

# Isolation Times



REEPHAM & WENSUM VALLEY  
TEAM CHURCHES



26th July 2020—Edition 18

Attlebridge/Alderford ♦ Bylaugh ♦ Elsing ♦ Gt & Lt Witchingham ♦ Lyng ♦ Reepham ♦ Salle ♦ Sparham ♦ Swannington ♦ Thurning ♦  
Weston Longville ♦ Wood Dalling

## Public Worship Services Across the Benefice for August 2020

Sunday 2nd August	9am Holy Communion	St Mary's Elsing and St Peter & St Paul, Salle
	10.30am Holy Communion	All Saints Weston Longville
	10.30am Café Church	St Michael's, Reepham
Thursday 6th August	6pm Evening Prayer	Zoom (Details on the Virtual Church page)
Sunday 9th August	9am Holy Communion	St Mary's Bylaugh and St Andrews, Thurning
	10.30am Holy Communion	St Mary's Reepham and St Mary's Gt Witchingham
Thursday 13th August	6pm Evening Prayer	Zoom (Details on the Virtual Church page)
Sunday 16th August	9am Holy Communion	St Mary's Sparham
	10.30am Holy Communion	St Andrew's Attlebridge and St Margaret's Lyng
	10.30am Café Church	St Michael's, Reepham
Thursday 20th August	6pm Evening Prayer	Zoom (Details on the Virtual Church page)
Sunday 23rd August	10.30am Benefice Service with Holy Communion	St Margaret's, Swannington
Thursday 27th August	6pm Evening Prayer	Zoom (Details on the Virtual Church page)
Sunday 30th August	10.30am Benefice Service with Holy Communion	St Mary's, Reepham

From 24th July, it has become mandatory to wear face coverings or masks in shops and on public transport. The House of Bishops Recovery Group have released guidance that states:

*"We strongly advise that face coverings should be worn by all those attending a place of worship, including ministers, worshippers, staff, volunteers, contractors and visitors, where there may be other people present; remembering that they are mainly intended to protect other people, not the wearer, from coronavirus COVID-19 and that they are not a replacement for physical distancing and regular hand washing."*

As our churches are enclosed spaces and we are meeting with people from outside our homes, it is advisable to wear a face covering. This could be a disposable mask, fabric mask, scarf or bandana providing they form a close fit to the wearer's face. There are exemptions: Children under the age of 11, if you are unable to wear a mask due to respiratory difficulties such as COPD, if you are unable to put on, wear or take off a mask due to physical or mental illness or impairment. *Full guidance can be read here.*

### Contact Details

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Email Annabel at [parishofficerwv@gmail.com](mailto:parishofficerwv@gmail.com) to submit articles or join the mailing list.

**FACEBOOK:** Reepham & Wensum Valley Events

**TWITTER:** RAWTeam

**WEBSITE:** [www.reepham-and-wensum-team-churches.org.uk](http://www.reepham-and-wensum-team-churches.org.uk)

### Romans 8:26-39

A reading from the letter of Paul to the Romans.

The Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. We know that all things work together for good for those who love God, who are called according to his purpose. For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn within a large family. And those whom he predestined he also called; and those whom he called he also justified; and those whom he justified he also glorified.

What then are we to say about these things? If God is for us, who is against us? He who did not withhold his own Son, but gave him up for all of us, will he not with him also give us everything else? Who will bring any charge against God's elect? It is God who justifies. Who is to condemn? It is Christ Jesus, who died, yes, who was raised, who is at the right hand of God, who indeed intercedes for us. Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written, "For your sake we are being killed all day long; we are accounted as sheep to be slaughtered."

No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

*'I lift up my eyes to the mountains – where does my help come from? My help comes from the Lord, the Maker of heaven and earth.'* Psalm 121 v. 1-2

Father God, we thank you for the wonders of the natural world that you have made, the beauty which sustains us in these difficult times. Amen.

### From the kitchen window 24<sup>th</sup> July 2020



Moths and butterflies have been very much in evidence again this week, the caterpillar food plant determining where they are found. Judith photographed a Twenty Plume moth, a pretty but inconspicuous, brown and white patterned insect which needs Honeysuckle for the caterpillar to feed on.

Alan however, found a moth whose larvae must have much more robust 'teeth' as it feeds, under the bark of Poplar trees. The Hornet Clearwing emerges low down on mature Poplars in June and July. The resemblance to Hornets must be an adaptation to protect them from predation while they are mating on the bark of the tree, as Hornets can also be found low down on mature trees where they nest in suitable holes. This is something I should love to see, so hope to find them next year.



Celia has had an Elephant hawk-moth resting on her cornflowers. These are beautiful big, bright pink and olive moths, the caterpillars of which, in the wider countryside, eat Willowherbs and Bedstraws but in the garden, they will have been feasting on Fuchsia leaves. The warm sunny weather has also brought out the butterflies and where better to go than Foxley Wood. The Norfolk Wildlife Trust has put a lot of effort into managing the wood specifically for butterflies and their work has paid off. The number of White Admirals has increased and in 2014 the beautiful Silver-washed Fritillary returned and is doing very well. The bright orange males vigorously patrol the rides, even inspecting people at close range in their search for a female. These are less flamboyant but no less attractive and Ian managed to take a lovely picture of one nectaring on a Marsh Thistle flower. Last year, NWT was delighted when Purple Emperors returned to Foxley, having been absent for over forty years. Patience is needed to see them however, and it is necessary to know which trees to stand under, as they spend most of the time high in the tree canopy, resting or chasing through the branches. They are very big dark butterflies that make Red Admirals look small! Do send any wildlife sightings to [rachel.42rr@btinternet.com](mailto:rachel.42rr@btinternet.com), so we can all share them. **RMR**



REEPHAM & WENSUM VALLEY  
TEAM CHURCHES

Date	What's on?	Where?
Sunday 26th July	10.30am Holy Communion*	St Mary's Reepham with social distancing
Thursday 30th July	6pm Evening Prayer	Zoom (Details on the Virtual Chapel Page)

If you would like to join us for Evening Prayer on Thursdays at 6pm, please sign into Zoom - Meeting ID: 825 0887 5273 Password: 374589. Zoom is free to download and you can even join us by phone if you don't have a computer or broadband.

Dial in numbers to join evening prayer by telephone: 0131 460 4496/ 0203 051 2874 / 0203 481 5237 / 0203 481 5240.

*Dial in calls cost between 2p-10p per minute depending on your provider, mobiles may cost more. Please check before calling.*

If you have any questions or queries, please contact Helena Crockford. Everyone is welcome.

### Norfolk Churches Trust Sponsored Bike Ride 2020

The date for this year's sponsored Bike Ride has been set for **Saturday 12th September**. At a time when churches across the county are seeing a reduction in donations, it is a brilliant opportunity to raise money for your church as well as visiting wonderful places of worship and enjoying the glorious Norfolk countryside. There are a few groups from our benefice who cycle each year, however you can also walk or drive between churches too. For more information, please see the website <https://norfolkchurchestrust.org.uk/bike-ride/taking-part/> or contact Rupert Birtles— [Rupert@birtles.me.uk](mailto:Rupert@birtles.me.uk)

**Charitable Giving and Donations** Further to Rev'd Keith's letter regarding the Parish Share update, the Diocese of Norwich has created a website which makes charitable giving to our churches and benefice easier than ever:



<https://www.dioceseofnorwich.org/donate/>. The site allows you to make a donation to the church or parish of your choice or the whole benefice. Donations can be made as a one off payment or on a monthly basis with the option of adding Gift Aid if applicable. Donations will be set against the Parish Share which helps to fund our clergy to provide mission and pastoral care across the benefice, support those in our communities as well as pay for centralised services provided by the Diocese.

Our churches are open for private prayer at the following times:

Private Prayer	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Alderford	Currently Closed						
Attlebridge	9-5			9-5			
Bylaugh	Open By Appointment						
Elsing				9-5			9-5
Gt Witchingham			10-4				
Lyng			9-5				9-5
Reepham		9-5				9-5	
Salle	9-5*				9-5*		
Sparham							9-5
Swannington	10-1				2-5		
Thurning			10-4			10-4	
Weston Longville			10-4				
Wood Dalling	Currently closed due to planned building works						

\* from 1st August

