

Words of Light and Hope 5th July 2026 Helena Crockford LLM

This week is a week of welcome for our benefice, witnessing Rev Nigel installed as rector, and welcoming him and Sharon to live and minister amongst us.

The bible has much to tell us about a 'Welcome' open to everyone. Jesus says 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest' Matt 11.28. All, not some, of us.

Archbishop Desmond Tutu, ministering to heal his deeply divided South African homeland, said "We are made for all of the beautiful things that you and I know. We are made to tell the world that there are no outsiders. All are welcome: black, white, red, yellow, rich, poor, educated, not educated, male, female, gay, straight, all, all, all. We all belong to this family, this human family, God's family"

St Paul put it like this, referencing the social divisions and exclusions of his day, 'For in Christ Jesus you are all children of God through faith....There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus.' Gal 3.26-29

The nature of God's welcome is for each of us, but also for **all** of what we each of us are, as George Herbert's beautiful 17 th century poem Love Bade Me Welcome evokes:

LOVE bade me welcome; yet my soul drew back,
Guilty of dust and sin.
But quick-eyed Love, observing me grow slack
From my first entrance in,
Drew nearer to me, sweetly questioning
If I lacked anything.

"A guest," I answered, "worthy to be here"
Love said, "You shall be he."

"I, the unkind, ungrateful? Ah, my dear,
I cannot look on Thee."

Love took my hand and smiling did reply,
"Who made the eyes but I?"

"Truth, Lord; but I have marr'd them: let my shame
Go where it doth deserve."

"And know you not, says Love, Who bore the blame?"
My dear, then I will serve."

"You must sit down," says Love, ";and taste my meat."
So I did sit and eat.

Lord, help us grow together Your love and welcome in this place. Amen.



REEPHAM & WENSUM VALLEY
TEAM CHURCHES

Pew Notes

Services for next week:

Monday 6th:

12noon Porch Prayers, St Mary's, Reepham

Friday 10th :

6pm Peace and Quiet, St Margaret's, Swannington

Sunday 12th July:

9am Mattins, St Andrew's, Thurning

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

10:30am: Holy Communion, St Mary's, Weston Longville

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

O God, the strength of all those who put their trust in you, mercifully accept our prayers and, because through the weakness of our mortal nature we can do no good thing without you, grant us the help of your grace, that in the keeping of your commandments we may please you both in will and deed; 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.



Romans 7:15-25

¹⁵ I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. ¹⁶ Now if I do what I do not want, I agree that the law is good. ¹⁷ But in fact it is no longer I that do it, but sin that dwells within me. ¹⁸ For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. ¹⁹ For I do not do the good I want, but the evil I do not want is what I do. ²⁰ Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me. ²¹ So I find it to be a law that when I want to do what is good, evil lies close at hand. ²² For I delight in the law of God in my inmost self, ²³ but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. ²⁴ Wretched man that I am! Who will rescue me from this body of death? ²⁵ Thanks be to God through Jesus Christ our Lord! So then, with my mind I am a slave to the law of God, but with my flesh I am a slave to the law of sin.

Matthew 11:16-19

¹⁶ 'But to what will I compare this generation? It is like children sitting in the market-places and calling to one another, ¹⁷ "We played the flute for you, and you did not dance; we wailed, and you did not mourn." ¹⁸ For John came neither eating nor drinking, and they say, "He has a demon"; ¹⁹ the Son of Man came eating and drinking, and they say, "Look, a glutton and a drunkard, a friend of tax-collectors and sinners!" Yet wisdom is vindicated by her deeds. ²⁵ At that time Jesus said, 'I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; ²⁶ yes, Father, for such was your gracious will. ²⁷ All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. ²⁸ 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light.'



Post Communion

Eternal Father, we thank you for nourishing us with these heavenly gifts: may our communion strengthen us in faith, build us up in hope, and make us grow in love; for the sake of Jesus Christ our Lord.