no condemnation for those who are in Christ Jesus. ² For the law of the Spirit^[a] of life in Christ Jesus has set you^[b] free from the law of sin and of death. ³ For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin,^[c] he condemned sin in the flesh, ⁴ so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit.^[d] ⁵ For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit^[e] set their minds on the things of the Spirit. ⁶ To set the mind on the flesh is death, but to set the mind on the Spirit^[f] is life and peace. ⁷ For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law—indeed it cannot, ⁸ and those who are in the flesh cannot please God.

⁹ But you are not in the flesh; you are in the Spirit,^[g] since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. ¹⁰ But if Christ is in you, though the body is dead because of sin, the Spirit^[h] is life because of righteousness. ¹¹ If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ^[i] from the dead will give life to your mortal bodies also through^[k] his Spirit that dwells in you.

Matthew 13

That same day Jesus went out of the house and sat beside the lake. ² Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. ³ And he told them many things in parables, saying: 'Listen! A sower went out to sow. ⁴ And as he sowed, some seeds fell on the path, and the birds came and ate them up. ⁵ Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. ⁶ But when the sun rose, they were scorched; and since they had no root, they withered away. ⁷ Other seeds fell among thorns, and the thorns grew up and choked them. ⁸ Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. ⁹ Let anyone with ears^[a] listen!' ¹⁸ 'Hear then the parable of the sower. ¹⁹ When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; ²¹ yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away. ²² As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. ²³ But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty.'

Post Communion

God of our pilgrimage, you have led us to the living water: refresh and sustain us as we go forward on our journey, in the name of Jesus Christ our Lord.