

Words of Light and Hope from Tony Foottit.

Oats – Lammas - 1st August.

Lammas on 1 August is an old celebration of the first fruits of the harvest. The first corn was milled and a loaf made from the flour for Mass, hence the name Loaf Mass or Lammas. Oats, like most cereals, are a species of grass. Without the grass family with its 9000 species, we would perish. Grasses provide our daily bread, fodder, thatch, bedding, glue, plastics and oil. Some species have been cultivated for 10,000 years. Rogueing is an old country occupation. Someone who goes rogueing isn't sowing wild oats but is pulling them up. Set-aside, sustainability, and diversification are on the agricultural agenda but should be on our spiritual agenda too. Setting aside means taking land out of production pro tem. This benefits wildlife on the farms and should be practised in our gardens and churchyards. We need to do some setting aside in our own lives – e.g. making time for God. *We need to cultivate deliberate neglect*, as Archbishop John Habgood once said.

Sustainability means an economy that maintains rather than diminishes the resources of the earth. The scientific name for Wild Oats is *Avena fatua*, i.e. foolish oats. It is possible to become infatuated to the point of foolishness, not just with someone of the opposite sex but with machines and chemicals and of course money. In the Christian tradition such infatuation is called idol worship. Sustainability is also needed in our relationships. We've so much to give thanks for, including farmers and workers who often suffer stress, danger and isolation in the production of our food. The best antidote to the poison of envy is generous co-operation and justice for all. That means fair wages, fair prices and reasonable profits. We bear witness to this whenever we break bread together.

From A Calendar of Wild Flowers (part)

Be gentle when you touch bread. Let it not lie, uncared for, unwanted. So often bread is taken for granted. There is such beauty in bread - beauty of sun and soil, beauty of patient toil. Wind and rain have caressed it, Christ often blessed it. Be gentle when you touch it.



REEPHAM & WENSUM VALLEY
TEAM CHURCHES

Pew Notes

Services for next week:

Monday 3rd August:

12noon Porch Prayers, St Mary's, Reepham

Sunday 9th August:

9am Mattins, St Andrew's, Thurning

10:30am: Holy Communion, St Mary's, Reepham

10:30am: Morning Prayer, St Mary's, Gt Witchingham

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

Almighty God, who sent your Holy Spirit to be the life and light of your Church: open our hearts to the riches of your grace, that we may bring forth the fruit of the Spirit in love and joy and peace; 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 55:1-5

55 Ho, everyone who thirsts, come to the waters; and you that have no money, come, buy and eat! Come, buy wine and milk without money and without price. ² Why do you spend your money for that which is not bread, and your labour for that which does not satisfy? Listen carefully to me, and eat what is good, and delight yourselves in rich food. ³ Incline your ear, and come to me; listen, so that you may live. I will make with you an everlasting covenant, my steadfast, sure love for David. ⁴ See, I made him a witness to the peoples, a leader and commander for the peoples. ⁵ See, you shall call nations that you do not know, and nations that do not know you shall run to you, because of the LORD your God, the Holy One of Israel, for he has glorified you.

Romans 9:1-5

⁹ I am speaking the truth in Christ—I am not lying; my conscience confirms it by the Holy Spirit—² I have great sorrow and unceasing anguish in my heart. ³ For I could wish that I myself were accursed and cut off from Christ for the sake of my own people,^[a] my kindred according to the flesh. ⁴ They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; ⁵ to them belong the patriarchs, and from them, according to the flesh, comes the Messiah,^[b] who is over all, God blessed for ever.^[c] Amen.

Post Communion

Holy Father, who gathered us here around the table of your Son to share this meal with the whole household of God: in that new world where you reveal the fullness of your peace, gather people of every race and language to share in the eternal banquet of Jesus Christ

Matthew 14:13-21

¹³ Now when Jesus heard this, he withdrew from there in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. ¹⁴ When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. ¹⁵ When it was evening, the disciples came to him and said, 'This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves.' ¹⁶ Jesus said to them, 'They need not go away; you give them something to eat.' ¹⁷ They replied, 'We have nothing here but five loaves and two fish.' ¹⁸ And he said, 'Bring them here to me.' ¹⁹ Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. ²⁰ And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. ²¹ And those who ate were about five thousand men, besides women and children.

Psalms 145:8-9, 15-21

⁸ The LORD is gracious and merciful, slow to anger and abounding in steadfast love.

⁹ The LORD is good to all, and his compassion is over all that he has made.

¹⁵ The eyes of all look to you, and you give them their food in due season.

¹⁶ You open your hand, satisfying the desire of every living thing.

¹⁷ The LORD is just in all his ways, and kind in all his doings.

¹⁸ The LORD is near to all who call on him, to all who call on him in truth.

¹⁹ He fulfils the desire of all who fear him; he also hears their cry, and saves them.

²⁰ The LORD watches over all who love him, but all the wicked he will destroy.

²¹ My mouth will speak the praise of the LORD, and all flesh will bless his holy name for ever and ever.