



REEPHAM & WENSUM VALLEY  
TEAM CHURCHES

21st March 2021— Fifth 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 Rev'd Canon Peter Halls

### **A very challenging Litany from 'My God and My Glory' by E. Milner White**

Keep me, O Lord  
from the little, the interfering, and the stupid;  
from the infection of irritation and anger over  
nothings;

Deliver me, and keep me, O my Lord

from all the promptings to decry the person  
or work of others;  
from scorn, sarcasm, petty spite and whisper-  
ings behind the back;  
from the dishonest honest of frankness  
meant to hurt;

Deliver me, and keep me, O my Lord

from hasty judgments, biased judgments,  
cruel judgments, and all pleasure in them;

from resentment over disapproval or reproof,  
whether just or unjust

Deliver me, and keep me, O my Lord  
from all imposition of my own fads and  
idiosyncrasies upon others;  
from self-justification, self-excusing and  
complacency;

Deliver me, and keep me, O my Lord.

### **Prayer**

Bless to me, O God;  
The earth beneath my feet  
Bless to me O God;  
The path whereon I go  
Bless to me O God,  
The thing of my desire;  
Thou Evermore of Evermore,  
Bless Thou to me my rest

**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 So-  
cial 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 or 0203 051 2874 or 0203 481 5237 or  
0203 481 5240

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

## **Contact Details**

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Email Annie 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)

## APCM

This year our Whole Benefice APCM will be via Zoom  
with virtual breakout rooms for each parish. Join us  
on **Thursday 15th April at 7pm** via Zoom.





### Holy Week Services

Providing the “route out of lockdown” continues as planned, we hope to be able to return to our church buildings on Easter Sunday, Sunday 4th April, to worship together.

During Holy week we will have Zoom services available on our usual Meeting ID: **825 0887 5273** Password: **374589**.

**Palm Sunday** 10.15am on Zoom: The Passion Narrative  
**Monday 29th March to Friday 2nd April** (inclusive): 8pm on Zoom Compline

**Maundy Thursday** 6pm on Zoom: Evening Prayer with a Maundy Thursday feel

**Good Friday** 10:30am on Zoom: Stations of the Cross with a COVID theme

**Good Friday** 2pm on Zoom: Last Hour at the Cross

### Easter Sunday

#### **We return to our churches to worship together**

9am Holy Communion, St Peter and St Paul, Salle

10:30am Holy Communion, St Mary's, Reepham

10:30am Holy Communion, St Margaret's, Lyng

10:30am Holy Communion, All Saint's, Weston Longville



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

**Pat Large of Reepham**, whose funeral will be held on Thursday 25th March at 1:30pm. There is space for Reepham congregation members Please contact Sue Cripps or Rachel Richmond to book a place.

*Our thoughts and prayers are with Pat's family and friends.*

### **From the kitchen window 19<sup>th</sup> March 2021**



Migrant birds are on the move! Several species of small bird come to Britain to overwinter, as conditions are less harsh than on the continent, and now they are preparing to return. A beautiful male Siskin sat in the top of our neighbour's Oak tree singing merrily in the warm sunshine, before flying across our garden and into the Birches on the other side. He had a streaked, yellowy-green plumage with a black bib and cap and looked stunning in the bright light. He may have been one of those we had watched in the Alder trees on Booton Common during the winter. Now however he felt the call of spring and would be moving off, possibly as far as the forests of Scandinavia, to find a mate and breed. While in the woodland at Booton Common, on a cold and windy afternoon, we were very surprised to hear the first of our returning summer visitors: a Chiffchaff. It was March 12<sup>th</sup> and our earliest date ever for the Reepham area. We hoped he would be able to find enough food to survive in the chilly conditions, as the Pussy Willow blossom will not be out for several weeks yet. Willow catkins produce large amounts of pollen which attract insects, which attract Chiffchaffs and other small returning warblers, which feed on them. Everything is interrelated. Jolyon was delighted to find he had newts as well as frogs in his pond. The newts will feed on the myriad of tadpoles hatching from the frog spawn, but leaving enough to develop into adults to maintain the frog population. Fran had a Green Woodpecker on her lawn, showing off its lime-green feathering and scarlet cap, as it foraged for ants, a favourite food. They use their dagger-like bill to dig into ants nests and extract the ant grubs using their long tongue.

Frances enjoyed a walk in Heydon Park and photographed a nice clump of Lungwort (above), or to give it a local name 'Joseph and Mary', so called because when the flowers first open they are pink but gradually turn blue. Blue is a colour which attracts insects, which may have something to do with the colour change. It is certainly attractive to early flying bees and bee-flies. Do send any sightings of wildlife that you have, so we can all share them [rachel.42rr@btinternet.com](mailto:rachel.42rr@btinternet.com)

