

St Francis Weekly News for TRINITY SUNDAY 7TH June 2020



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WHAT'S HAPPENING IN ST FRANCIS CHURCH?

WITH LOVE TO ALL AT WOODSIDE HOUSE



It gives me great joy to share this beautiful montage of most of the pictures we have received to date for Revd Winnie's appeal to help cheer up the residents of Woodside House.

Thanks to the loving efforts of Sarah and Deborah Lechmere the pictures have now been carefully copied and reproduced to make cards, laminated sensory resources and a rolling Powerpoint presentation for everyone who lives in Woodside House. All of these, as well as the originals, were taken to Woodside on Sunday morning and were very gratefully received, so we are told, by both staff and residents.

The staff and carers also received their own Montage greetings card by way of a thank you from the Heartsease community for the care shown to those placed in their safekeeping and their dedication in the face of such trying and difficult circumstances.

Hopefully the pictures will reassure all at Woodside that they are held in our prayers and that they are very much a part of the St Francis Heartsease family.

By now all the children who took part should have received their complimentary books [let us know if you haven't please] and we are launching the second part of Revd Winnie's 'Cheer up the Heartsease' plan for children. Details of which can be found on the St Francis Church, Heartsease, Norwich Facebook page.

THE HIVE AND THE VICARAGE...

No sooner was the news shared about the upgrade to the Hive – than in moved the contractors! First thing Monday morning I was astounded to see the Hive car park buzzing with activity.

Upon calling in the building on Wednesday it was clear that the work to be undertaken would perhaps not take as long as I had imagined.

All the obsolete night storage heaters had already gone with replacement heaters being fitted; and to my amazement the new studwork wall and door in the rear lobby was almost completed. An amazing transformation.

There is still considerable work to be done, but we are well on the way to seeing the Hive ready to welcome both it's new diocesan residents and its new way of being at the heart of St Francis mission and ministry to the Heartsease.

And talking of new things out of old – some of our nearer neighbours may have spotted the vicar on several occasions hauling her now famous trolley from the Hive to the vicarage. [with considerable huffing and puffing during the process]

Well, the reason behind this strenuous spurt of physical exertion was this: whilst visiting the Hive to see what was going on I spotted the old storage heater bricks piled up in a heap on the car park.

Although incredibly heavy, these bricks are not only a beautiful colour but they lend themselves perfectly as paving pammments

'Hmm' I thought to myself 'they'd be perfect for that rough patch of ground at the back of the vicarage...'

So, being rather cheeky by nature I asked the contractor what they had planned for said bricks.

'Oh' said the chap, 'we'll just take them back to the yard and dispose of them'

"Well' said I, 'In that case, may I have them'

I saw a range of emotions pass over his face – puzzlement, Incredulity, relief...

I wasn't too sure why he was so keen to take me up on the offer until I went to pick one up.

Ahhh, then I understood – having hauled them out of the Hive, the task of moving them again was one that he was not looking forward to.

Never the less, undaunted, I took up the challenge. And although it took me and David some considerable time and effort, we now have a rather nice paved area where the bins are stored rather than a scruffy patch of earth populated by weeds.

Thank you Lord! Another example of all things working to the good *and* being helped in time of weakness [a nod toward Romans 8]



ST FRANCIS HEARTSEASE FREE FOOD

St Francis Free Food continues to offer assistance to anyone who needs a helping hand and we are pleased to say that that the help we offer is not limited to just food.

As time has progressed we have discovered that a number of people are finding great comfort in knowing that there is always someone around in the church hall every weekday morning between 10am – 12pm.

Even though strictly observing our social distancing and hygiene rules we are finding that we can offer a listening ear and all kinds of support that would not have otherwise been possible.

Through some of our interactions it has become apparent that even though all sorts of provision has been put in place there are still some in our community who are struggling, especially if they do not have access to a phone or other means of communication.

Please, please, please make sure your neighbour is ok – if you have the slightest concern feel free to contact us and we will do what we can to make sure all is well. You know who to call or where to come.

EVERYONE IS ENJOYING THE FREE FOOD



Including the wildfowl at Thorpe Green!

For many weeks now, in the rare event that we have some waste bread, we have a happy volunteer who picks it up and distributes it to the ravenous hoards that populate the riverbank at Thorpe Green.

Nice to know that nothing at all is going to waste.

GIRLZ STUFF

I was contacted this week by a concerned mum, Sam, who had seen a programme on the TV about young girls and period poverty. Spurred on by this she asked if we could help in ensuring that no girl or woman from the Heartsease community is suffering in this way.

We have already been offering feminine products via the food parcels and on Facebook, but Sam made the suggestion that we might place a box outside the church with some products inside so that these could be accessed at any time.

As from Friday this week we are trialling this suggestion and indeed, an open access box is in place and stocked with a variety of products.

Please pass on the message to anyone who you think might need to know. And a big thank you from us all to Sam who is also collecting further supplies from members of the community.

PASTORAL CARE

A couple of weeks ago we were approached by a gentleman who was experiencing the pain of homelessness. Although in touch with several agencies he had somehow slipped through the net and was becoming increasingly desperate.

It was apparent that there was little we could do in terms of his living accommodation as the wheels were already in motion and because of this it was a particularly difficult situation.

All we could offer was food, some socks, a pair of shoe laces, and encouragement and prayer. As he wandered off I wondered how he would fare.

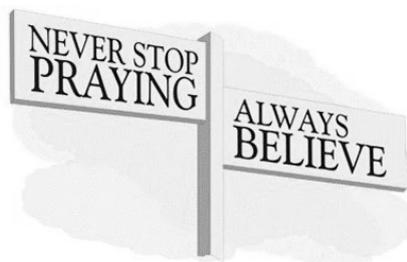
Thursday evening there was a ring on the vicarage doorbell and on opening the door there he was. Looking so much better and smiling.

'I had to come to tell you that I've been offered a place and things are looking much better for me' he said. He then asked if we had been praying for him,

'Yes', I said.

'Thought so – I could feel it' was his reply, 'I've felt God with me – thank you'

And off he went.



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

Following on from the very well received Zoom Room Service for Pentecost we will now be offering a Service of the Word followed by Spiritual Holy Communion every Sunday morning at 10.30 until normal service can be resumed.

Bearing in mind that many people are unable to access Zoom because of technical issues I'm wondering if Facebook live might be a better platform. If you have any thoughts on how we can make our livestream worship more accessible I would be deeply grateful to hear from you.

A WORD FROM THE VICAR

At the moment Revd Winnie and Eeyore are enjoying a musical interlude.



They are also enjoying the new Powerpoint Display that is running alongside them.

All the childrens' pictures that were sent to Woodside House are featured and it really is beautiful to watch it through.

It has been so good to run a little project that includes our children, and even better to see it embraced with such enthusiasm.

As some of the artwork tumbled through the vicarage door letterbox I can tell I was almost reduced to tears – those pictures were such a boost to me that I can only imagine how grateful the Woodside recipients must feel.

It has been, and remains for many of us, a very difficult period in our lives. So many different things to be mindful of, so many different ways of living to get accustomed to.

And, alongside all that perhaps, a sense that we are becoming more and more isolated.

Even as lockdown eases a little for some, more others are thinking that it makes little positive difference in their lives.

It is in these moments of anxiety and feelings of isolation that little things mean a lot.

A happy piece of artwork, a cheery voice on the phone – a letter dropping through the letterbox; or simply the sight of a smile and a wave from a distance.

I have experienced all these little moments of comfort and joy and I am deeply thankful for them.

And I am especially thankful for the words of encouragement and support that come to me via email, text, and our Facebook page.

My heartfelt thanks to you for your love and support – and for the reminder as to what I should be doing; attending to the little gestures of love, they can light up what might otherwise be a very grey day. Thank you dear Heartsease community for the sunshine you radiate!

God's blessing be upon and with you and yours today 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; Simon; Danny DS; David; Jeanette, David & Grace; David B; Paula; Gill; Karen; Maegan; 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 Margaret Rudd; Tom Humphries; David L; 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 TRINITY SUNDAY



Almighty and everlasting God,
you have given us your servants grace,
by the confession of a true faith,
to acknowledge the glory of the eternal Trinity
and in the power of the divine majesty to worship
the Unity: keep us steadfast in this faith,
that we may evermore be defended from all
adversities; through Jesus Christ your Son our
Lord, who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. Amen

Holy God,
faithful and unchanging:
enlarge our minds with the knowledge of your truth,
and draw us more deeply into the mystery of your
love, that we may truly worship you,
Father, Son and Holy Spirit,
one God, now and for ever. Amen

Almighty and eternal God,
you have revealed yourself as Father, Son and Holy
Spirit, and live and reign in the perfect unity of love:
hold us firm in this faith,
that we may know you in all your ways
and evermore rejoice in your eternal glory,
who are three Persons yet one God,
now and for ever. Amen

READINGS FOR TRINITY SUNDAY

ISAIAH 40:12-17, 27-31

Who has measured the waters in the hollow of his
hand and marked off the heavens with a span,
enclosed the dust of the earth in a measure, and
weighed the mountains in scales and the hills in a
balance?

Who has directed the spirit of the LORD, nor as his
counsellor has instructed him?

Whom did he consult for his enlightenment, and
who taught him the path of justice?

Who taught him knowledge, and showed him the
way of understanding?

Even the nations are like a drop from a bucket, and
are accounted as dust on the scales; see, he takes
up the isles like fine dust.

Lebanon would not provide fuel enough, nor are its
animals enough for a burnt offering.

All the nations are as nothing before him; they are
accounted by him as less than nothing and
emptiness.

Why do you say, O Jacob, and speak, O Israel, 'My
way is hidden from the LORD, and my right is
disregarded by my God'?

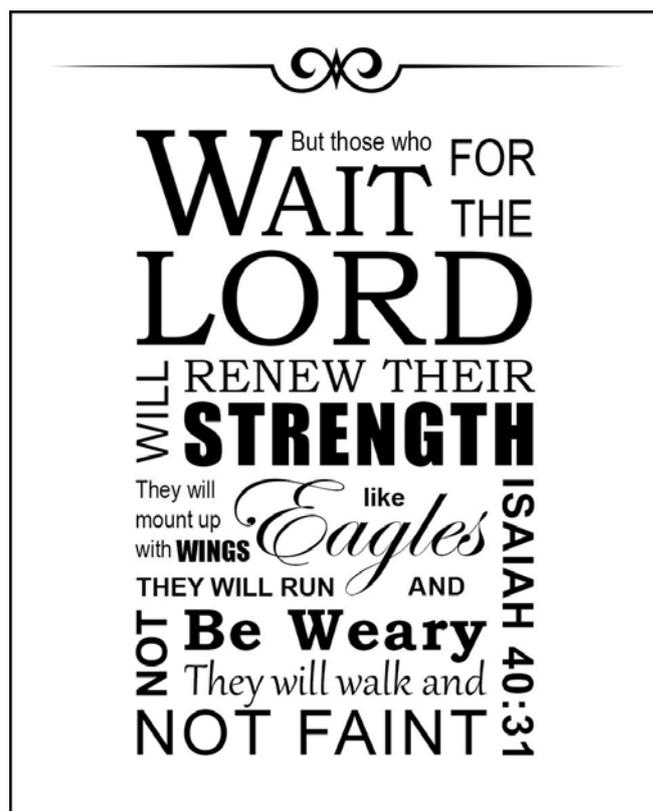
Have you not known? Have you not heard?

The LORD is the everlasting God, the Creator of the
ends of the earth.

He does not faint or grow weary; his understanding
is unsearchable.

He gives power to the faint, and strengthens the
powerless.

Even youths will faint and be weary, and the young
will fall exhausted; but those who wait for the LORD
shall renew their strength, they shall mount up with
wings like eagles, they shall run and not be weary,
they shall walk and not faint.



PSALM 8

O Lord, our Sovereign, how majestic is your name
in all the earth!

You have set your glory above the heavens.

Out of the mouths of babes and infants
you have founded a bulwark because of your foes,
to silence the enemy and the avenger.

When I look at your heavens,
the work of your fingers,
the moon and the stars that you have established;

what are human beings that you are mindful of
them, mortals that you care for them?



Yet you have made them a little lower than God,
and crowned them with glory and honour.

You have given them dominion over the works of
your hands; you have put all things under their feet,
all sheep and oxen, and also the beasts of the field,

the birds of the air, and the fish of the sea,
whatever passes along the paths of the seas.

O Lord, our Sovereign, how majestic is your name
in all the earth!

2 CORINTHIANS 13: 11-13

Finally, brothers and sisters, farewell.

Put things in order, listen to my appeal, agree with
one another, live in peace; and the God of love and
peace will be with you.

Greet one another with a holy kiss. All the saints
greet you.

The grace of the Lord Jesus Christ, the love of God,
and the communion of the Holy Spirit be with all of
you.

MATTHEW 28: 16-20

Now the eleven disciples went to Galilee, to the
mountain to which Jesus had directed them.

When they saw him, they worshipped him; but
some doubted.

And Jesus came and said to them,

'All authority in heaven and on earth has been
given to me.

Go therefore and make disciples of all nations,
baptizing them in the name of the Father and of the
Son and of the Holy Spirit, and teaching them to
obey everything that I have commanded you.

And remember, I am with you always, to the end of
the age.'



WHO OR WHAT IS THE TRINITY?

Today is celebrated as Trinity Sunday in the
church's calendar. The word Trinity is simply the
Latin for three, and Trinity Sunday, coming straight
after Pentecost (when we celebrate the coming of
the Holy Spirit) marks the fact that we have one
God who comes to us in three different forms.

You won't find the word Trinity mentioned in the
Bible, nor will you find any teaching about it. Quite
simply the concept arose from the experience of
the early Christians. They knew and worshipped
God the Father. They had met and walked with
Jesus who proclaimed himself as Son of God, and
it was Jesus himself who promised that after he left

them the Holy Spirit would come from God to live in them and be their helper.

In a time when both Greeks and Romans worshipped many different gods, the Jews had stuck consistently to the worship of the one Creator God who had chosen them as his people and brought them out of Egypt. All Jesus' early followers were Jewish and believed in one God and so they explained their experience (undoubtedly guided by the Holy Spirit) as one God in three forms or persons.

The actual doctrine of the Trinity was first formalised by a Church Council shortly before 400AD. It has puzzled people ever since! A couple of pictures may help. St. Patrick (the patron saint of Ireland) famously used the shamrock (a type of clover) as an illustration because each sprig has three leaves. St. Augustine explained it in terms of a tree. A tree has roots, a trunk and branches. All have different roles to play but all are part of the same tree.

While Christians believe there are three separate persons to the Godhead, unlike three separate human persons the Father the Son and the Holy Spirit are in perfect agreement of mind heart and will, so perfect that they can be seen to be one. Christians believe in:

God the Father who made and sustains the world, and who sent his Son to die and rise again for us.
God the Son who came down to this earth, filled with the Holy Spirit, to live, to teach, to die and to rise again to be our Saviour

God the Holy Spirit sent by the Father at the request of the Son to live in all believers. He is our comforter, advocate and guide and tells us all that God wants us to know

That in a nutshell is the doctrine of the Holy Trinity. It tells us that because God loves us so much he comes to us in these different forms so that he can do the very best for us in terms of redemption and continued Christian living. It makes sense to leave further detailed argument to the theologians

So the doctrine of the Trinity, is in many ways a statement of the love of God that he is prepared to go to all this effort on our behalf. That's really Good News.

David Lechmere
Reader

REFLECTION FOR TRINITY SUNDAY

Today's Old Testament reading from Isaiah is a celebration of the power and majesty of God. God's chosen people are in exile in Babylon because they turned away from God and Isaiah speaks to reassure them that they are not forgotten, that God has plans for them, and that he will be able to carry them out.

The reading starts with a series of rhetorical questions to which the only possible answer is God. He is the one who formed and created the world and all that is in it. Before him we are like the dust you might brush off a set of scales even though it makes no difference to what you are weighing. It is he who has set everything in its place and keeps it all going.

So, asks Isaiah, why would you think God has deserted you? He has not grown tired or weary or forgetful. He has promised to redeem you and he will do so. He goes on to say that God provides strength to those who lack it and that all who trust in him will be renewed by him.

The promise is that we will mount up on wings like eagles. This doesn't mean having the ability to fly like a drone! But it does mean that God will give us all the strength we need (the eagle was the most powerful bird known at that time)

Today's Psalm has a similar theme of the greatness of God and the wonders of his creation, and it goes on to celebrate the place of humankind in that creation reminding us that God has given us responsibility for looking after his world and caring for it.

The reading from Matthew tells of Jesus last moments with his disciples. The first thing to note is his statement that "all authority on heaven and earth has been given to me". Clearly this authority is being exercised on behalf of his Father who, as the other Readings have reminded us, is the Creator and Sustainer of the whole world. He then tells his disciples to "go and make disciples of all nations, baptising them in the name of the Father, the Son and the Holy Spirit".

This "Trinitarian formula", as it is called, brings home to them and to us the fact that we have a wonderful God who appears in different forms according to our need. Christians believe in

God the Father who made and sustains the world, and who sent his Son to die and rise again for us. God the Son who came down to this earth, filled with the Holy Spirit, to live, to teach, to die and to rise again to be our Saviour

God the Holy Spirit sent by the Father at the request of the Son to live in all believers. He is our comforter, advocate and guide and tells us all that God wants us to know.

We also see that Jesus is encouraging them to spread his message all over the world, not just to keep it for the Jewish people.

In these difficult times when so much is different, it is reassuring to know that God is unchanging in his love for each one of us. The promise in Isaiah is for everyone, that if we look to God for our help and strength he will renew us and help us to mount up on wings like eagles so that we can do everything he wants us to.

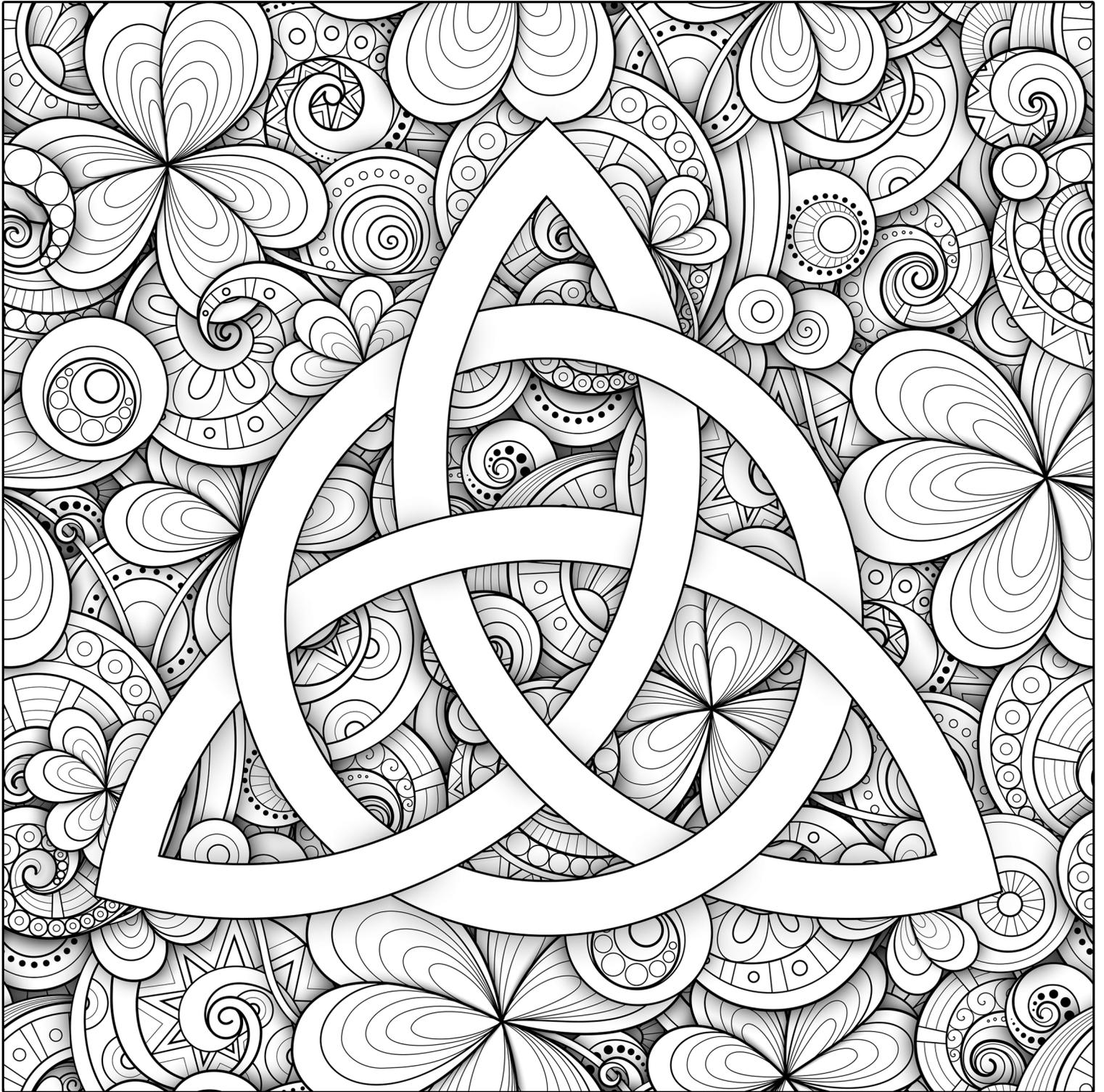


Jesus' eleven disciples were on their way to Galilee.* Jesus had told them to meet him on a mountain there and that is where they were heading.* As they approached the mountain, they saw the risen Jesus standing there and many of them worshipped him. But others doubted – they weren't sure it was Jesus.*

Jesus came to them all and said, 'I have been given all power in heaven and on earth.* So go from here. Tell people about God. Make disciples all over the world.* Baptize people in the name of God the Father, God the Son, and God the Holy Spirit.* Share with them all that I have taught you and help them to obey my commandments. And remember, I will always be with you, until the very end of time.*'

Glossary

commandments: a set of rules to follow in life, given by God.

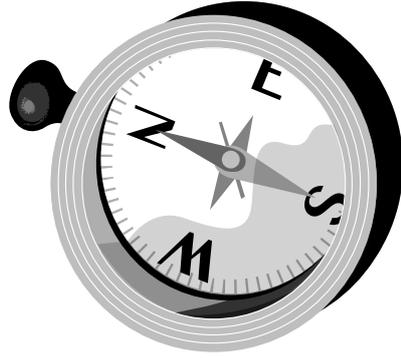


Name



Matthew 28.16-20

Jesus sends his disciples out to live for him and help others to live for him too.



Family time

Talk Do we have to use words to tell people about Jesus?

Do Take time this week to worship together as a family. Then find a way of witnessing to what you believe, e.g. give to a charity or support a local community initiative.

Pray Write down the names of the people you want to pray for and put the list in the place where you eat dinner so you can remember to pray for them.

Activity time



Draw Jesus talking to the disciples on the mountain.

ROOTS children's sheet

7-13 June 2020



Write

Find the words from the Bible story today in the word search.

Jesus

disciples

mountain

worshipped

doubted

power

go

baptize

commandments

c	g	w	t	k	e	v	i	w	e	t	j
t	o	x	a	r	t	i	q	o	z	d	k
d	f	m	o	p	s	b	r	r	i	x	m
o	e	z	m	u	y	t	b	s	t	t	y
e	t	t	s	a	x	e	c	h	p	t	i
o	g	e	b	o	n	i	b	i	a	h	p
c	j	x	k	u	p	d	i	p	b	w	d
r	i	z	t	l	o	b	m	p	o	i	t
p	o	w	e	r	b	d	r	e	u	e	z
w	q	s	l	o	w	p	j	d	n	a	g
n	i	a	t	n	u	o	m	l	u	t	y
f	s	z	w	e	v	a	x	y	c	m	s



Puzzle

Can you tick the sentences which are correct and cross out the wrong ones?

- 13 disciples met Jesus on the mountain.
- The disciples worshipped.
- The disciples had a BBQ.
- Jesus said he would always be with the disciples.
- 11 disciples met Jesus on the mountain.
- Jesus told the disciples to tell people about God.
- Jesus told the disciples to tell people about the mountain.
- Jesus said the disciples were on their own.

Name

Colouring time

Think about what Jesus asks us to go and do and where we might go to do it as you colour in the compass.

