

St Francis Weekly News for PENTECOST 31ST May 2020



This bulletin may have come to you by email or through your letterbox, if you received it on paper but are happy to receive an email in future please email deborah.lechmere@ntlworld.com If you know anybody else who would like this delivered or emailed please contact Deborah or Revd Janet: revdjanetwyer@outlook.com

WHAT'S HAPPENING IN ST FRANCIS CHURCH?



A NEW PERSPECTIVE ON THE HIVE

It has always been the understanding that the Church of England moves very slowly – well, this week I have to say things moved so fast my head was almost spinning.

Some of you will remember that toward the latter part of last year we were having considerable difficulty in terms of meeting the Heating and running costs of the Hive.

Having received a bill in **July for in excess of four thousand pounds relating to a period of less than six months** – it immediately became very clear that decisions would have to be made as to the future and how we might carry on with the various projects that were running out of the Hive at that time.

Suffice it to say we took immediate [drastic] steps to reduce costs and approached the Diocese of Norwich [the landlords] to ask for assistance in finding ways to manage the Hive in the future.

Throughout December 2019 to March 2020 conversations were had and not much progress was made – and then came the Lockdown which meant that all talks and progress came to a grinding halt.

And then this last week, suddenly and completely out of the blue, I received a call from Richard Butler the Diocesan Secretary. He advised me that decisions had been made, the diocese were keen to share the building with St Francis and that as from next week work would begin to replace the existing heating and hot water systems, a little remodelling of the interior would take place and that in due course a new team of people would consider the Heartsease Hive as their new home.

I am relieved and completely delighted by this news, as are the Churchwardens and PCC because it now means that we will no longer be carrying the burden of meeting huge bills in respect of running St Francis Hive as a place of mission, ministry and welcome. We will, in due course, be looking at the Hive and how best to continue to utilise that amazing space to the best advantage as we begin to move into greater freedoms.

All that has happened in the past few months may mean that in some ways life and our way of doing things will never return to how they once were – but this is probably a good and exciting place to find ourselves as we have a new start in working toward a better and brighter future for St Francis Church and the Heartsease Community.

In the meantime, if you see activity at the Hive – you'll know what's going on!

A LITTLE VISITOR

On Wednesday morning we were delighted to receive a flying visit from a beautiful ladybird.

She flew onto our Free Food table [obviously checking out the goodies] and then made her way into the church window to spend some time with Revd Winnie and Eeyore.



Our Ladybird visitor is in fact the anonymous gift of someone who is a part of 'Norfolk Rocks'. A group of people of all ages who collect and decorate rocks and pebbles and leave to be found by others who can then keep them for themselves or move them to another place to be found by someone else.



I was really pleased to find this lovely piece of artwork and was determined to make the most of this beautiful gift.

So, having so far graced the Free Food table and spent time with Revd Winnie learning all about St Francis, our pretty visitor has now found another spot to sun herself. She has come into land on the Empty Tomb that is at the heart of our prayer stations to the rear of St Francis Church Building.

It is very apt that she should make her way there as from a distance the Tomb just looks like a pile of rocks – which again is a part of a set of happy circumstance.

As you may well have noticed in a previous picture, the prayer stations sit within what looks like a Celtic Cross. The Tomb symbolising the resurrection lay at the heart of the cross – and also represents a celtic cairn.

Cairns are piles of pebbles and rocks made by visitors who leave them there to represent a prayer said at a Holy place.

What better place for our ladybird to rest awhile?



And how lovely it would be if other decorated [or simply plain] rocks and pebbles were to find their way to the Tomb and begin to make that a very special place of prayer as well as being the heart of our 'Let it Grow' project.

Please do try to visit our beautiful field of prayer – it is looking absolutely stunning with all the lovely wild grasses, plants and flowers that are attracting all kinds of wildlife.

WEEKLY NEWSLETTER

Next week will see a very slight change in the way our weekly newsletter looks – and the change is happening because of the huge success the newsletter has turned out to be.

At the last count the printed version is finding it's way into over ninety households and is, I am given to understand being very well received.

Unfortunately we have found that the cost of the newsletter has reached a point that we cannot continue to sustain – each copy works out at about 60p. Which in the short term we have been absolutely delighted to offer as a gift, but in the longer term would mean that the Vicar might have to find another job...

So, what we plan to do is a compromise. We will continue to produce and deliver the newsletter for the foreseeable future, but the colour photos and pictures will be reduced. I do hope that you will continue to enjoy this weekly gift and I thank everyone who has helped me make all this possible: Deborah who puts it together for me and proof reads the whole thing [what a hero!]; Diana who prints and staples each copy on a Sunday morning; Eleanor who collects and collates all the newsletters ready for delivery; and our team of deliverers – Adam, Ashley, Diana, Eleanor, Jim, Margaret, Sarah, & Sue. We are indeed blessed to have so many willing hands ready to help out.

ST FRANCIS HEARTSEASE FREE FOOD

Following on from my appeal last week for toiletries, toilet rolls and cleaning materials – I would like to offer my sincere thanks to the very caring and generous donor who brought me a gift of money to purchase what will most help; thank you too the loving hearts who donated a variety of very welcome items to pass on to folks who need them.

St Francis Free Food could not operate without the generosity of the many different people who support it. Among them I would like to mention the

faithful and loving benefactor who supports us on a weekly basis [with that kind donation we buy all our fresh produce and dairy products] and our Fareshare collectors who give up their time to collect food from the various supermarkets who support the scheme.

The team who make St Francis Free Food happen are an amazing bunch of people who are giving so much in so many ways to keep food flowing to where it is needed. I thank them all

PASTORAL CARE

MOLLY GUNTON

Friday 29th May was a very sad day for some of us here at St Francis as this was the day we bid farewell to a much loved member of our congregation. Molly had been a part of St Francis Church for well over fifty years and it was only very recently that ill health and the need for residential care saw her move from the Heartsease firstly into Harriet Court and then to St Mary's, New Buckenham, a care home closer to her family.

Molly's funeral service was held at St Faith's Crematorium and although there were tears, there was also brilliant sunshine, birds singing and beautiful flowers blooming all around. A very fitting tribute to Molly who brought sunshine with her wherever she went.



Molly - May she rest in peace and rise in glory.

MEMORIAL SERVICES AT ST FRANCIS

Many families have found that not only are they experiencing the pain of bereavement, they are also experiencing great distress because they have not been permitted to plan and give the funeral services they would have liked for their loved one.

In view of this, when circumstances permit St Francis Church will opening its doors and offering to host memorial services to all families who have suffered in this way.

It is the very least we can do to offer some comfort at what is proving to be the most difficult of all times for some families.

If you would like further information please do give me a call, I am happy to talk through anything you would like to know more about.

AND PLEASE DON'T FORGET...

In times of stress and anxiety it's always good to know that help and support is always available.

This is just a gentle reminder that we are always ready to listen if you need to talk.

Revd Janet [07990 576118]

Eleanor [07840 206716]



USEFUL CONTACT NUMBERS

In these difficult times someone might just need one of them...

Childline: 0800 1111

Samaritans: 116 123

Domestic Violence Hotline: 0808 2000 247

[If you hear a neighbour in distress please do not hesitate to call this number or 999; you could save a life]

Mind: 0300 123 3393

Age UK: 0800 169 6565

St Francis Free Food: 07990 576118

WORSHIP & PRAYER

ZOOM SERVICES

Each Sunday at 10.30am I have been celebrating Holy Communion using the Book of Common Prayer service. For those who have the necessary technology this is available to watch on Zoom.

This week, however, we will be marking Pentecost in a slightly different way.



For those who are able to access Zoom we will be offering a Service of the Word for Pentecost followed on by a service of Spiritual Communion said in contemporary language [Common Worship]

If you would like to join the Zoom Room, please contact Sarah Housden who will be happy to enable that to happen. sarahj.housden@gmail.com

Alternatively, the instructions and link are printed below:

You are warmly invited to join Revd. Janet at St Francis Church in celebrating Pentecost on the morning of Sunday 31st May. This celebration begins with a Service of the Word, followed by a time when we can share fellowship with one another through chat. At the end of this time, a bell will be rung, calling us back to worship and to Spiritual Communion. Please mute your microphones again when the bell for Spiritual Communion rings, as this helps to reduce background noise and any unexpected interruptions.

If you would like to stay for the Spiritual Communion Service, you are invited to join in with a piece of bread and some wine or juice, if you would like to. You may also wish to join in with the lighting of a candle – if so, be sure to have a candle and matches to hand.



An Order of Service is attached which you may like to read through beforehand.

Please do forward this invitation to others who may wish to take part.

The 'Zoom Room' will be open from 10.15 to allow some set-up time, and then participants are invited to join us from 10.20 for private prayer, with the Service of the Word beginning at 10.30am. You are asked to mute your microphone on arrival, as this helps avoid unexpected interruptions. At the end of the service please leave the Zoom space prayerfully.

We look forward to welcoming you on Sunday 31st May. To enter the St Francis Zoom Space, please click on the link below from 10.20am on Sunday.

Join Zoom Meeting

<https://us02web.zoom.us/j/7985930265>

Meeting ID: 798 593 0265

Your feedback and any comments will be welcome after the service via text or email, and throughout the week in conversation with Revd. Janet.

A WORD FROM THE VICAR

Pentecost, the day we celebrate the coming of the Holy Spirit and the awesome gift it brings. The gift of being inspired, enthused and strengthened by God in a very real way. This very special help comes to us when we ask and it's a very useful helper to have around! Indeed, it is only through this soul tingling power of the Holy Spirit that we can do the work that God calls us to do.

The reality of life is this - the minute we start to think we can go it alone, that's the minute we find the going very tough indeed and perhaps the very minute – or soon thereafter that we fall flat on our faces.

I speak from experience here folks, because many is the time I've confidently set out to tackle a task and very swiftly found that it it seems to be way beyond my capabilities. Too many times I've been reminded of a little rhyme someone once wrote in my autograph book [remember them? – whatever happened to autograph books?]

Anyway – this is the ditty that often comes to mind

"They said that the job just couldn't be done,
with a smile she went to do it.

She tackled the job that couldn't be done;
and found – she couldn't do it..."

Sad to say all too often in life we may be put off attempting to tackle jobs because they do seem way too much for us.

Jobs like making the world a nicer, kinder, fairer place. Tackling climate change and food poverty. Bringing justice, peace and love to our world – to our own neighbourhood or family even.

Jobs like coping with all that a Coronavirus lockdown brings...

Indeed these jobs are big jobs, but they are jobs that need to be done – and the good news of Pentecost is that the minute we agree to tackle any job as a part of God's church – that's when we get that extraordinary helper alongside and within us.

The Holy Spirit is an encourager, an enthuser, a strengthener and always an inspirer; like a gust of fresh air to uplift and carry us on, or a gentle brush of a kiss on our cheek to bless and caress us.

If we invite the Holy Spirit into our lives, the Spirit will come – but beware! You might find yourself tackling jobs you never thought possible, let alone doing...

May the Holy Spirit inspire, enthuse and strengthen you this Pentecost and always

Revd Janet

FOR OUR PRAYERS

We pray for those who are in acute need of prayer at this time: Riley & his mum and family; Danny D; Christine; David; Jeanette, David & Grace; David B; Paula; Gill; Karen; Maegan; John R & Bee; Colin; Pete; Lauren; Fr Brian; Hazel L.

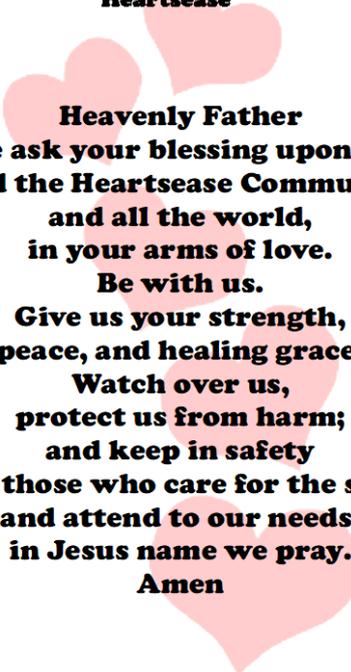
We continue to pray for all those in our Church, friends and family who are managing long term health issues including Alma, Rosemary, Sheila, John, Joy, Shirley.

We remember with love David; Edith Cotton [Minn], Margaret Lemmon and all those who have died in recent days and pray for their family and friends

A PRAYER FOR THESE UNCERTAIN TIMES

God of compassion,
be close to those who are ill, afraid or in isolation.
In their loneliness, be their consolation;
in their anxiety, be their hope;
in their darkness, be their light;
through him who suffered alone on the cross,
but reigns with you in glory,
Jesus Christ our Lord. Amen.

**The Church of St Francis
Heartsease**



**Heavenly Father
We ask your blessing upon us.
Hold the Heartsease Community,
and all the world,
in your arms of love.
Be with us.
Give us your strength,
peace, and healing grace.
Watch over us,
protect us from harm;
and keep in safety
all those who care for the sick
and attend to our needs,
in Jesus name we pray.
Amen**

PRAYERS FOR PENTECOST

God, who as at this time
taught the hearts of your faithful people
by sending to them the light of your Holy Spirit:
grant us by the same Spirit
to have a right judgement in all things
and evermore to rejoice in his holy comfort;
through the merits of Christ Jesus our Saviour,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Holy Spirit, sent by the Father,
ignite in us your holy fire;
strengthen your children with the gift of faith,
revive your Church with the breath of love,
and renew the face of the earth,
through Jesus Christ our Lord.

Faithful God,
who fulfilled the promises of Easter
by sending us your Holy Spirit
and opening to every race and nation
the way of life eternal:
open our lips by your Spirit,
that every tongue may tell of your glory;
through Jesus Christ our Lord.

READINGS FROM SCRIPTURE FOR PENTECOST

NUMBERS 11: 24 - 30

So Moses went out and told the people the words of the Lord; and he gathered seventy elders of the people, and placed them all around the tent. Then the Lord came down in the cloud and spoke to him, and took some of the spirit that was on him and put it on the seventy elders; and when the spirit rested upon them, they prophesied. But they did not do so again.

Two men remained in the camp, one named Eldad, and the other named Medad, and the spirit rested on them; they were among those registered, but they had not gone out to the tent, and so they prophesied in the camp. And a young man ran and told Moses, 'Eldad and Medad are prophesying in the camp.' And Joshua son of Nun, the assistant of Moses, one of his chosen men, said, 'My lord Moses, stop them!' But Moses said to him, 'Are you jealous for my sake? Would that all the Lord's people were prophets, and that the Lord would put his spirit on them!' And Moses and the elders of Israel returned to the camp.

PSALM 104: 24 – end

- ²⁴O Lord, how manifold are your works!
In wisdom you have made them all;
the earth is full of your creatures.
- ²⁵Yonder is the sea, great and wide,
creeping things innumerable are there,
living things both small and great.
- ²⁶There go the ships,
and Leviathan that you formed to sport in it.
- ²⁷These all look to you
to give them their food in due season;
- ²⁸when you give to them, they gather it up;
when you open your hand, they are filled with
good things.
- ²⁹When you hide your face, they are dismayed;
when you take away their breath, they die
and return to their dust.
- ³⁰When you send forth your spirit, they are created;
and you renew the face of the ground.
- ³¹May the glory of the Lord endure for ever;
may the Lord rejoice in his works —

- ³²who looks on the earth and it trembles,
who touches the mountains and they smoke.
- ³³I will sing to the Lord as long as I live;
I will sing praise to my God while I have being.
- ³⁴May my meditation be pleasing to him,
for I rejoice in the Lord.
- ³⁵Let sinners be consumed from the earth,
and let the wicked be no more.
Bless the Lord, O my soul.
Praise the Lord!



O Lord, how manifold are your works!

Acts 2:1 – 21



When the day of Pentecost had come, they were all together in one place. And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.



Holy Spirit. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained.'



THE FESTIVAL OF PENTECOST

The day of Pentecost, which was commonly known as Whitsunday, is the last of the Great Fifty Days of Easter. It has two functions: to bring the Easter season to an end in a day of high festival and to celebrate the outpouring of the Holy Spirit in the Church.

The ten days between Ascension Day and Pentecost are days of preparation when Christians pray "Come, Holy Spirit", so that Whitsunday itself is not simply a commemoration of the gift of the Spirit to the first Christians, but a celebration of the outpouring of the Spirit in the Church today.

The Easter season comes to end on the night of Pentecost. The Easter Greeting is used for the last time and the 'Alleluias' of the dismissal cease for another year. On Pentecost red vestments are used (the red of the fire of the Spirit), but the very next day the Church returns to green vestments and 'ordinary' time.

REFLECTION FOR PENTECOST

In the ten days between Ascension and Pentecost, the Church has been intentionally praying 'Thy Kingdom Come,' as a global wave of prayer, praying for God's kingdom to grow among us here on earth, right now. And never perhaps has it seemed more relevant and needed.

Unless of course you happened to be one of the disciples who were cowering in a locked room that very first Easter Day. They were terrified - even though they had scarpered at the first sign of

trouble; they knew they were up to their necks in trouble.

And that's not the half of it - as the stories begin to circulate around Jerusalem, there's the possibility that Jesus is not dead after all.

Jesus - The one they had abandoned, deserted, denied - he might be alive! Their confusion, guilt and terror must have been overwhelming. No wonder they huddled together in fear.

And then, suddenly there he is, right there among them. They look at him in terror: what will he say, what will he do...?

Then Jesus speaks, softly, gently, 'Peace be with you.' he says. What he means is, 'Do not be afraid - I love you, no matter what you have done...' A wondrous and life giving moment - no wonder they rejoice; they have been forgiven!

But even as they celebrate, he says it again - 'Peace be with you', only this time he adds: 'As the Father sends me so I send you'

And he breathes on them: He breathes new life into them - not only forgiving them their wrongdoing, but filling them with the power to do the same for others

Jesus gives them the power to forgive others, the power to pass on the precious gift of his peace.

This beautiful story of Jesus filling his disciple's hearts and bodies with his breath of life on Easter Day might seem at odds with Luke's account of the dramatic coming of the Holy Spirit some fifty days later at Pentecost.

But John's gentle picture of the risen, glorified Jesus giving the Holy Spirit to his friends is not only an intimate and personal sharing of God's love and forgiveness, it is also an immediate commissioning.

From here on in each one of them must be prepared to go and do the same as Jesus has done - just as he has gracefully forgiven and loved each one of them; so must they love and forgive. Just as he has modelled God's kingdom of justice, mercy and love, so must they.

And the awesome, life giving, outpouring of the Holy Spirit at Pentecost as described by Luke is also a commissioning, but one on a far grander scale - a sign that the outworking of God's love, as lived out by Jesus, is not just for individuals, it is given and intended for communities and nations as well.

Suddenly, many are given the power to speak the words that need to be heard, to share the gift of peace and forgiveness and spread the good news of God's kingdom.

The Good News that still needs to be heard in the here and now – in a world that wants peace, to be happy and secure, but hasn't got the faintest idea of what that means or how to go about it.

I recently saw some graffiti on a derelict building that read: "Happiness is an inside job" and I thought to myself, 'How true is that?'

Because true happiness can only be ours when we are at peace within ourselves, when we have the God given peace that comes with knowing that no matter what our circumstances, no matter what we have done – we are loved by God; wholly and unconditionally.

Receive the Holy Spirit, Jesus said to his friends in that locked room – and he says it to us as well, again and again and again. God, through Jesus will never tire of offering us His Spirit of peace, strength, love and peace. All we have to do is accept it.

The Holy Spirit is a wondrous gift of God's grace. Through the Spirit God is with us, and when God is with us - we are free to be the people God made us to be.

Free to love, to be loved, and to set others free by living a life that models God's kingdom.

God's kingdom, like happiness is an inside job – it starts with us; right here, right now and we cannot bring it about in our own strength, that is where the Holy Spirit comes in!

As children we were taught that askers never get – but the Holy Spirit is the exception to the rule.

Now that Easter and Ascensiontide is over, and Pentecost is here, although the Church will be laying aside the global wave of prayer, I think we should still intentionally continue to pray 'thy kingdom come' but at the same time pray:

Come Holy Spirit, rest upon and within us.
Come that we may be just like Jesus breathing on his disciples - helping to build the kingdom with every breath we take. Amen



With the sound of a whirlwind it came, rushing into the house where the followers of Jesus were gathered. There was a commotion and flames as the Holy Spirit came, resting on each of the disciples like a tongue of fire.

As it whooshed into the room, the Spirit filled them all with foreign languages, and the disciples spoke in words they didn't understand. Inspired, and with words gushing out of them, they went out into the streets.

It was the festival of Pentecost and Jerusalem was full of Jews from all over the world. When the disciples came out into the street, the crowds heard them speaking the message of Jesus in their own languages. They were amazed. 'How can this be?' they asked. 'All the followers of Jesus are from Galilee, but we can hear their message loud and clear in words we understand.'

Not everyone was impressed, though. Some listeners sneered, 'These people are drunk.' Peter, still filled to overflowing with the Spirit's power, stood up in front of all the people.

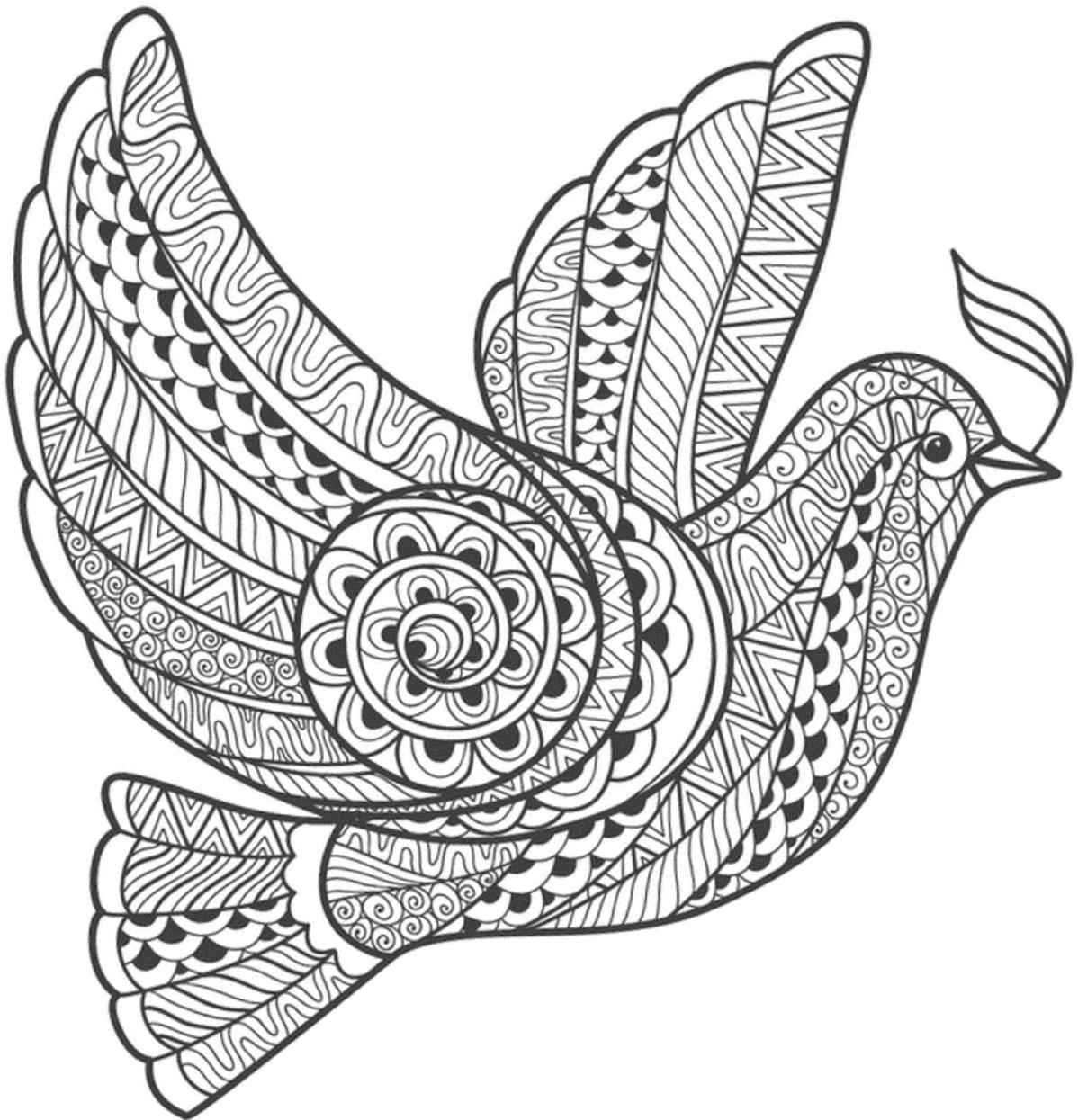
'We are not drunk,' he said. 'It's only nine in the morning. No, you are seeing and hearing what the prophet Joel spoke about in the Old Testament.'

Peter continued: 'Joel said, "God will pour his Spirit on all people; children will prophesy and adults will see holy visions. The Spirit is for everyone, men, women and children; there will be signs in heaven and on earth, and these will be the last days. Everyone who calls on the Lord's name shall be saved.'"

Like a fiery whirlwind it came, and the Spirit breathed new life into the followers of Jesus.

Glossary

Pentecost: a Jewish harvest festival.



Name.....



Acts 2.1-21

The Church welcomes the Holy Spirit.



Family time

Talk Why did the Holy Spirit come in the ways we discovered in the story?

Do Find a good-sized pebble and write 'The Church is for everyone' on it. Leave it somewhere out and about for someone else to find.

Pray Join together as a family at some point every day this week to light a candle and pray, 'Come, Holy Spirit.'

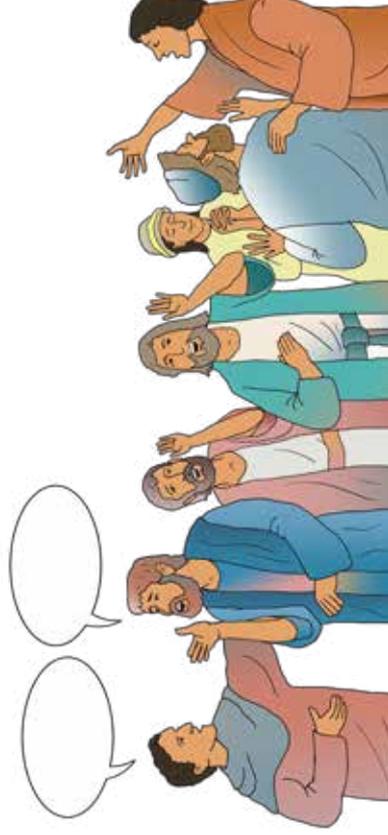
Activity time

ROOTS children's sheet

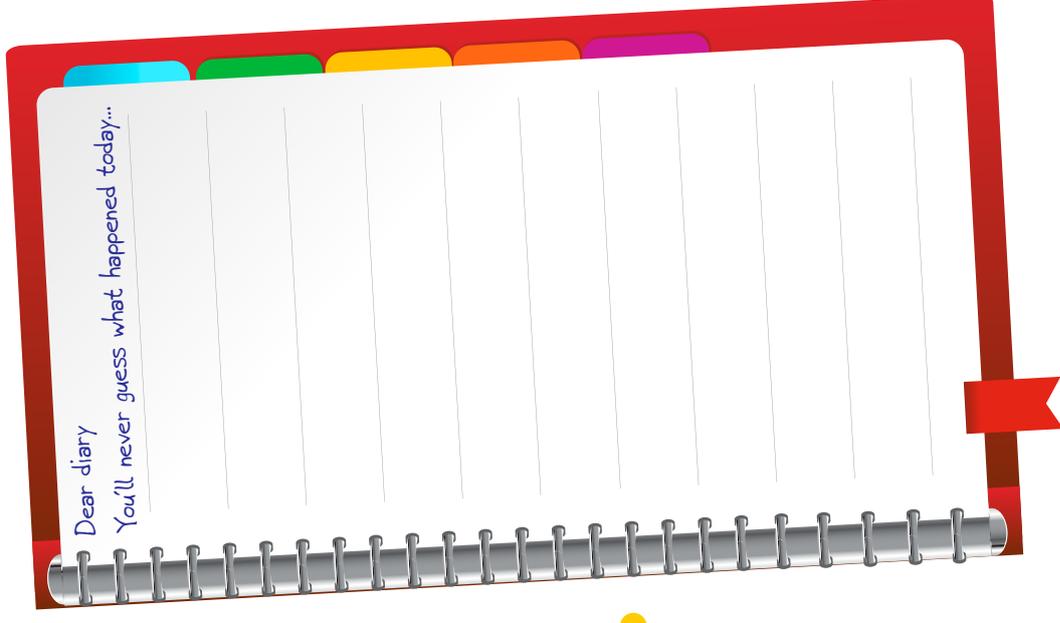
31 May – 6 June 2020



What three things happened in the room when the Spirit came? Can you draw them here? Clues: what did they say? What did they hear? What rested on their heads?



Imagine that you were there at the first Pentecost. What would you write in your diary at bedtime?



Puzzle

Can you draw lines to match the words with the language they are written in?

English

French

German

Spanish

Welsh

Japanese

Bonjour

Hola

Kon'nichiwa

Shwmae

Hello

Guten tag

Name

Colouring time

How realistically can you colour these flames?

