

St Francis Weekly News for SEVENTH SUNDAY AFTER TRINITY 26th July 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?

ALLELUIA!

For the first time since before Lent we have the joy of flowers in church once more!

Thanks to Margaret Bell, our Flower Coordinator, there is a beautiful arrangement in the Sanctuary and fragrant blossoms gracing the In Memoriam prayer space to the south side of the altar.

The 2020 lockdown was the first time since the church was dedicated that a floral arrangement has not been in place by the altar.

Prior to lockdown, outside of Advent and Lent when it is customary to not have flowers in church, the Sanctuary Flower arrangement was changed every week; the wilting blooms were removed and put in the composting bin and flowers that still had life in them placed either in the In Memoriam Space or in the lounge area. No flowers were ever discarded before their time and every bloom and piece of greenery was always used to the best effect.

It is so good to be gradually finding our way back to a more usual way of doing things in church; and good too that we can once more offer those who would like to celebrate a special occasion, or honour the memory of a loved one, the opportunity to sponsor flowers in church.

If you would like to make a donation toward the church flowers or pay for a particular week's flowers please contact Margaret via the Church Office – there is a 24/7 answerphone or you can call when Charlotte our administrator is on duty: Tues, Weds & Thursday mornings, 10am – 12.00pm [01603 431259]



FACE MASKS IN CHURCH

I have had several enquiries about the wearing of face coverings in church.

Although it is now a legal requirement that face coverings are worn in shops and other enclosed spaces it is not mandatory for those attending worship in church.

The official guidance states that the wearing of face coverings in church is to be encouraged but it is still a matter of personal choice.

That said, I would like to encourage everyone to feel comfortable about wearing a face covering when entering St Francis church building – and if in doubt, please take the cautious route and wear one!

As in previous weeks Revd Winnie and Eeyore are keen to set a good example...



HEARTSEASE COMMUNITY MONEY ADVICE CENTRE

I have yet more good news to report in that the setting up of St Francis Heartsease Community Money Advice Centre has taken a very encouraging step forward this week.

Following on from a grant application bid put forward to the Cinnamon Network we received the news that we have been awarded a microgrant of £2000 to go toward the costs of getting the project started.

This is a fantastic start toward implementing what has long been David and Deborah Lechmere's dream of offering a money advice project for the

Heartsease Community. We give thanks to God for what can only be a sign that we are on the right track!

The other good news is that the alterations that have been happening in what was the Hive building are now virtually completed. This has meant that the rear office space that is for St Francis Church use is in process of being furnished in readiness for the Heartsease Community Money Advice Centre to take up occupancy.

It is hoped that the project will be up and running in the New Year – please remember David and Deborah and all involved in the project in your prayers; this is an exciting but demanding time for all concerned.

NORFOLK DAY – 27th JULY

Please look out for Revd Winnie and Eeyore celebrating Norfolk Day on Monday 27th July.

This day when we celebrate all things Norfolk is fast becoming a very popular occasion and many will be flying the county flag and taking part in some of the events planned for the day.



Sadly the covid restrictions placed upon us at this time will limit some of the events – but that doesn't mean we cannot do something to mark the occasion!

What we are planning is a mini exhibition of photos, artwork and craftwork that depicts an aspect of any part of the Heartsease, the city of Norwich or the county of Norfolk during the lockdown.

All the entries received will be exhibited in the church window over the next few weeks and the winning pieces reproduced in the Newsletter.

So, bearing in mind that you might win one of the small prizes on offer please submit your entry via the church email admin@stfrancisheartsease.co.uk or drop your entry through the vicarage door: 100 Rider Haggard Road.

CHILDREN AND YOUNG PEOPLE

Many thanks to Margaret Moore who has sent us a Bible quiz designed especially for young people – you'll find it at the back of the newsletter. Please pass it on, or even have a go yourself!

CONGRATULATIONS

We extend our love and congratulations to David and Deborah who celebrated their silver wedding anniversary on 15th July.

As with many people who have had milestone birthdays or special anniversaries there has sadly been no opportunity to publicly mark the happy occasion. However, we look forward to the time when we can have a celebratory get together in St Francis Church building and wish them well over a glass of bubbly or two!



ST FRANCIS FREE FOOD

We continue to offer food parcels to those who ask for help and hope to do so for the foreseeable future.

If you or anyone you know is in need of a helping hand, please call St Francis Free Food on 01603 431259 or call at the church any weekday morning between 11am -12pm.

The food contributions we have been receiving from Fareshare, Foodhub and Morrisons Riverside have become noticeably less and our budget for buying in fresh produce has diminished. Even so, we still have more than enough food to meet current demand – Thank you God! And we also extend our thanks to the generous donor who has provided much appreciated funding and prayerful support throughout this time of crisis.

PASTORAL CARE

This coming week will see shielding end for many people. This means that the support from the National Shielding Service of free food parcels, medicine deliveries and care will stop.

If you are apprehensive about any of the changes that are happening please do not hesitate to get in touch with us. We are very happy to talk with you if that would be helpful.

Please do not feel that you are alone - help and support is always available, whatever may be troubling you.

Revd Janet [07990 576118]
Eleanor [07840 206716]

Also, there is always someone available in the church building weekdays 11.00am – 12.00pm; please feel free to knock at the door, it will open to you.



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

A WORD FROM THE VICAR

Next week on Sunday 2nd August, there will be a special Service of the Word followed by Holy Communion that will mark the end of Jim Green's first year of training as a Reader in the Church of England.

Jim has prepared the service and will be leading us that morning – and it will be a wonderful opportunity to show Jim our loving support as he reaches the one year milestone on the exciting journey of learning to serve the St Francis community as minister, preacher, and teacher of the Holy Gospel.

Please do feel free to join us, either in church or using the Zoom Room, we would be especially delighted to welcome those of you who haven't yet made it through the doors of St Francis Church building. If you would like to be a part of the congregation on that day please contact the church office on 01603 431259.

God's blessing and peace be with you and yours.

Revd Janet

FOR OUR PRAYERS

We pray for those who are in acute need of prayer at this time: Doreen F; Tom; Riley & his mum and family; David; Jeanette, David & Grace; David B; Paula; Maegan; Colin; Pete; Lauren; Fr Brian; Hazel

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

We remember with love Brian H; Gill; and all those who have died in recent days and pray for their family and friends.

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 7TH SUNDAY AFTER TRINITY

Lord of all power and might,
the author and giver of all good things:
graft in our hearts the love of your name,
increase in us true religion,
nourish us with all goodness,
and of your great mercy keep us in the same;
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

Generous God,
you give us gifts and make them grow:
though our faith is small as mustard seed,
make it grow to your glory and the flourishing of
your kingdom; through Jesus Christ our Lord.
Amen



Lord God, whose Son is the true vine and the
source of life, ever giving himself that the world
may live: may we so receive within ourselves the
power of his death and passion that, in his saving
cup, we may share his glory and be made perfect in
his love; for he is alive and reigns, now and for
ever. Amen

READINGS FOR 7TH SUNDAY AFTER TRINITY

1 KINGS 3: 5 – 12



At Gibeon the Lord appeared to Solomon in a
dream by night; and God said, 'Ask what I should
give you.'

And Solomon said, 'You have shown great and
steadfast love to your servant my father David,
because he walked before you in faithfulness, in
righteousness, and in uprightness of heart towards
you; and you have kept for him this great and

steadfast love, and have given him a son to sit on
his throne today. And now, O Lord my God, you
have made your servant king in place of my father
David, although I am only a little child; I do not
know how to go out or come in. And your servant is
in the midst of the people whom you have chosen,
a great people, so numerous they cannot be
numbered or counted. Give your servant therefore
an understanding mind to govern your people, able
to discern between good and evil; for who can
govern this your great people?'

It pleased the Lord that Solomon had asked this.

God said to him, 'Because you have asked this, and
have not asked for yourself long life or riches, or
for the life of your enemies, but have asked for
yourself understanding to discern what is right, I
now do according to your word. Indeed I give you a
wise and discerning mind; no one like you has been
before you and no one like you shall arise after you.

PSALM 119: 129 – 136

Your testimonies are wonderful; ♦
therefore my soul keeps them.

The opening of your word gives light; ♦
it gives understanding to the simple.

I open my mouth and draw in my breath, ♦
as I long for your commandments.

Turn to me and be gracious to me, ♦
as is your way with those who love your name.

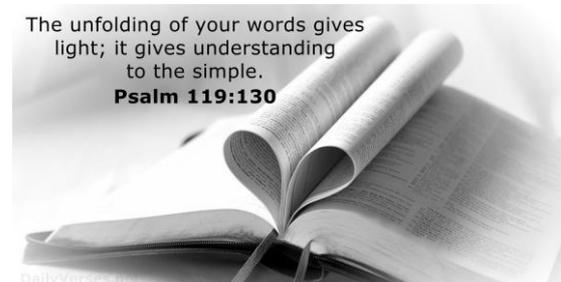
Order my steps by your word, ♦
and let no wickedness have dominion over me.

Redeem me from earthly oppressors ♦
so that I may keep your commandments.

Show the light of your countenance upon your
servant ♦ and teach me your statutes.

My eyes run down with streams of water, ♦
because the wicked do not keep your law.

Glory to the Father, and to the Son,
and to the Holy Spirit;
as it was in the beginning is now,
and shall be for ever. Amen



ROMANS 8:26-end

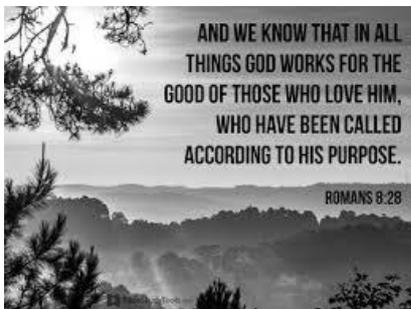
The Spirit helps us. We are very weak, but the Spirit helps us with our weakness.

We do not know how to pray as we should. But the Spirit himself speaks to God for us, even begs God for us.

The Spirit speaks to God with deep feelings that words cannot explain.

God can see what is in people's hearts. And he knows what is in the mind of the Spirit, because the Spirit speaks to God for his people in the way that God wants.

We know that in everything God works for the good of those who love him. They are the people God called, because that was his plan.



God knew them before he made the world. And God chose them to be like his Son. Then Jesus would be the firstborn of many brothers.

God planned for them to be like his Son. And those he planned to be like his Son, he also called. And those he called, he also made right with him. And those he made right, he also glorified.

So what should we say about this? If God is for us, then no one can defeat us.

God let even his own Son suffer for us. God gave his Son for us all. So with Jesus, God will surely give us all things.

Who can accuse the people that God has chosen? No one! God is the One who makes them right.

Who can say that God's people are guilty? No one! Christ Jesus died, but that is not all. He was also raised from death. And now he is on God's right side and is begging God for us.

Can anything separate us from the love Christ has for us? Can troubles or problems or sufferings? If we have no food or clothes, if we are in danger, or even if death comes—can any of these things separate us from Christ's love?

As it is written in the Scriptures: "For you we are in danger of death all the time. People think we are worth no more than sheep to be killed."

But in all these things we have full victory through God who showed his love for us.

Yes, I am sure that nothing can separate us from the love God has for us. Not death, not life, not angels, not ruling spirits, nothing now, nothing in the future, no powers, nothing above us, nothing below us, or anything else in the whole world will ever be able to separate us from the love of God that is in Christ Jesus our Lord.

MATTHEW 13:31-33, 44-52

Jesus told them another story: "The kingdom of heaven is like a mustard seed. A man plants the seed in his field. That seed is the smallest of all seeds. But when it grows, it is one of the largest garden plants. It becomes a tree, big enough for the wild birds to come and make nests in its branches."

Then Jesus told another story: "The kingdom of heaven is like yeast that a woman mixes into a big bowl of flour. The yeast makes all the dough rise."



"The kingdom of heaven is like a treasure hidden in a field. One day a man found the treasure, and then he hid it in the field again. The man was very happy to find the treasure. He went and sold everything that he owned to buy that field.

"Also, the kingdom of heaven is like a man looking for fine pearls. One day he found a very valuable pearl. The man went and sold everything he had to buy that pearl.

"Also, the kingdom of heaven is like a net that was put into the lake. The net caught many different kinds of fish. When it was full, the fishermen pulled the net to the shore. They sat down and put all the good fish in baskets. Then they threw away the bad fish.

It will be this way at the end of the age. The angels will come and separate the evil people from the good people. The angels will throw the evil people into the blazing furnace. In that place the people will cry and grind their teeth with pain."

Jesus asked his followers, "Do you understand all these things?"

They answered, "Yes, we understand."

Then Jesus said to them, “So every teacher of the law who has been taught about the kingdom of heaven is like the owner of a house. He has both new things and old things saved in his house. And he brings out both those new things and old things.”

REFLECTION ON ROMANS 8

This week I have chosen to look at Paul’s letter to the Romans. In Chapters 5 to 7 Paul has developed his arguments of how God has dealt with our sin through the life, death and resurrection of Jesus. Chapter 8 begins “There is now no condemnation for those who are in Christ Jesus” and Paul develops this idea throughout the chapter. In these last 13 verses, Paul’s three themes are Prayer, Promise and Protection.

Paul has already said that those who are in Christ have the Spirit dwelling in them. He now explains that, among other things, the Spirit will help us in our prayers. I am sure most of us have had the experience of not knowing what to pray. It may be we don’t know the situation well enough, it may be that we don’t know what the right outcome is, it may be that we feel we are praying selfishly. Paul promises that the Spirit will pray with us and in us, presenting our prayers before the throne of God, and helping us to pray in accordance with God’s will.

Another advantage of being in Christ, says Paul is that “all things work together for good for those who love God”. Paul does not say that life will be a bed of roses. He does not say that everything in the garden will be continuously lovely. He says all things work together for good. We will still face difficulty trouble, hardship, but the promise is that God can make it all work for good. One of the clearest examples of this in the Bible is the story of Joseph. He was sold by his brothers into slavery but in all his trouble he refused to blame God and remained faithful. That faithfulness led him to become a ruler in Egypt and eventually to be the Saviour of his family. When he meets his brothers again he forgives them saying: “Even though you intended to do me harm God intended it for good.”

Of course the ultimate example of this is Jesus whose arrest, flogging and crucifixion led to salvation for all humankind.

This is a promise it’s always worth remembering and clinging on to. Paul does not promise an easy

life, but he does promise that God is consistently working for our good.

Thirdly Protection. Paul uses a series of rhetorical questions to make his point. What are we to say – if God is for us who can be against us. He who did not withhold his only Son but gave him up for all of us – that says, Paul shows you how far he is willing to go.

Who’s going to charge you with wrongdoing? God has justified us so who can condemn us?

What can separate us from the love of God?
Hardship, Distress, Persecution, Famine,
Nakedness, Peril or the Sword.

It is likely that the Christians in Rome had suffered many of these things, or would suffer them under the emperor Nero. Paul himself had also suffered most of the things on this list. It does remind us that we have life comparatively easy compared to those early Christians.

Two years ago at Spring Harvest we heard the testimony of a lady called Hae Woo. She told us of the horrors of being a Christian in North Korea. She was in a forced labour camp and they would hold their prayer meeting in the latrine because that was the one place the guards would not go because of the smell.

Whatever happens to us, says Paul, we are more than conquerors because the love of Christ dwells in us. He goes a step further: Neither Death nor Life, Angels or Demons, Things present, or things to come, Powers, Height, Depth or anything in creation can separate us from the love of God in Christ Jesus. So nothing that happens to us physically and nothing else in all creation can separate us from that love of God.

So I hope that’s given you some hope and encouragement. We all need help with our praying and Paul promises that the Holy Spirit can do just that for us. We all have those times where things don’t go as we are expecting but often, looking back we will be able to see how God has brought good out of the most unpromising situations. We have all experienced hardship and distress but it is reassuring that we can be sure that there is nothing that will stop God from loving us and nothing that will be able to separate us from that love.

David Lechmere
Reader



Nothing can Separate us

FROM

GOD'S LOVE



Here are some parables that Jesus told the crowd:

The parable of the mustard seed

‘The kingdom of heaven is like a mustard seed, sown in a field. It is the smallest of seeds but grows up into a huge bush, and the birds of the air come and nest in its branches.’

The parable of the leavened bread

‘The kingdom of heaven is like yeast that a woman mixes with three lots of flour, until it is all leavened and ready to rise.’

The parable of the hidden treasure

‘The kingdom of heaven is like treasure hidden in a field. Someone finds it, hides it again, and then is so very, very happy, he goes and sells everything he has to buy the field.’

The parable of the fine pearl

‘The kingdom of heaven is like a merchant who is looking for fine pearls. He finds one very special and valuable pearl, and goes and sells everything he has to buy it.’

The parable of the good and bad fish

‘The kingdom of heaven is like a net. The net is full of fish, of all shapes and sizes. It is pulled ashore. The good fish are put in baskets while the bad fish are thrown away. And it will be like this at the end of time when the angels will separate the good people from the bad.’

Glossary

leavened yeast is added to bread to help it rise;

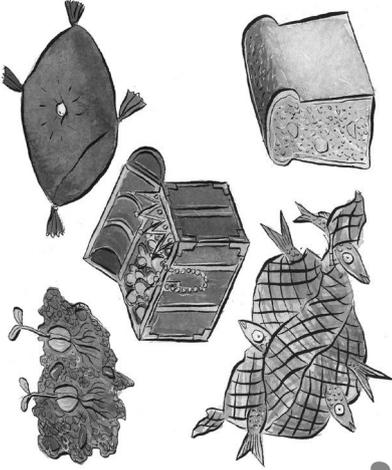
merchant a trader.

Name



Matthew 13.31-33, 44-52

Jesus gives his followers five examples of what the kingdom of God is like.



Family time

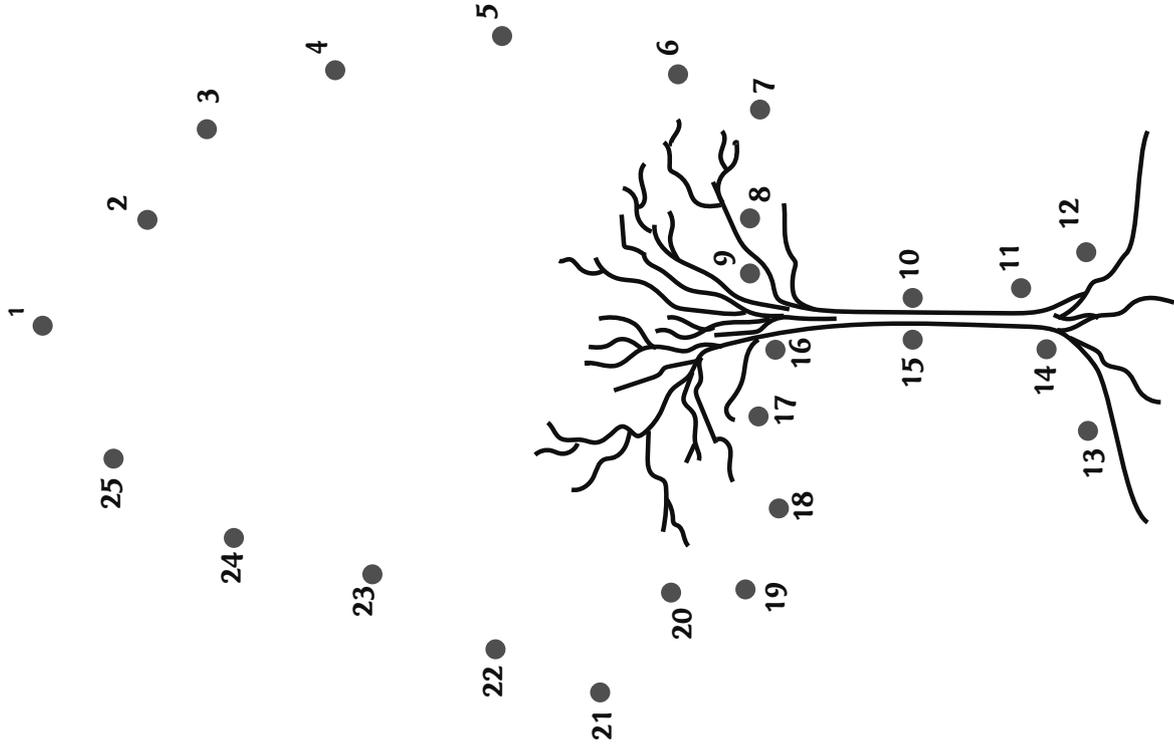
Talk How do you imagine the kingdom of God? What could you use to describe it?

Do Watch the music video Sing by Gary Barlow. How many different people do you see singing in the music video? What age are the people? What countries do they come from? God's kingdom is for everyone.

Pray Find a piece of paper and make an invitation for the kingdom of God. Add the images that come to mind when you think of God's kingdom, and write someone's name on it that you would like to pray for.

Activity time

Join the dots to form what one of the symbols of the kingdom grows into.



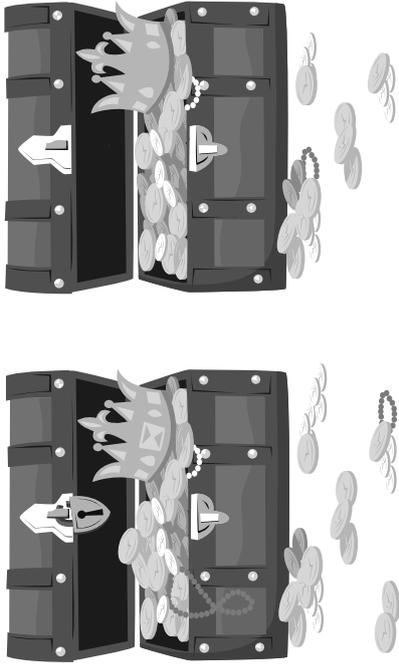
ROOTS children's Sheet

26 July – 1 August 2020



Puzzle

Spot the eight differences in the pictures. You might have to search really hard!



Write

Find words from today's story which Jesus uses to describe God's kingdom.

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

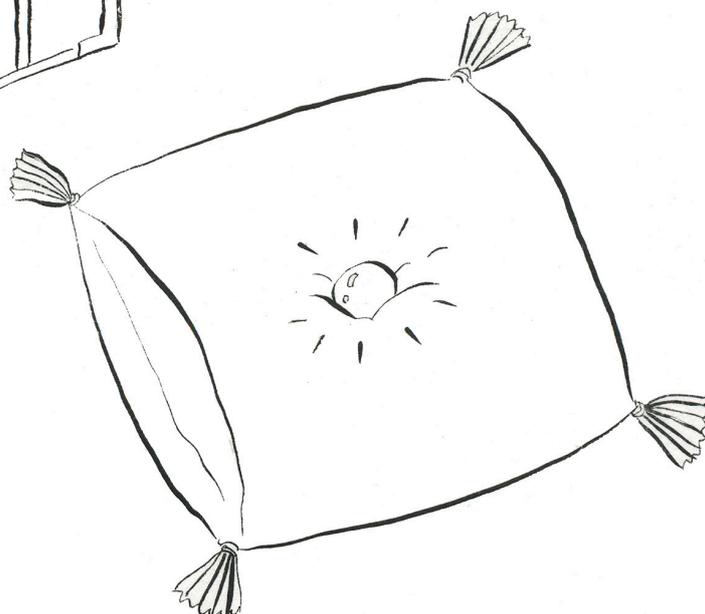
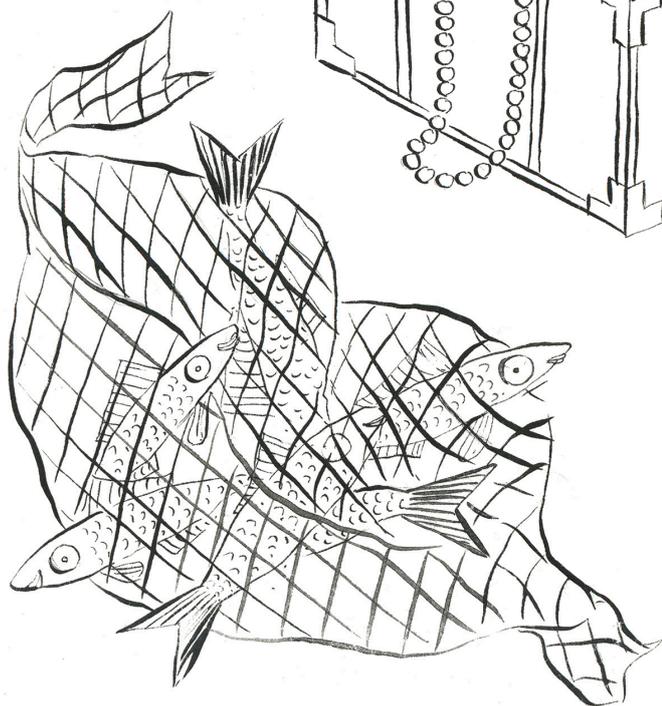
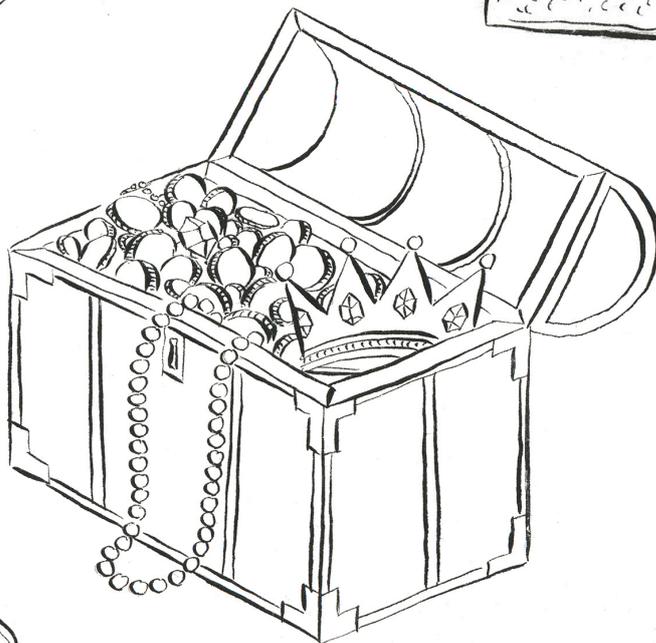
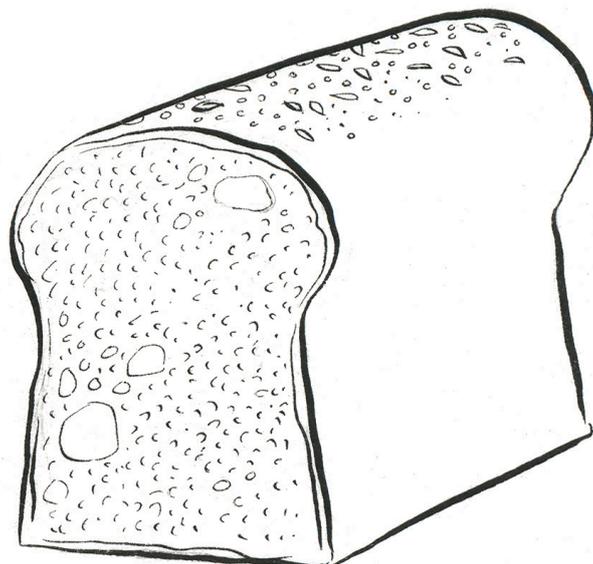
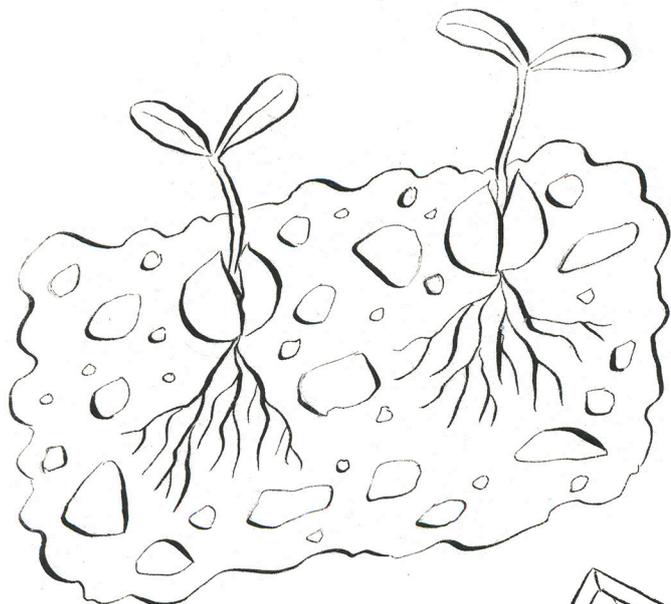
mustard
seed
pearl
yeast
treasure
fishing
net

Name

26 July – 1 August 2020

Colouring time

Make these pictures, showing the symbols of the kingdom, as colourful as you can.



MARGARET'S BIBLE QUIZ

[Answers next week]

- 1 Paul was previously known by this name ?
.....
- 2 God sent the flood because of: Drought / Sin / Disease
[underline the correct answer]
- 3 Adam brought sin in to the world through:
Telling lies / Disobeying God/ Not praying
[underline the correct answer]
- 4 In Nazareth, Joseph worked as a Carpenter. True / False
[underline the correct answer]
- 5 God used only very clever and well educated people in the Bible? True / False
- 6 2 Corinthians 13:14 Fill in the missing words

MAY THE _____ OF THE LORD JESUS CHRIST,
THE _____ OF GOD
AND THE _____ OF THE _____
BE WITH YOU ALL.

