



REEPHAM & WENSUM VALLEY
TEAM CHURCHES

17th January 2020—2nd Sunday of Epiphany

Isolation Times



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

Words of Light and Hope from Lay Minister, Sue Page

[Try saying these words with pauses and silence between
the sections once or twice a day]

Words from Psalm 31

In you, O Lord, I seek refuge;
do not let me ever be put to shame;
in your righteousness deliver me.

Incline your ear to me;
rescue me speedily.

Be a rock of refuge for me,
a strong fortress to save me.

You are indeed my rock and my fortress;
for your name's sake lead me and guide me,
take me out of the net that is hidden for me,
for you are my refuge.

Into your hand I commit my spirit;

I believe in the Sun even when it is not shining;
I believe in Love even when I cannot feel it;
I believe in God even when He is silent."

[Words written by a Jewish prisoner on the walls of a
cell in Cologne. Discovered after the 1939-45 war].

Prayer

Lord, You know me and love me...

You know my hurts and pains and fear

Forgive my times of despair and preoccupation with 'me'

May I be aware of Your Presence in this tough time

Open my eyes to catch sight of You in the growing Light,

and in the Words I read and hear and say

And in the sounds and delight in nature!

Lord You are here with me now

Hold me in the safety of Your Loving Arms! Amen

Day Dream

One day people will touch and talk perhaps easily,

And loving be as natural as breathing and warm as sunlight,

And people will untie themselves, as string is unknotted,

Unfold and yawn and stretch and spread their fingers,

Unfurl, uncurl like seaweed returned to the sea,

And work will be simple and swift as a seagull flying,

And play will be casual and quiet as a seagull settling,

And the clocks will stop, and no one will wonder or care or

notice,

And people will smile without reason,

Even in winter, even in the rain.

A.S.J.Tessimond

*Thank you to everyone who
attended our Drive-in Non
Mingle Christingle in
Reepham. Our collection,
together with a CAF dona-
tion raised £491.03 for The
Children's Society which is a
fantastic amount!*

We have created a new
Virtual Prayer Space on our
website where anyone can
leave their prayers to be
shared with others as we
pray together from our own
homes. If you would like to
leave a prayer, please email
it to
parishofficerwv@gmail.com.
Whilst we may not have
room for all the prayers on
the website, all prayers will
be passed to our clergy team
for morning and evening
prayer.

GOSPEL John 1:43-51

Hear the gospel of our Lord Jesus Christ according to John.

The next day Jesus decided to go to Galilee. He found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael and said to him, "We have found him about whom Moses in the law and also the prophets wrote, Jesus son of Joseph from Nazareth." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." When Jesus saw Nathanael coming toward him, he said of him, "Here is truly an Israelite in whom there is no deceit!" Nathanael asked him, "Where did you come to know me?" Jesus answered, "I saw you under the fig tree before Philip called you." Nathanael replied, "Rabbi, you are the Son of God! You are the King of Israel!" Jesus answered, "Do you believe because I told you that I saw you under the fig tree? You will see greater things than these." And he said to him, "Very truly, I tell you, you will see heaven opened and the angels of God ascending and descending upon the Son of Man."



Thinking of and holding in our prayers... Please light a candle as we pray and remember:

Ted Willems and Isobel Ricketts, both of Reepham, who died peacefully in their sleep this week.

Desmond Gostling, Reepham whose funeral will be held on 26th January.
Our thoughts are with their families and loved ones.

Contact Details

The Rev'd. Helen Rengert, 01603 879275 revdhelenrwv@gmail.com

The Rev'd. Keith Rengert, 01603 879275 revdkeith@gmail.com

The Rev'd. Judith Sweetman, 07484862962 (Friday to Sunday only)

Email Annie at 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

From the kitchen window 15th January 2021

It was good to hear about all the wildlife in your gardens this week. Like us, Gloria has had Pied Wagtails coming into her garden in search of food. Isobel W. told me about the squirrels which only come into her garden when the walnuts are ripe, but also how Rooks take the nuts! They presumably smash open the shells with their strong beaks to get at the flesh inside. The crow family are all highly intelligent birds that quickly learn how to access new food sources. We see Jays, Jackdaws and occasionally Rooks, taking peanuts in their shells from our neighbour's feeder, as they have learnt that they are a worthwhile source of high energy food. Ian and Joan have been feeding a one legged Blackbird which flies down and lands at their feet to be fed two or three times a day, while more than a dozen others also come in to the garden for food. When tidying her garden, Frances found that the stick she had pushed into the ground to stabilise her bird feeder, had been invaded by a fungus which produced layer upon layer of fruiting bodies down its length. One of the important things about fungi is that they break down wood, releasing nutrients into the soil. These are then be used by living plants to assist growth, so fungi are essential to the eco system.



The most surprising item this week, was the fantastic photo that Mark took of a Smooth Newt, looking bright and alert on his back doorstep, when it should have been hibernating! It had presumably not chosen its hibernation spot very well, and the warmth of the sun had woken it up. Newts are amphibians and so have forward-looking bulbous eyes, allowing them to see all round while floating on the surface of water. They spend the spring in ponds where they breed, but move back onto land for the rest of the year, hunting for slugs, worms and insects during the cool of the night as, unlike lizards, they have a porous skin, so they need to stay in damp places to prevent themselves from drying out. Do send any sightings of wildlife that you have, so we can all share them rachel.42rr@btinternet.com

