



REEPHAM & WENSUM VALLEY
TEAM CHURCHES

21st February 2021— First Sunday of Lent

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 Tony Hawes

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Come now, put aside your busyness for a while, take refuge for a time from your troublesome thoughts; throw away your cares, and let your burdensome worries wait...

Take some time off for God; rest for a while in Him.

Enter the secret room of your mind, put out everything except God, and whatever helps you find Him.

Close the door of your mind, and seek God.....

Say now to God, with all your heart,
"I seek your face, Lord: your face I seek." ...
St. Anselm.

In response to what is happening in nature, we loosen our grip on what we have been and open ourselves, in silence, to what God is inviting us to become:

"Therefore, if anyone is in Christ, they are a new creation, the old has passed away, behold the new has come!"

II Corinthians 5.17.

Lent is not so much about making resolutions to give up this or stop doing that. Lent is about giving our full attentiveness to God. If we place all our effort on self-improvement, however well intentioned, we run the risk of leaving no space or effort to be present and available to God.

"It is in Him that we live and move and have our being." *Acts 17.28.*

In silence we surrender our heart and mind to God, allowing God to do the transforming, just allowing ourselves to be drawn close to the mystery.

Just letting go and letting God.....

Come my Beloved. Come into my darkness and emptiness. Fill my darkness with your invisible light and my emptiness with your undetectable presence...

Rosemary Patyus OCDS

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 depending on your provider, mobiles may be more. Please check before



A free phone line of hymns, reflections and prayers

Mark 1: 9-15

9 In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. 10 And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. 11 And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."

12 And the Spirit immediately drove him out into the wilderness. 13 He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

14 Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, 15 and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."



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

Oliver Diggle, Former Churchwarden (CW)at Bylaugh, **Peter Thomas** of Lyng (Former CW), **Sheila Matthews** of Lyng, **Eileen Daniels** of Salle and **Peggy Pearce** of Lyng.

Our thoughts and prayers are with their families and friends at this time.

Contact Details

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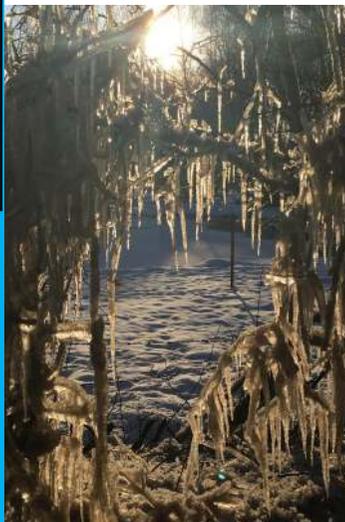
Email Annie at parishofficerwv@gmail.com to submit articles or join the mailing list. **FACEBOOK:** Reepham & Wensum Valley Events **TWITTER:** RAWTeam **WEBSITE:** www.reepham-and-wensum-team-churches.org.uk

From the kitchen window 19th February 2021

A week of lying snow has caused severe hardship for birds, as they have been unable to forage for food in the normal way. Many that do not usually come into gardens have been forced into unaccustomed proximity to people, to save themselves from starvation. Judith has had up to ten Redwing on the fence of her small garden in the centre of Reepham, waiting their turn to take berries from the Holly tree by the house. Fran had a male Reed Bunting visiting her feeders! This is a very striking bird. It has a black head, with a white collar and moustachial stripe, and as the name suggests, is a bird of damp places. At this time of year it would usually be foraging on farmland. It has not just been small birds that have been struggling: water birds



have been even harder hit by the deep freeze. While out walking her dog across a silent, snowy field, Mary watched a heron get up from a thicket, but as it lifted away, she realised that it was white not grey, and so an Egret! It had presumably found an unfrozen ditch in which to search for food. These are usually coastal birds, hunting in saltmarsh creeks but the bitterly cold winds will have driven it inland. It was good to hear that Carol B has a very good population of Greenfinches around her garden, as well as Mistle Thrushes and Fieldfare taking berries, and a regular Great Spotted Woodpecker. We were pleased to see our pair of Song Thrushes drinking at the bird



bath after we had thawed the ice. We also enjoyed a walk along the stream at Booton Common, finding signs of those who had been before us. There must be a high population of Muntjac, as their slots were everywhere. A Fox had crossed the beck by walking across a snow covered fallen tree trunk before jumping to the further bank and away into the meadow beyond. Best of all were the Otter prints! We could see the shape of its paws and how they were arranged in pairs as it loped along with its tail leaving its own trail as it bounded forward! The tracks went down the bank into the water. It is very exciting to know that occasionally, an Otter will visit our local waterway. Mark H sent a fantastic photo of a circle of backlit icicles looking through to a snow covered pond – wonderful!