

St Francis Weekly News for ELEVENTH SUNDAY AFTER TRINITY 23rd August 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?

ANOTHER NEW FACE

Revd Janet is on holiday, so some of you may have noticed that a new face is holding the fort!

My name is Tracy Williams and I've just started a placement to St Francis as assistant curate (read, deputy priest). I've been at St Matthew's Thorpe Hamlet, our neighbouring parish, for the last three years.

My background is quite varied. I began my career as a musician in professional theatre. I then joined the BBC as a trainee sound engineer at Broadcasting House in London, but quickly found myself working in television. I came to Norwich in 1993 and stayed here. I left the BBC in 2006 to work as a freelance film maker mostly for the health and care sectors.

More recently, I have worked as a verger at St Peter Mancroft and at Norwich Cathedral. During my time training for ordained ministry I have felt very blessed to be tirelessly supported along the journey by my wife Bev, who is a speech and drama tutor. You may well meet her on Thursdays when she helps out with the Free Food project in the church hall.



We both feel very blessed to be making a contribution here, and I feel very honoured to have the opportunity to be of service both to the church and to the Heartsease community. Rather strangely, the parish looks very familiar – I grew up on an almost identical estate in the Midlands. With one big difference - our Church of England church (read, shed!) was nothing like as impressive as St Francis. Clearly, the 1950s planners got it right here on the Heartsease...



Apologies to Immanuel Church in Edgehill, Burton-on-Trent. Seriously though, St Francis is an amazingly sacred and prayerful space and I am so pleased to be here, praying for you all and being... well, just here. I can be contacted on 07704 328319.

NEWS ON WORSHIP SERVICES

We are no longer opening on Sunday afternoons, instead we are holding a service of evening prayer at 5pm every Sunday which is open to anyone who would like to attend. Please note that we are still required to wear face masks in church and to maintain social distancing.

We are hoping to invite people to daily morning and evening prayer in the very near future – watch this space.

MUSIC IN CHURCH

Following on from last Sunday, although we still cannot sing together, we will be able to enjoy some beautiful instrumental music before, during and

after our Sunday worship. Last week's music was very well received.

If there is a piece of music you would particularly like to hear please let us know!

CREATIONTIDE

Beginning on 1st September we will be observing the season of Creationtide, a season of celebration of the natural world and all that God had given us in creation.

Look out for our window displays, special services and a themed St Francis All Age Activity Pack that will be on offer to anyone who would like one.

CREATIONTIDE DATES FOR THE DIARY:

HARVEST FESTIVAL

Sunday 6th September; 10.30am

CREATIONTIDE SUNDAY EVENING PRAYERS

Every Sunday 5.00pm

ST FRANCIS ACTIVITY PACKS IN CHURCH

Sunday 20th September; 10.30am

ST FRANCIS DAY SERVICES

4th October

10.30am – Patronal Festival

5.00pm – Evening Prayer



THE CHURCH OF ST FRANCIS
HEARTSEASE

HARVEST FESTIVAL OFFERINGS INVITED

**Dried or Tinned Goods
for St Francis Free Food
or
Financial Contributions
For Tearfund &
St Francis Free Food**

01603 431259 for details

ST FRANCIS FREE FOOD

Please note that the telephone number for FREE FOOD is now **01603 431259** please leave a message on the answering machine which is regularly checked

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.

We would also be interested hear your thoughts on how we might take the Free Food project forward in the future. If you have any comments or ideas, please do get in touch.

PASTORAL CARE

Shielding has now come to an end and this means that the support from the National Shielding Service of free food parcels, medicine deliveries and care has stopped.

We are also hearing almost daily of changes in the government's response to the measures being taken to keep us as safe as possible from the virus.

If you are worried 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]

Father Tracy [07704 328319]

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: 01603 431259

ST FRANCIS CHURCH FINANCES

I have been asked by Revd Janet to provide an insight into the finances of St Francis Church.

I would like to start by thanking all those of you who have contributed to us in anyway, particularly over the past few difficult months. It is a delight to say that unlike many churches our collections have hardly fallen at all. Much of our income comes directly into our bank account, and those who choose to give through envelopes or the plate have clearly set aside the money faithfully week by week to put in on our return to regular worship.

I am also deeply grateful to those who have supported St Francis free food, from those who have donated money to enable us to purchase fresh food, to those who have passed on spare items, and of course to the supermarkets and other providers. We are also grateful to those who have sponsored our newsletters.

As a part of the Norwich Diocese and the Church of England our biggest annual expenditure each year is what is known as our Parish Share which we have to pay to the Diocese each year. Ideally each church in the diocese would pay for the cost of its clergy including not just their stipend (salary), but also costs of housing, pension contributions etc. Additionally the church would contribute a proportion towards the other costs of the diocese, from administration to curates who are on a training programme and are not charged to individual churches. On this basis St Francis Church would need to pay £65,629 in 2020. We could never pay an amount like this and so we are generously provided with support reducing the amount we were asked to pay to £22,864. This is still challenging but I believe achievable. We are then asked to increase our share by 15% each year until we reach the target of £65,629. If we could

afford it this would take 8 years but by then the target would probably have increased substantially, meaning it would take more like 12 years.

St Francis cannot afford a 15% increase each year so we have to submit to the diocese the maximum increase we can afford. Usually this is about 5% but there have been years where it has been lower. In each case we are grateful to the Diocese for agreeing our revised figure.

Besides our parish share we also have to pay fuel bills, cleaning, printing and other expenses and constantly need to repair and replace items. In the past 12 months this has included the need to replace the church boiler and have some electrical work done. We are also about to replace the floor covering in the Lounge. It has also been our policy over many years, in gratitude to God, to send contributions to other charitable organisations, locally, nationally and internationally amounting to about £1,500. Our total expenditure is probably around £45,000 a year.

I am sure you are now thinking about where we get the income from. Approximately half the amount comes from individuals giving on a regular or irregular basis. This is increased by a tax reclaim (usually about £5,000) which we can get not only from tax payers but from what is known as Gift Aid small donations meaning we can claim back tax from any cash (not cheque or through bank) donations received that are less than £30. It is worth noting that while we really appreciate people donating items to the church it can be more beneficial for you to buy the item, claim the money back from the church and then place a similar amount in the collection. Suppose you chose to donate a £5 jar of coffee every couple of months. If instead you claimed back the purchase on each occasion and put the money in the plate at the end of the year we could claim another £7.50 from the taxman.

The next biggest item is rent we receive, this year we expect this figure to be much lower as the building has not been able to be hired out. Although, fortunately, we will still receive the £7,000 paid by the telecoms companies for a repeater mast on our tower.

Other income comes from fund raising and donations or grants for specific projects. What I can say from my 24 years as treasurer here and experience in other churches (I can remember "helping" my dad as treasurer when I was a small child and he only finally retired from the post days before his 90th birthday) is that God has always

provided what we have needed, but he provides through the generosity of others, whether individuals or in the case of larger projects grant making bodies.

Sometimes my job has to involve me saying no, if I believe a particular item is currently unaffordable and we have to seek alternative solutions or funding. However, I believe our building needs to be fit for purpose, safe and practical, but our priority should be on meeting the needs of our community, and I try never to say no to a service we can provide to the community.

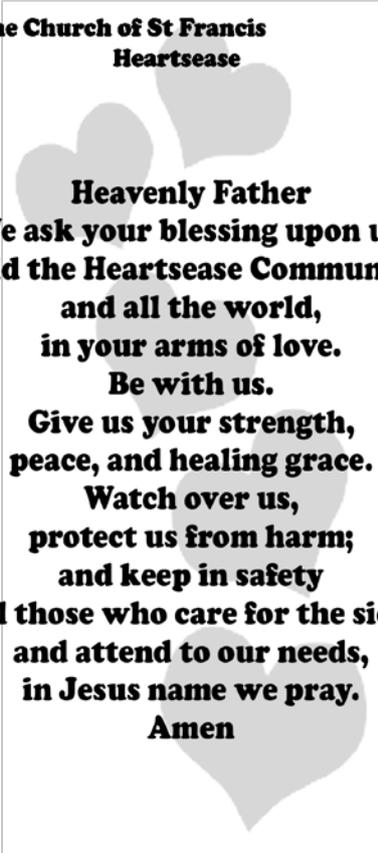
FOR OUR PRAYERS

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

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 and Frank.

We remember with love Tina and all those who have died in recent days and pray for their family and friends.

PRAYER FOR THESE UNCERTAIN TIMES



**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**

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.

PRAYERS FOR 11TH SUNDAY AFTER TRINITY

O God, you declare your almighty power most chiefly in showing mercy and pity: mercifully grant to us such a measure of your grace, that we, running the way of your commandments, may receive your gracious promises, and be made partakers of your heavenly treasure; 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.

God of glory,
the end of our searching,
help us to lay aside
all that prevents us from seeking your kingdom,
and to give all that we have
to gain the pearl beyond all price,
through our Saviour Jesus Christ.

Lord of all mercy,
we your faithful people have celebrated that one true sacrifice
which takes away our sins and brings pardon and peace:
by our communion
keep us firm on the foundation of the gospel
and preserve us from all sin;
through Jesus Christ our Lord.

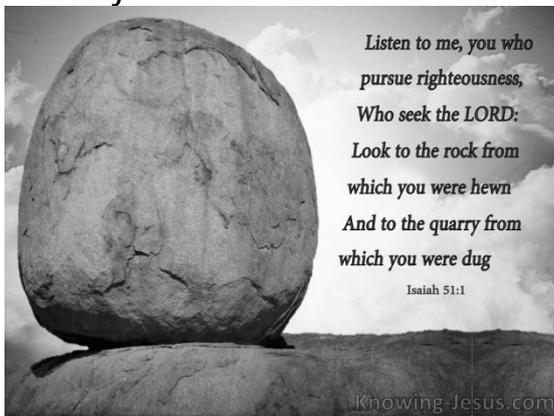
READINGS FOR 11TH SUNDAY AFTER TRINITY

ISAIAH 51:1-6

Listen to me, you that pursue righteousness,
you that seek the Lord.
Look to the rock from which you were hewn,
and to the quarry from which you were dug.
Look to Abraham your father
and to Sarah who bore you;
for he was but one when I called him,
but I blessed him and made him many.
For the Lord will comfort Zion;
he will comfort all her waste places,
and will make her wilderness like Eden,

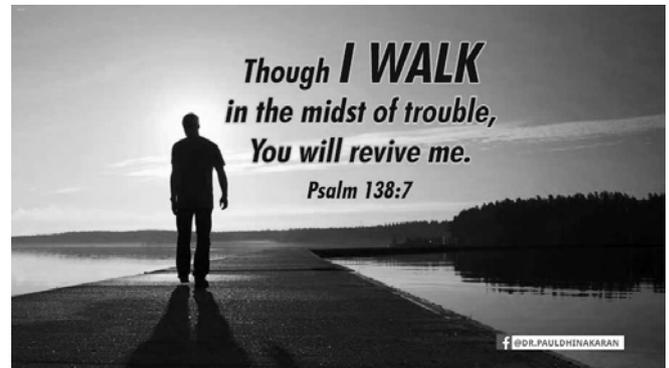
her desert like the garden of the Lord;
joy and gladness will be found in her,
thanksgiving and the voice of song.

Listen to me, my people,
and give heed to me, my nation;
for a teaching will go out from me,
and my justice for a light to the peoples.
I will bring near my deliverance swiftly,
my salvation has gone out
and my arms will rule the peoples;
the coastlands wait for me,
and for my arm they hope.
Lift up your eyes to the heavens,
and look at the earth beneath;
for the heavens will vanish like smoke,
the earth will wear out like a garment,
and those who live on it will die like gnats;
but my salvation will be for ever,
and my deliverance will never be ended.



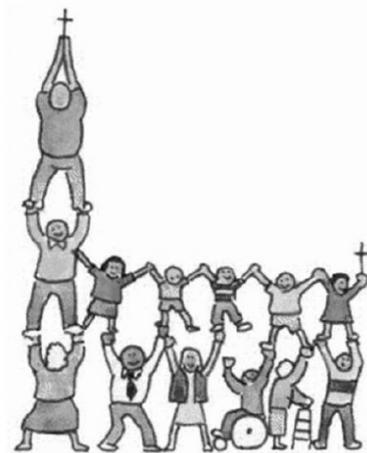
PSALM 138

I give you thanks, O Lord, with my whole heart;
before the gods I sing your praise;
I bow down towards your holy temple
and give thanks to your name for your steadfast
love and your faithfulness;
for you have exalted your name and your word
above everything.
On the day I called, you answered me,
you increased my strength of soul.
All the kings of the earth shall praise you, O Lord,
for they have heard the words of your mouth.
They shall sing of the ways of the Lord,
for great is the glory of the Lord.
For though the Lord is high, he regards the lowly;
but the haughty he perceives from far away.



Though I walk in the midst of trouble,
you preserve me against the wrath of my
enemies;
you stretch out your hand,
and your right hand delivers me.
The Lord will fulfil his purpose for me;
your steadfast love, O Lord, endures for ever.
Do not forsake the work of your hands.

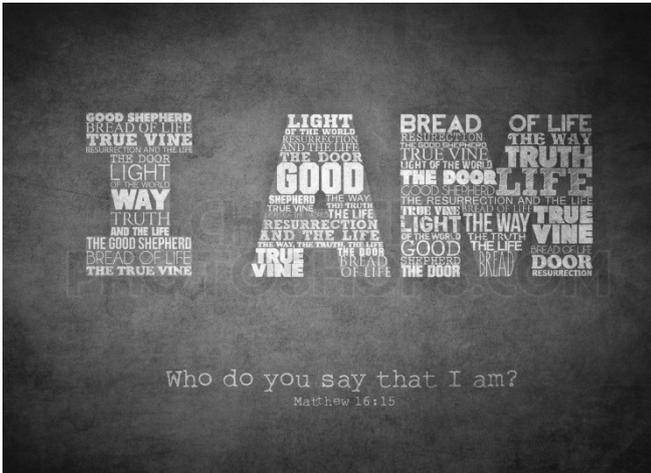
ROMANS 12:1-8



I appeal to you therefore, brothers and sisters, by
the mercies of God, to present your bodies as a
living sacrifice, holy and acceptable to God, which
is your spiritual worship. Do not be conformed to
this world, but be transformed by the renewing of
your minds, so that you may discern what is the will
of God—what is good and acceptable and perfect.

For by the grace given to me I say to everyone
among you not to think of yourself more highly
than you ought to think, but to think with sober
judgement, each according to the measure of faith
that God has assigned. For as in one body we have
many members, and not all the members have the
same function, so we, who are many, are one body
in Christ, and individually we are members one of
another. We have gifts that differ according to the
grace given to us: prophecy, in proportion to
faith; ministry, in ministering; the teacher, in
teaching; the exhorter, in exhortation; the giver, in
generosity; the leader, in diligence; the
compassionate, in cheerfulness.

MATTHEW 16:13-20



Now when Jesus came into the district of Caesarea Philippi, he asked his disciples, 'Who do people say that the Son of Man is?' And they said, 'Some say John the Baptist, but others Elijah, and still others Jeremiah or one of the prophets.' He said to them, 'But who do you say that I am?' Simon Peter answered, 'You are the Messiah, the Son of the living God.' And Jesus answered him, 'Blessed are you, Simon son of Jonah! For flesh and blood has not revealed this to you, but my Father in heaven. And I tell you, you are Peter, and on this rock I will build my church, and the gates of Hades will not prevail against it. I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.' Then he sternly ordered the disciples not to tell anyone that he was the Messiah.

REFLECTION FOR 11TH SUNDAY AFTER TRINITY

Are you being squeezed?

In his letter to the Christians in Rome Paul has spent a long time explaining the meaning of all that God has done through the life, death and resurrection of Jesus and in today's reading he moves on to help those to whom he is writing to understand what their faith in Jesus should mean as they lead their daily lives.

He urges them to offer their bodies as "living sacrifices". That would have caused some head-scratching because sacrifices normally came in one of two forms. Either they were inanimate objects (wheat, wine, coins, etc.) or they were animals which would be killed as part of the sacrificial process. The idea of a living sacrifice was a contradiction in terms.

So what does Paul mean?

Sacrifice for the Jews was a way of acknowledging all that God had done for them. Paul is saying that in response to all that God has done for you you should show your gratitude by offering yourself to his service. Paul is also saying "put everything into it, and not just for one hour on Sundays! This is something you should be doing seven days a week.

And, says Paul, whatever you are doing don't be conformed to this world. Probably the best version of this is the JB Phillips translation "Don't let the world squeeze you into its mould". The Christians Paul was writing to were under tremendous pressure. Civic life was completely bound up with worship of the Roman gods and even of the emperor so to say "Jesus is Lord" rather than "Caesar is Lord" was a very dangerous pastime.

All down the ages Christians have been under pressure to conform to what society expects. It starts pretty well from birth where if one member of a toddler group throws their toy across the room, others are bound to follow suit. There's pressure in schools to smoke, to bully, to take uniform rules to the absolute limits.

There's pressure at universities to join the drink or drugs culture or to do the minimum amount of work while partying as hard as possible. There's pressure at work to bend the rules, to slack off. All through life, whatever field we are in there will be pressure to conform to what Society expects. In our own day social media has made this much, much worse. One of the truly dangerous pressures is that on young women to look as thin as possible.

Paul is telling us that we need to stand up against these pressures. What you need he says, is to allow your minds to be transformed, so that you can live the way God wants you to and so that you can understand what his will is for you.

How do we achieve this? By listening for God's voice and by studying his Word. As we "read, mark learn and inwardly digest" the truths in the Bible we will learn more about how God wants us to live.

Paul goes on. Don't overestimate your abilities but put a correct value on the gifts and skills God has given you. Each of us needs to discern the gifts and skills God has given us (or sometimes allow others to discern them for us) and then ask God what he wants us to do with them.

You see says Paul each of us has different gifts and we are called to put them all together in God's service. Just as a human body is made up of many parts and each has its own particular function so the body of Christ is made up of many members and each has their own particular function. All gifts are valuable and only when every member is contributing as they are supposed to does the body reach its full potential.

Let's finally look at the various gifts Paul mentions.

Prophecy: Making sure the voice of God is heard wherever it needs to be.

Ministry: The Greek word is diakonos and it was used to describe those who ran the Food Bank in Jerusalem. It covers all forms of administration from running the finances to answering the telephones or serving the coffee.

Teaching: An important role to help all of us to learn more about our faith and to enable those who don't know much to gain understanding about what Christians believe.

Encouragement: We need to encourage each other and not keep putting people down.

Giving: All are encouraged to give generously of their money, their talents and their time.

Leadership: Someone needs to have the vision and then persuade others to share it and implement it.

Showing Compassion: Looking after those in all kinds of need, and doing so cheerfully and not grudgingly.

There are of course many other gifts, but this is a representative sample to show how varied they can be, how they are needed at different levels, and how they interact together to form a whole, so that the body is able to be all that God intends it to be.

So just to summarise:

We should offer ourselves as living sacrifices to God in gratitude for all that he has done for us – it's a seven day a week offering, not just for Sundays. We need to avoid being squeezed. We must resist the pressures from the world around us to conform to their expectations and standards of behaviour. We have to allow God to transform us into the people he wants us to be.

We need to identify and celebrate the gifts God has given to use and to each other and we need to learn to work together so that all the gifts are used for the benefit of the community and if we achieve that then the community will flourish.

David Lechmere
Lay reader



Jesus talks about who he is and gives Peter a promise

When people heard the stories about Jesus, they couldn't believe that he was just an ordinary man. They thought he was a prophet, like their Old Testament heroes.

Arriving in Caesarea Philippi, Jesus asked his disciples, 'Who do people say I am?' And his followers had a list: 'Some say Elijah, or Jeremiah, or another of the prophets.' They even included some more recent heroes: 'Some say you are John the Baptist.'

Jesus asked them, 'But who do you say that I am?'

Simon Peter said, 'You are the Messiah, the Son of the living God.'

Now, the Messiah was someone that the Jews had been waiting for: a person God would send to rescue them from their enemies. 'You are blessed, Simon,' Jesus said, 'because God, my Father in heaven, has given you this answer. From now on you will be known as Peter.' Jesus gave him this name because it means 'rock'.

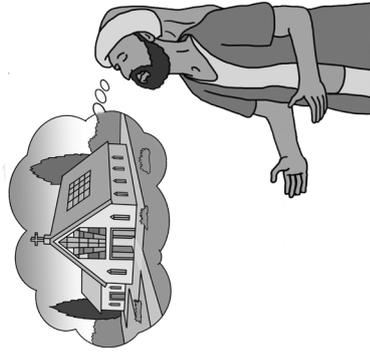
'On this rock,' Jesus continued, 'I will build my Church, and even hell will not defeat it. I will give you the keys to the kingdom of heaven. Whatever you say is allowed on earth, will be allowed in heaven.' Then Jesus warned his disciples, 'Do not tell anyone that I am the Messiah.'

Name



Matthew 16.13-20

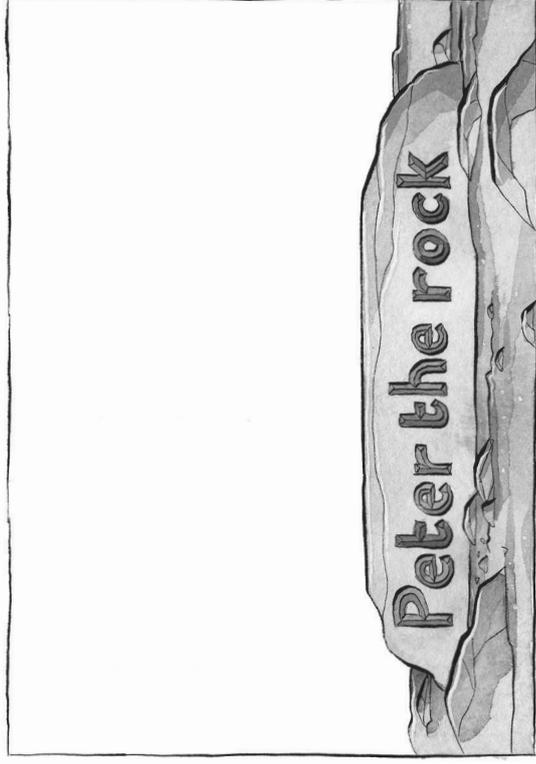
Peter says that Jesus is the Son of God, and Jesus promises that Peter will be the foundation of the first church.



Activity time



Draw a church standing on this solid foundation.



Talk Which words would you use to describe Jesus? What do those words really mean?

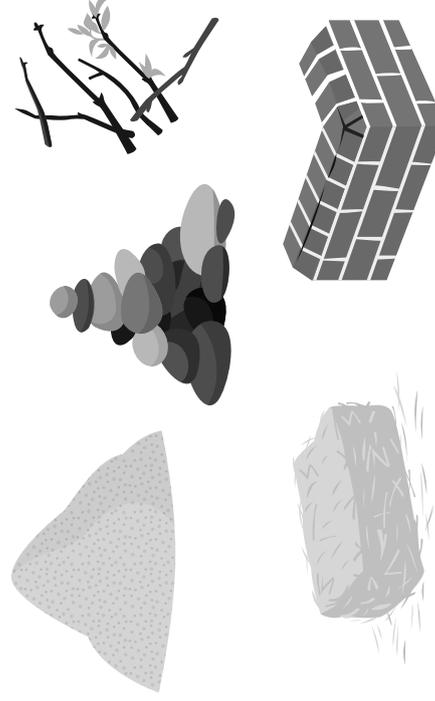
Do Watch *The Miracle Maker* [U] and talk about how people see Jesus, and the effect he has on others.

Pray Lord, thank you for the examples of strong faith in your disciples, and the solid foundation they provided for the church. Please help us to have strong foundations in our lives, and to be good examples for other people. Amen.

Family time



Circle which of these would be a firm foundation for a building.



ROOTS children's Sheet

23-29 August 2020



Place a cross by those statements you think are false and a tick by those you think are true.

- Peter got it right all of the time.
- Peter was the only disciple who went on to ministry.
- Peter created many church communities.
- Jesus gave Peter actual keys to a church.
- Jesus and Peter were best friends.
- Jesus renamed Peter.
- Peter's name was originally Bart.

In the box below, add three statements of your own which are true about Peter.

Name

23-29 August 2020

Colouring time

Jesus promises to build his church on the solid foundation of Peter and his faith.

