



REEPHAM & WENSUM VALLEY  
TEAM CHURCHES

31st January 2021—Presentation of Christ in the Temple

# 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 Hon Associate Priest Rev'd Judith Sweetman

### Words from Psalm 42

Why are you so full of heaviness, O my soul,  
And why are you so disquieted within me?

O put your trust in God;  
For I will yet give him thanks,  
Who is the help of my countenance, and my God.

### An expression of faith

Lord, You have always given  
bread for the coming day;  
and though I am poor,  
today I believe.

Lord, You have always given  
strength for the coming day;  
and though I am weak,  
today I believe.

Lord, You have always given  
peace for the coming day;  
and though of anxious heart,  
today I believe.

Lord, You have always kept  
me safe in trials;  
and now, tried as I am,  
today I believe.

Lord, You have always marked  
the road for the coming day;  
and though it may be hidden,  
today I believe.

Lord, You have always lightened  
this darkness of mine;  
and though the night is here,  
today I believe.

Lord, You have always spoken  
when time was ripe;  
and though you be silent now,  
today I believe.

### Prayer

Come, creator Spirit, source of life;  
Sustain us when our hearts are heavy  
And our wells have run dry,  
For you are the Father's gift,  
With him who is our living water,  
Jesus Christ our Lord. Amen.

## This week's Services

**9am** Pre-recorded Holy Communion service on  
Youtube, RWV website or Facebook.

**10.15am** Informal Sunday Worship on Zoom with  
Coffee Social afterwards from 11.15am.  
*Everyone is welcome to either of both of our Zoom  
sessions*

Zoom Meeting ID: **825 0887 5273**  
Password: **374589**

Dial-in numbers (to join by telephone):  
0131 460 1196  
0203 051 2874  
0203 481 5237  
0203 481 5240

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

**Please note: St Mary's, Reepham  
will not be open for private prayer on  
Wednesday 3<sup>rd</sup> or 10<sup>th</sup> February** due to fu-  
nerals being held during the week, but will be  
open Saturdays 9am – 4pm.

### Lent Reading Group—Thy Will Be Done

*“Lent is a season when we can follow Jesus by pressing the 'pause' button, taking some time out, dealing with whatever then arises and praying for a new and deeper sense of clarity and purpose for our lives.”*

As in previous years, Sue Page will be running a 6 session Lent Reading Group, each Monday from 15th February to 22nd March at 7pm to 8.15/30pm. Due to Covid restrictions, the group will be meeting via Zoom online or Dial-in.

The book we will be studying together this year is “Thy Will Be Done” by Stephen Cherry. The book is available to order from Aslan for £7.99, with free P&P (<https://www.aslanchristianbooks.com/thy-will-be-done-the-2021-lent-book-9781472978257/> ) or call them on **01373 823451** to place an order. ISBN: 9781 4729 7825 7

Everyone is welcome to join us If you would like further information about the book and/or joining the Zoom group, please contact Sue on 01603 870886.



A free phone line of hymns,  
reflections and prayers

### **Contact Details**

The Rev'd. Helen Rengert, 01603 879275 [revdhelenrwv@gmail.com](mailto:revdhelenrwv@gmail.com)

The Rev'd. Keith Rengert, 01603 879275 [revdkeith@gmail.com](mailto:revdkeith@gmail.com)

The Rev'd. Judith Sweetman, 07484862962 (*Friday to Sunday*)  
[judith.sweetman@btinternet.com](mailto:judith.sweetman@btinternet.com)

Email Annie at [parishofficerwv@gmail.com](mailto:parishofficerwv@gmail.com) to submit articles or join the mailing list. **FACEBOOK:** Reepham & Wensum Valley Events **TWITTER:** RAW-Team **WEBSITE:** [www.reepham-and-wensum-team-churches.org.uk](http://www.reepham-and-wensum-team-churches.org.uk)

### **From the kitchen window 29<sup>th</sup> January 2021**



There have been encouraging signs of early spring in various gardens this week: several already have Snowdrops in flower, and Tony H has a clump of bright, buttercup yellow Aconites, while Joan even has a Daffodil opening! Our Sweet Box fills the air with its strong scent, even at night, so presumably it attracts moths that fly early in the year to pollinate its florets. It is one of those shrubs where one year's berries are ripe as the following year's flowers are in bloom, so providing food for blackbirds in winter.

Some unusual visitors have come close to our houses too. My sister Sally disturbed a Fox scavenging under her bird feeders, much to the fury of her dog! Foxes are very adaptable and willing to scavenge wherever there is food. Where birds are fed regularly, small rodents will make burrows nearby to feed on dropped seed and in so doing, provide prey for predators. Foxes are now widespread in urban areas, but Sally's was a 'wild' animal which fled across the adjacent fields. While turning over an old compost heap, I inadvertently made a Bank Vole homeless. It dithered briefly before dashing to safety under a pile of sticks. Compost heaps are warm dry places, especially on frosty nights, so an ideal refuge for small creatures, often with suitable food provided in the form of vegetable scraps. Voles are a similar size to mice but with smaller ears and shorter tails. The most surprising sighting was when walking down my father's drive in the snow and I heard Long-tailed Tits shrieking in alarm at the front of the house. A large bird flew round the corner and away overhead with about twenty of the tits in hot pursuit, but it wasn't the Sparrowhawk expected, but a Tawny Owl, clutching a hapless scrap of feathers in its talons. Tawny Owls usually do not leave their day-time roosts until after dark, because of the persistent mobbing of smaller birds, so the fact that this one was hunting by day was an indication of how desperate it was for food. I wonder if you saw the spectacular sunset on the Thursday of last week? Joan and Ian took a beautiful photograph of it while walking their dog. Do send any sightings of wildlife that you have, so we can all share them [rachel.42rr@btinternet.com](mailto:rachel.42rr@btinternet.com)

