

## Words of Light and Hope from Tony Hawes.

### Stop, Look and Listen.

A few years ago, during the Summer Months, and before Covid, we held Quiet Days (Day Retreats) in our Secret Garden. Each Day followed the Benedictine Rule of prayer, teaching, silence and hospitality. Participants were given the opportunity to Stop, Look and Listen. To stop what they normally do during the week – work, shop, gardening. To look at the wonders of God’s creation, and to listen, in the silence, for His voice. That still small voice.

Our Secret Garden has several quiet places to sit – Herb Garden, Summer House, Greenhouse, Garden Room, which was converted into a chapel. But my favourite place is the Rose Arbour at the bottom of the garden. I try to spend a short time there each day, depending on the weather. Occasionally, I imagine Jesus walking down the path towards me. He sits next to me. Sometimes we talk. Most times we sit in silence, just enjoying being together. When we do talk, I often thank him for all that He has given me, especially my family and the garden. Other times I say that I am sorry. Then I remind Him that John and Judy are sick, and they need His help.

**“But does He talk to you?” I hear you ask, “What does He say?” He speaks to me in many ways, but I hear Him mainly in the words from the Gospels: “Do not be afraid.” “I am with you always.” “Love one another, as I have loved you.” My peace I give unto you.” “Follow me.....”**

So, go out into your own Secret Garden, wherever it might be..... Just Stop, and Look, and Listen.....

**Almighty God, you have made us for yourself, and our hearts are restless till they find their rest in you. Pour your love into our hearts, and draw us to yourself, and so bring us at last to your heavenly city, where we shall see you face to face. Amen.**



REEPHAM & WENSUM VALLEY  
TEAM CHURCHES

## Pew Notes

**9th September: 7:30pm—9pm:** Bible study the first letter of St John, 1 Church Farm Close, Weston Longville  
**14th September 9am– 5pm:** Norfolk Churches Trust Bike Ride  
**19th September 10:30am– 12noon:** Coffee Morning , St Margarets, Lyng  
**6th October: 12 noon:** Harvest Lunch, Sparham Old School Room

### Services for next week: Sunday 15th September

10am Café Church (Service at 10:30), St Michaels, Reepham  
10:30am Harvest Service, St Andrew’s, Attlebridge  
10:30am Holy Communion, St Margaret's, Lyng  
4pm Harvest Service, St Andrew’s, Wood Dalling  
6pm Evening Prayer, St Peter & St Paul’s, Salle

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

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Email [parishofficerwv@gmail.com](mailto:parishofficerwv@gmail.com) to submit articles or join the mailing list.

**FACEBOOK:** Reepham & Wensum Valley Events

**WEBSITE:** [www.reepham-and-wensum-valley-team-churches.org.uk](http://www.reepham-and-wensum-valley-team-churches.org.uk)

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

If you have any safeguarding concerns, please contact your Parish Safeguarding Officer. Details in the church porch or on the RWV website.

**Proverbs 22:1-2, 8-9, 22-23**

A good name is to be chosen rather than great riches, and favour is better than silver or gold. The rich and the poor have this in common: the LORD is the maker of them all. Whoever sows injustice will reap calamity, and the rod of anger will fail. Those who are generous are blessed, for they share their bread with the poor. Do not rob the poor because they are poor, or crush the afflicted at the gate; for the LORD pleads their cause and despoils of life those who despoil them.

**James 2:1-10, [11-13], 14-17**

My brothers and sisters, do you with your acts of favoritism really believe in our glorious Lord Jesus Christ? For if a person with gold rings and in fine clothes comes into your assembly, and if a poor person in dirty clothes also comes in, and if you take notice of the one wearing the fine clothes and say, "Have a seat here, please," while to the one who is poor you say, "Stand there," or, "Sit at my feet," have you not made distinctions among yourselves, and become judges with evil thoughts? Listen, my beloved brothers and sisters. Has not God chosen the poor in the world to be rich in faith and to be heirs of the kingdom that he has promised to those who love him? But you have dishonored the poor. Is it not the rich who oppress you? Is it not they who drag you into court? Is it not they who blaspheme the excellent name that was invoked over you? You do well if you really fulfill the royal law according to the scripture, "You shall love your neighbor as yourself." But if you show partiality, you commit sin and are convicted by the law as transgressors. For whoever keeps the whole law but fails in one point has become accountable for all of it.[ For the one who said, "You shall not commit adultery," also said, "You shall not murder." Now if you do not commit adultery but if you murder, you have become a transgressor of the law. So speak and so act as those who are to be judged by the law of liberty. For judgment will be without mercy to anyone who has shown no mercy; mercy triumphs over judgment.] What good is it, my brothers and sisters, if you say you have faith but do not have works? Can faith save you? If a brother or sister is naked and lacks daily food, and one of you says to them, "Go in peace; keep warm and eat your fill," and yet you do not supply their bodily needs, what is the good of that? So faith by itself, if it has no works, is dead.

**Psalm 125 *Qui confidunt***

1 Those who trust in the LORD are like Mount Zion, which cannot be moved, but stands fast for ever.  
2 The hills stand about Jerusalem; so does the LORD stand round about his people, from this time forth for evermore.  
3 The scepter of the wicked shall not hold sway over the land allotted to the just, so that the just shall not put their hands to evil.  
4 Show your goodness, O LORD, to those who are good and to those who are true of heart.  
5 As for those who turn aside to crooked ways, the LORD will lead them away with the evildoers; but peace be upon Israel.

**Mark 7:24-37**

Jesus set out and went away to the region of Tyre. He entered a house and did not want anyone to know he was there. Yet he could not escape notice, but a woman whose little daughter had an unclean spirit immediately heard about him, and she came and bowed down at his feet. Now the woman was a Gentile, of Syrophenician origin. She begged him to cast the demon out of her daughter. He said to her, "Let the children be fed first, for it is not fair to take the children's food and throw it to the dogs." But she answered him, "Sir, even the dogs under the table eat the children's crumbs." Then he said to her, "For saying that, you may go—the demon has left your daughter." So she went home, found the child lying on the bed, and the demon gone. Then he returned from the region of Tyre, and went by way of Sidon towards the Sea of Galilee, in the region of the Decapolis. They brought to him a deaf man who had an impediment in his speech; and they begged him to lay his hand on him. He took him aside in private, away from the crowd, and put his fingers into his ears, and he spat and touched his tongue. Then looking up to heaven, he sighed and said to him, "Ephphatha," that is, "Be opened." And immediately his ears were opened, his tongue was released, and he spoke plainly. Then Jesus ordered them to tell no one; but the more he ordered them, the more zealously they proclaimed it. They were astounded beyond measure, saying, "He has done everything well; he even makes the deaf to hear and the mute to speak."