

From the kitchen window 14th May 2021

The bird's nesting season is now in full swing. Muriel was the first to report a baby Blackbird in her garden and Judith has had the young of both Dunnock and Robin. At the beginning of the week we heard the unmistakable squawks of fledgling Starlings as they followed their parents closely, begging for food with their orange gapes wide open. Both juvenile Blackbirds and Starlings have a distinctive call that is only heard during the first day or two after leaving the nest, so their parents can find and feed them, before they start learning to forage for themselves. During the Rogation Service on Sunday we went out into the sunlit churchyard for prayers, short reflections and to sing 'Morning has broken' which includes the line 'Blackbird has spoken': the resident Blackbird duly obliged with his mellow song as he sat in the large Yew tree on the All Saints site. While Judith was standing near the Yew, a Pine Ladybird landed on her sleeve. This is a very small black beetle with a red spot and a red comma on each wing case. They are very numerous this year, so if you are near to a conifer and a small black beetle lands on you, do look at it closely, it may be a Pine Ladybird. As we were coming out of church for that part of the service, the first Swifts of the summer raced overhead giving their 'screaming' calls to announce their arrival home. It is a sound that I find thrilling: summer is almost here. The Swifts will soon be nesting under the pantiles on Church Hill, the Market Place and other favoured areas of town. The conservation area was bright with Bulbous Buttercups, which flower early and are generally only found in churchyards in Norfolk. They differ from most other flowers in that the sepals which usually clasp beneath the petals, are reflexed and hang below. There was plenty of Field Woodrush flowering too and the buds of the lovely deep blue Germander Speedwell were just opening. Now is also the time to look for insects. Judith found a chequered mid-brown and white beetle on her Sweet Cicely and noticed that ants were busy excavating a nest beneath the block paving in front of her house. There is so much happening in the natural world around us and beneath our feet! Do send any sightings of wildlife that you have, so we can all share them rachel.42rr@btinternet.com



Pew Notes

Sunday 16th May (Seventh Sunday of Easter)

9am	Sparham	Holy Communion
9am	Wood Dalling	Holy Communion
10.30am	Attlebridge	Holy Communion
10.30am	Lyng	Holy Communion
10.30am	Reepham	Café Style Church
6pm	Salle	Evening Prayer

Wonder On Wednesdays

WoW will return on **Wednesday 19th May** with our weekly "gathering" for those who wish to discuss and dig a little deeper into topics around Christianity.

Over the next 5 sessions we will be discussing what Thy Kingdom Come means personally, locally, nationally, globally and what we can learn from it. You can learn more about it at www.thykingdomcome.global

Please join us every Wednesday from 19th May on Zoom from 7pm to 8pm.
Zoom meeting ID: 836 9720 0393 Password: 102113 Everyone is welcome.

Sunday 23rd May (Pentecost)

10.30am Swannington Whole Benefice Holy Communion

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

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

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

judith.sweetman@btinternet.com

Email Annie 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

Pew Notes are available to download from the RWV website and the E-newsletter



**Words of Light and Hope from
Rev'd Judith Sweetman**

In prayer... the response God wants is the response we can make, even if the stuff of our response is sometimes contradiction, confusion and irrationality...God doesn't want us to pretend.... We... need to take ourselves, every part of the complexity which is us, into God's presence, leaving nothing behind. Then our healing and growth is possible.

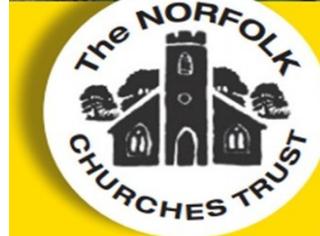
Struggling to be holy, by Judy Hurst

Since, then, we have a great high priest who has passed through the heavens, Jesus, the Son of God... we do not have a high priest who is unable to

sympathize with our weaknesses...Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need. **Hebrews 4.**

In the same way, the Spirit helps us in our weakness. For we do not know how we ought to pray, but the Spirit Himself intercedes for us with groans too deep for words. In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. **Romans 8:26**

GOSPEL John 17:6-19 Hear the gospel of our Lord Jesus Christ according to John. Jesus looked up to heaven and prayed: "Father, I have made your name known to those whom you gave me from the world. They were yours, and you gave them to me, and they have kept your word. Now they know that everything you have given me is from you; for the words that you gave to me I have given to them, and they have received them and know in truth that I came from you; and they have believed that you sent me. I am asking on their behalf; I am not asking on behalf of the world, but on behalf of those whom you gave me, because they are yours. All mine are yours, and yours are mine; and I have been glorified in them. And now I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, protect them in your name that you have given me, so that they may be one, as we are one. While I was with them, I protected them in your name that you have given me. I guarded them, and not one of them was lost except the one destined to be lost, so that the scripture might be fulfilled. But now I am coming to you, and I speak these things in the world so that they may have my joy made complete in themselves. I have given them your word, and the world has hated them because they do not belong to the world, just as I do not belong to the world. I am not asking you to take them out of the world, but I ask you to protect them from the evil one. They do not belong to the world, just as I do not belong to the world. Sanctify them in the truth; your word is truth. As you have sent me into the world, so I have sent them into the world. And for their sakes I sanctify myself, so that they also may be sanctified in truth."



Pump up your tyres, dust off your walking boots, pack a picnic and plan a route from your own door to visit as many of the most beautiful churches in Norfolk as you can. *PLUS you can join with others in your parish to win £1,000 for your church by becoming the parish with the most improved amount of money raised. Simply get sponsored for each building you visit or make a donation - find out more at norfolkchurchestrust.org.uk/bike-ride

Thank you to everyone who donated to Christian Aid week last week.

If you haven't had a chance to donate, there is still time. Pam Smith of Swannington is still walking every day to achieve her 300,000 steps in May. Donations can be made securely at www.justgiving.com search "Pamela's 300,000 steps in May". Good luck with the rest of your challenge Pam!