

St Francis Weekly News for THIRTEENTH SUNDAY AFTER TRINITY 6th September 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?

NEW SCHOOL TERM

As the local schools start to open their doors to welcome our children and young people back to their studies we extend our love and best wishes to them all.

We will be holding the children, young people, their families and the school staff in prayer over the coming days and weeks.



Heartsease
Primary Academy

A BACK TO SCHOOL PRAYER

Heavenly Father
Watch over and protect our children,
young people and those who are entrusted
with their education and wellbeing.
Keep them all safe from harm dear Lord;
may they know the peace of your presence
and your strong arms of love enfolding them
as they venture back to school in this time of
uncertainty and change.
May your blessing be upon
and with them always.
In Jesus name. Amen



Please also pray for the day when St Francis Heartsease can again open its doors to our children, young people and their families.

CREATIONTIDE

Sunday 6th September sees the first of our Creationtide services.

Although our worship will not include many of the much loved traditional Harvest Hymns we will still be celebrating with much joy and thankfulness for all the gifts that God has given through God's abundant goodness.

I extend my thanks to all who have brought Harvest offerings of both produce, groceries and money.



The Harvest Window display at St Francis

ALL CHANGE...

Over the past few months we have seen a lot of changes at St Francis.

Some have brought us sadness – saying farewell to familiar and much loved people and ways of doing things whilst other changes have brought us new life, joy and great hope.

Amazingly over lockdown we have been blessed with three new additions to our staff team, we have new faces joining us for worship and there are many new exciting ventures that lay ahead.

The work to what was the Hive building is now completed and we have high hopes that covid restrictions allowing we will soon start to see the beginnings of the projects planned for that space starting to happen.

On the week beginning 14th September at long last the rather tired flooring in the church lounge will be replaced and hopefully by that time all the clearing out and refreshing of the church buildings and storage spaces will be completed.

All this activity means that although we have been forced to lay down many things and make huge changes in how we do things we are looking to the future with hope and enthusiasm.

There is no doubt in my mind that God has been hard at work among us – by God’s grace we have not only come through what has been the most testing of times, we are starting to emerge stronger and better equipped to tackle all that may lay ahead. This feels like a fresh start – I hope you feel that too.

A DISCERNABLE CHANGE...

The more eagle eyed reader may have noticed that some of us haven’t been around for a couple of weeks.

Having spent two weeks away from my usual duties and commitments I return feeling much refreshed and ready to bounce back into action.

I say bounce because the two weeks of complete idleness I have just enjoyed coupled with the pounds piled on over the lockdown means that the Michelin man has nothing on me. Hopefully the couple of spare tyres I’ve gained will be worked off in the busy weeks ahead!

Revd Winnie and Eeyore have also been enjoying a rest and I look forward to their return – especially as I hear that Eeyore has undergone a very exciting change whilst he’s been away...



**Revd Winnie & Eeyore are taking a break!
They’ll be back for Harvest Festival
on 6th September**

ST FRANCIS YARD SALE



Following on from the general clear out and tidy up we’ve been undertaking I would like to say thank you to Diana, Fr Tracy and Bev for overseeing the Yard Sale held on Saturday 22nd August. Not only did we succeed in shifting quite a bit of stuff we managed to raise nearly £50 for St Francis funds. Many thanks also to all who came and supported us.

WE ALL HAVE A STORY TO TELL...

As we journey through life we experience many things that have a deep and significant impact on us – but all too often we do not get the opportunity to share what we have experienced and the consequences we carry with us.

Life has many joys and many sorrows – that is the nature of being human - that we all know; what might not be so clear is where God might be in the experiences we live through and carry in our hearts.

If you have a story to tell and you would like to explore for yourself or share with others where God features in the story of your life we would love to hear from you.

And please, if you are nervous about any aspect of telling your story - we will most certainly make sure that you have a safe place to share what you have to say and that only the stories you want more widely known will be related in church or in this newsletter.

Please call Revd Janet [07990 576118] or Fr Tracy [07704 328319]



We would particularly like to hear if you have a story to tell about St Francis Church and the impact this community of faith has had on your life. It would be wonderful to have some stories to share at our St Francis Day Festival on 4th October – maybe the picture above might prompt one or two memories.

FORTHCOMING DATES FOR THE DIARY:

CREATIONTIDE SUNDAY EVENING PRAYERS
Every Sunday 5.00pm

ST FRANCIS ACTIVITY PACKS AVAILABLE IN
CHURCH AND UPON REQUEST
Sunday 20th August; 10.30am

ST FRANCIS DAY SERVICES
4th October
10.30am – Patronal Festival
5.00pm – Evening Prayer

ST FRANCIS FREE FOOD

We continue to offer food parcels to those in need who ask for help.

IF YOU OR ANYONE YOU KNOW NEEDS HELP WITH FOOD, PLEASE CALL ST FRANCIS FREE FOOD ON 01603 431259 OR CALL AT THE CHURCH ANY WEEKDAY MORNING BETWEEN 11AM-12PM.

Over the past few weeks there has been a very significant drop in the amount of food we are receiving and also in the number of requests for help.

This would seem to signal that the need for St Francis Free Food is no longer as urgent as it once was and that the time has come for a rethink in terms of how we offer support to those experiencing food poverty.

The Parochial Church Council will be meeting on Thursday 17th September and this is one of the issues that will be under discussion.

If you have any thoughts or comments you would like to put forward to the meeting please email: admin@stfrancisheartsease.co.uk or contact the Vicar: vicar@stfrancisheartsease.co.uk mobile number 07990 576118.

PASTORAL CARE MATTERS

Over the past few days there has been a growing sense of uncertainty in terms of the relaxation of certain restrictions and the fact that Norfolk has been placed on the Government's watchlist in terms of a slight increase in cases in the county.

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

A WORD FROM THE VICAR

For the past two weeks or so I have been blessed and privileged enough to be able to take a break from the usual day to day busyness of life and to rest. Having time to really think I suddenly realised how much life has changed for so many people, especially children and young people.

Being able to spend time with grandchildren [in our safe bubbles of course] has been a particular 'time away' joy – but in the midst of that joy was a deep sadness that all our little people have had their lives overshadowed by the threat of coronavirus.

Restricted in where they can go, what they can do and by pressures brought about by changes in home circumstances such as caregivers working from home, being furloughed – or even worse losing jobs and income; children and young people have had to live through the toughest of times.

No one, adult or child, has escaped the effects of this pandemic, and some have suffered much, much more than others – but as we see schools opening and children and young people expected to venture out after so many months stuck at home my heart goes out to them all.

Six months in the life of a child is a very long time indeed and this return to school must seem like a huge mountain to climb for many – please pray for all children over these forthcoming days and

weeks; and if you are blessed to have children in your life – be gentle with them; these are very hard times.

They need love, reassurance and above all hope – and the knowledge that life is good and that with God's help sought through prayer and faithfulness to Jesus teachings even bad, sad times can be times when happy and comforting memories are made that can be cherished for a lifetime.

Sometimes, perhaps, we worry too much about saying the right things to children and young people; I think it's important to remember that they will not remember what we said to them – but how we made them feel.

But that, of course holds good for everyone; and so as we move on into this new way of being perhaps this is the time for us to say less, love more and make those around us feel as safe and cherished as possible.

That's what I'm going to try anyway.

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: Maegan; Doreen F; Tom; Riley & his mum and family; Jeanette, David & Grace; Paula; Colin; Pete; Lauren; Fr Brian; Hazel; Hazel; Ben; Frazer.

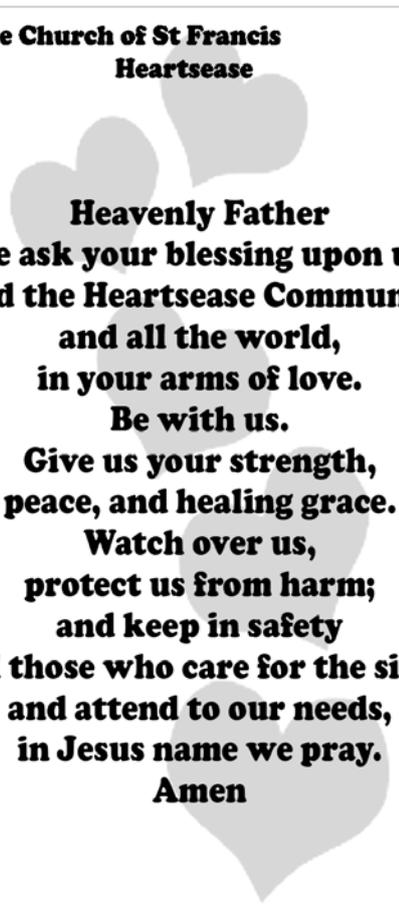
We continue to pray for all those in our Church, friends and family who are managing long term health issues including Rosemary, Sheila, John, Joy, Shirley.

We remember with love Pat Shaw 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 13TH SUNDAY AFTER TRINITY

COLLECT

Eternal God,
you crown the year with your goodness
and you give us the fruits of the earth in their
season:
grant that we may use them to your glory,
for the relief of those in need and for our own well-
being;
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

Creator God,
you made the goodness of the land,
the riches of the sea
and the rhythm of the seasons;
as we thank you for the harvest,
may we cherish and respect
this planet and its peoples,
through Jesus Christ our Lord. Amen

POST COMMUNION

Lord of the harvest,
with joy we have offered thanksgiving for your love
in creation
and have shared in the bread and the wine of the
kingdom:
by your grace plant within us a reverence for all
that you give us
and make us generous and wise stewards
of the good things we enjoy;
through Jesus Christ our Lord. Amen

READINGS FOR 13TH SUNDAY AFTER TRINITY

DEUTERONOMY 8: 7 – 18



The Lord your God is bringing you into a good land,
a land with flowing streams, with springs and
underground waters welling up in valleys and
hills, a land of wheat and barley, of vines and fig
trees and pomegranates, a land of olive trees and
honey, a land where you may eat bread without
scarcity, where you will lack nothing, a land whose
stones are iron and from whose hills you may mine
copper.

You shall eat your fill and bless the Lord your God
for the good land that he has given you.

Take care that you do not forget the Lord your God,
by failing to keep his commandments, his
ordinances, and his statutes, which I am
commanding you today.

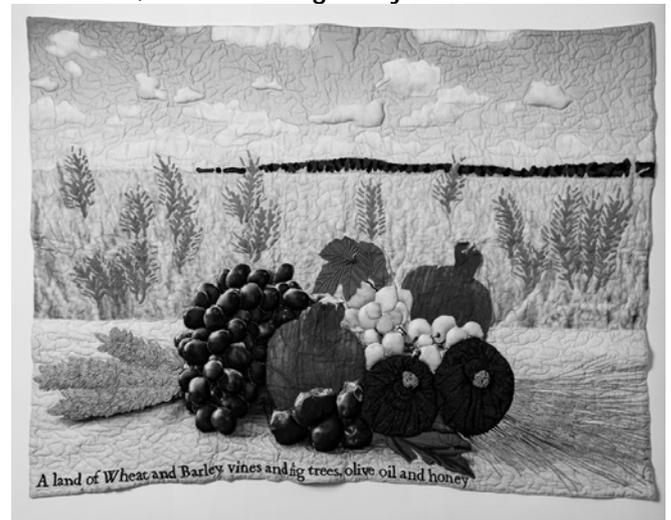
When you have eaten your fill and have built fine
houses and live in them, and when your herds and

flocks have multiplied, and your silver and gold is
multiplied, and all that you have is multiplied, then
do not exalt yourself, forgetting the Lord your God,
who brought you out of the land of Egypt, out of the
house of slavery, who led you through the great
and terrible wilderness, an arid waste-land with
poisonous snakes and scorpions.

He made water flow for you from flint rock, and fed
you in the wilderness with manna that your
ancestors did not know, to humble you and to test
you, and in the end to do you good.

Do not say to yourself, 'My power and the might of
my own hand have gained me this wealth.'

But remember the Lord your God, for it is he who
gives you power to get wealth, so that he may
confirm his covenant that he swore to your
ancestors, as he is doing today.



PSALM 65



- 1 Praise is due to you, O God, in Zion; ♦
to you that answer prayer shall vows be paid.
- 2 To you shall all flesh come to confess their
sins; ♦
when our misdeeds prevail against us, you will
purge them away.

- 3 Happy are they whom you choose
and draw to your courts to dwell there. ♦
We shall be satisfied with the blessings of your
house,
even of your holy temple.
- 4 With wonders you will answer us in your
righteousness,
O God of our salvation, ♦
O hope of all the ends of the earth and of the
farthest seas.
- 5 In your strength you set fast the mountains ♦
and are girded about with might.
- 6 You still the raging of the seas, ♦
the roaring of their waves and the clamour of the
peoples.
- 7 Those who dwell at the ends of the earth
tremble at your marvels; ♦
the gates of the morning and evening sing your
praise.
- 8 You visit the earth and water it; ♦
you make it very plenteous.
- 9 The river of God is full of water; ♦
you prepare grain for your people, for so you
provide for the earth.
- 10 You drench the furrows and smooth out the
ridges; ♦
you soften the ground with showers and bless its
increase.
- 11 You crown the year with your goodness, ♦
and your paths overflow with plenty.
- 12 May the pastures of the wilderness flow with
goodness ♦
and the hills be girded with joy.
- 13 May the meadows be clothed with flocks of
sheep ♦
and the valleys stand so thick with corn that
they shall laugh and sing.

2 CORINTHIANS 9: 6 -15

The point is this: the one who sows sparingly will
also reap sparingly, and the one who sows
bountifully will also reap bountifully.

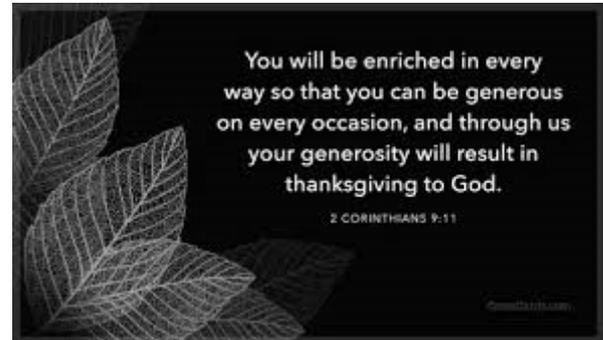
Each of you must give as you have made up your
mind, not reluctantly or under compulsion, for God
loves a cheerful giver.

And God is able to provide you with every blessing
in abundance, so that by always having enough of

everything, you may share abundantly in every
good work. As it is written,

'He scatters abroad, he gives to the poor;
his righteousness endures for ever.'

He who supplies seed to the sower and bread for
food will supply and multiply your seed for sowing
and increase the harvest of your righteousness.



You will be enriched in every way for your great
generosity, which will produce thanksgiving to God
through us; for the rendering of this ministry not
only supplies the needs of the saints but also
overflows with many thanksgivings to God.

Through the testing of this ministry you glorify God
by your obedience to the confession of the gospel
of Christ and by the generosity of your sharing with
them and with all others, while they long for you
and pray for you because of the surpassing grace
of God that he has given you.

Thanks be to God for his indescribable gift!

LUKE 12: 16 – 30



Then he told them a parable:

'The land of a rich man produced abundantly. And
he thought to himself, "What should I do, for I have

no place to store my crops?" Then he said, "I will do this: I will pull down my barns and build larger ones, and there I will store all my grain and my goods. And I will say to my soul, Soul, you have ample goods laid up for many years; relax, eat, drink, be merry." But God said to him, "You fool! This very night your life is being demanded of you. And the things you have prepared, whose will they be?" So it is with those who store up treasures for themselves but are not rich towards God.'

He said to his disciples, 'Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will wear.

For life is more than food, and the body more than clothing.

Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds!

And can any of you by worrying add a single hour to your span of life?

If then you are not able to do so small a thing as that, why do you worry about the rest?



Consider the lilies, how they grow: they neither toil nor spin; yet I tell you, even Solomon in all his glory was not clothed like one of these.

But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will he clothe you — you of little faith!

And do not keep striving for what you are to eat and what you are to drink, and do not keep worrying.

For it is the nations of the world that strive after all these things, and your Father knows that you need them.

REFLECTION FOR 13TH SUNDAY AFTER TRINITY

At the height of lockdown – when anxieties and fears were at their most intense a miraculous thing happened here at St Francis.

Those of us who were blessed enough to be able to help with St Francis Free Food saw with our own eyes God's hand at work among us.

I remember one night, after praying the night office – I was drawn into the hall where we were storing the food.

Although I had been in there during that day, somehow, I saw everything in there in a completely new way.

It was as if a veil had been ripped from my eyes and I could see so clearly it almost hurt.

It was a most profound and deeply moving experience, because I suddenly realised that everything I could see – came straight from God's hands of love.

There it was in front of my eyes – God's bounty.

Food in magnificent and glorious abundance.

So much food you had to see it to believe it.

A visible, tangible, and wonderful token of God's generosity and care.

I don't know how long I stood there – but I just bathed in the sense of God's presence; and I gave thanks from the depths of my being for that precious glimpse of the divine hand.

And I am truly grateful that I can share that intense moment of blessing as we look to celebrating the Harvest this year.

Sometimes Harvest Festival came seem a bit forced – there isn't too much evidence here on the Heartsease of the harvest safely gathered in.

Not too many tractors or combine harvesters trundling around here – but this year; for me at least, it seems very real and right that we are celebrating God's gifts of the earth and sea, the gift of the food that gives us life.

Without it we would perish, a sad fact that is proven true every time we care to look to places in the world where famine and drought happen all too often.

Doesn't really make sense does it?

Why would we be so blessed and yet others who have done no wrong suffer?

How is it that we have bread to give away – to use for Harvest decorations - when children are dying for want of a pennyworth of sustenance?

I was talking only yesterday to someone who struggles with the idea of faith in God – 'How can I believe in a God who lets terrible things happen?' she asked me.

And I think that's a question that's being asked up and down the country and all over the world, the question that maybe we shy away from answering.

Because it might be a question we have asked ourselves every now and then in one of those bleak, wilderness times that strike out of the blue. Those bad, sad times that sap our strength and test our resolve; shake our faith in God.

Those times when we have to remember that we don't believe in a God who lets bad things happen – we believe in our loving heavenly Father who cares for us and wants what is best for us.

Our wonderful creator God who made this beautiful world and gave it to us to care for – who knows our needs and will attend to them if we just let go and let God work.

I know there's many a farmer and a gardener who would shrug their shoulders and tell us that left to God alone the harvest and the yield would be pretty poor and filled with weeds – that the harvest and caring for the garden is blooming hard work.

But that's the point.

Isn't it?

God is not going to wave a miraculous divine hand and make everything happen without any effort on our part.

Creation, this world, has been given to us to care for, to attend to and to work with, to meet all our needs.

So while the majority of the world still struggles to survive and the privileged minority continues to exploit the earth for its own greed – we are a long, long way from living as God would have us live.

It is humankind that doesn't help those who starve, suffer, hurt and grieve. It is humankind that lets terrible things happen – not God.

Deuteronomy warns us not to forget God and God's goodness – and Jesus picks up the theme, rely on God, he says - not on our own vain and feeble efforts; remember where all you have been given comes from.

Which brings me back to my moment of wonder in the church hall – and the days and the months that followed.

In those days and months, tons and tons of food was given away – freely, unquestioningly and with love.

Just as lovingly, more and more food poured in to meet the need. – riches beyond measure

It was a big job – the food needed to be sorted and stored and then packed and delivered.

It happened.

How did it happen?

Those who could worked together, those who couldn't gave what they could – money, food, encouragement and most importantly prayer.

For a moment in time we saw how it should be. – how it could be

Sharing what we have

Doing what we could.

Seeing those in need.

Listening to cries for help

Working together in God's strength not relying on our own.

Making sure that nothing is wasted.

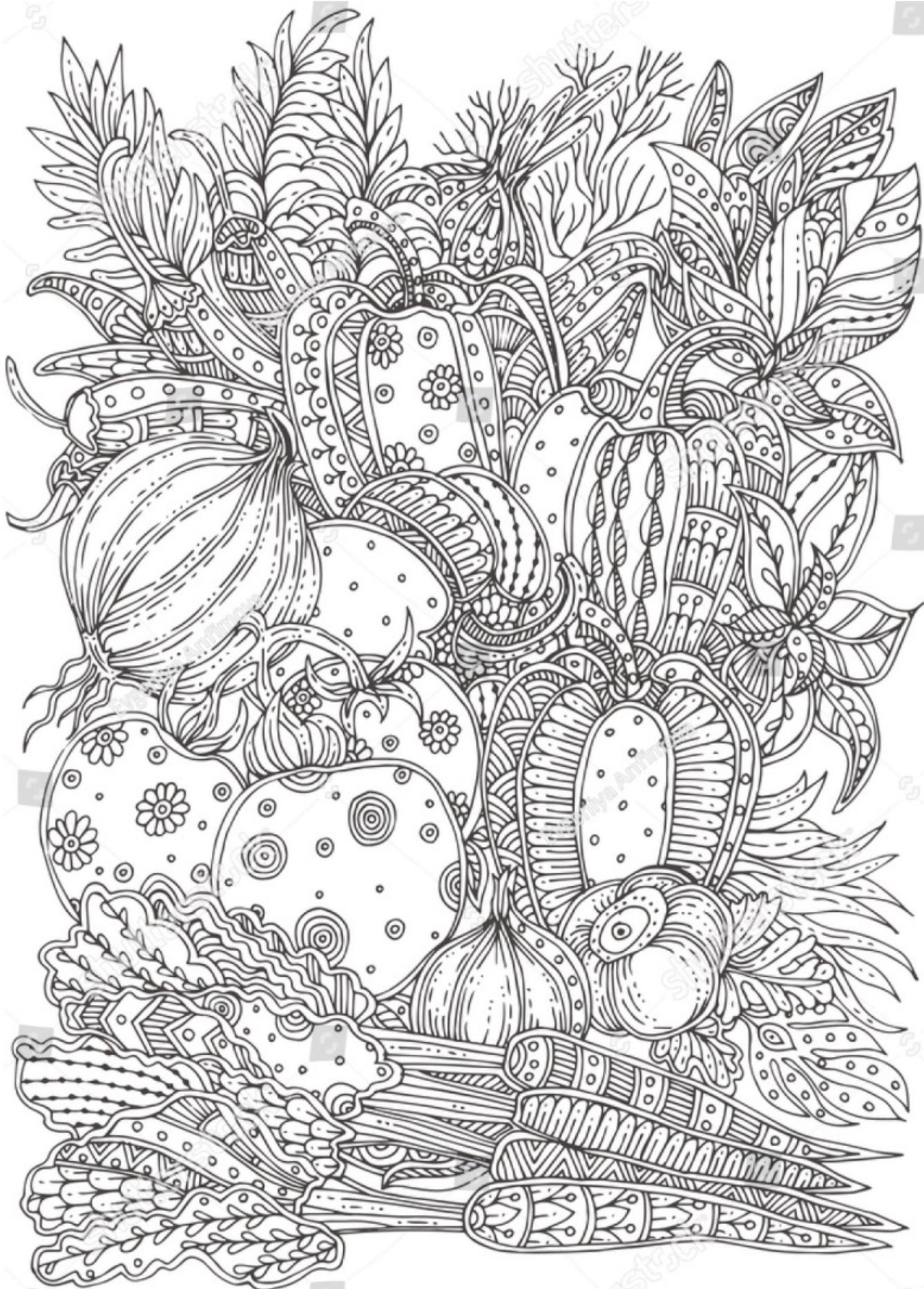
We did our best to do as God would have us do.

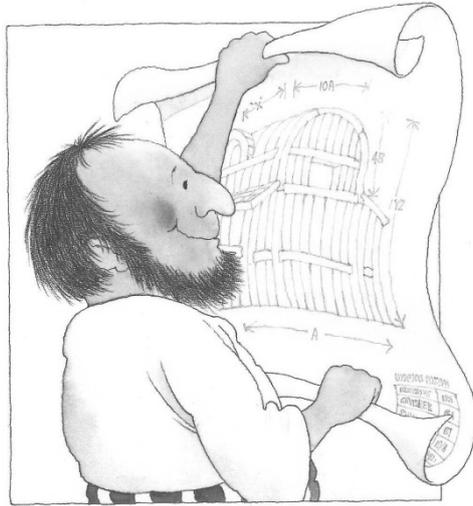
So here we are. Yes, it is good to celebrate at harvest time – but even better to remember to live out a thanksgiving for God's goodness every day of the year.

And the good news is that we know it can be done – we've seen it with our own eyes.

Thanks be to our loving God of the Harvest. Amen

Revd Janet Wyer





Then Jesus used this story: “There was a rich man who had some land, which grew a good crop of food. The rich man thought to himself, ‘What will I do? I have no place to keep all my crops.’ Then he said, ‘I know what I will do. I will tear down my barns and build bigger ones! I will put all my grain and other goods together in my new barns. Then I can say to myself, I have enough good things stored to last for many years. Rest, eat, drink, and enjoy life!’

“But God said to that man, ‘Foolish man! Tonight you will die. So who will get those things you have prepared for yourself?’

“This is how it will be for anyone who stores things up only for himself and is not rich toward God.”

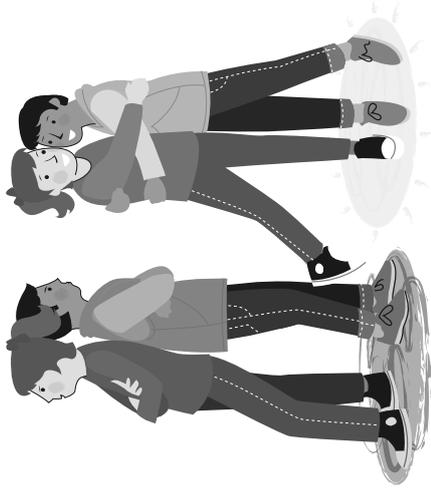
Jesus said to his followers, “So I tell you, don’t worry about the food you need to live. Don’t worry about the clothes you need for your body. Life is more important than food. And the body is more important than clothes. Look at the birds. They don’t plant or harvest. They don’t save food in houses or barns. But God takes care of them. And you are worth much more than birds. None of you can add any time to your life by worrying about it. If you cannot do even the little things, then why worry about the big things? Look at the wild flowers. See how they grow. They don’t work or make clothes for themselves. But I tell you that even Solomon, the great and rich king, was not dressed as beautifully as one of these flowers. God clothes the grass in the field like that. That grass is living today, but tomorrow it will be thrown into the fire. So you know how much more God will clothe you. Don’t have so little faith! Don’t always think about what you will eat or what you will drink. Don’t worry about it. All the people in the world are trying to get those things. Your Father knows that you need them.

Name



Matthew 18.15-20

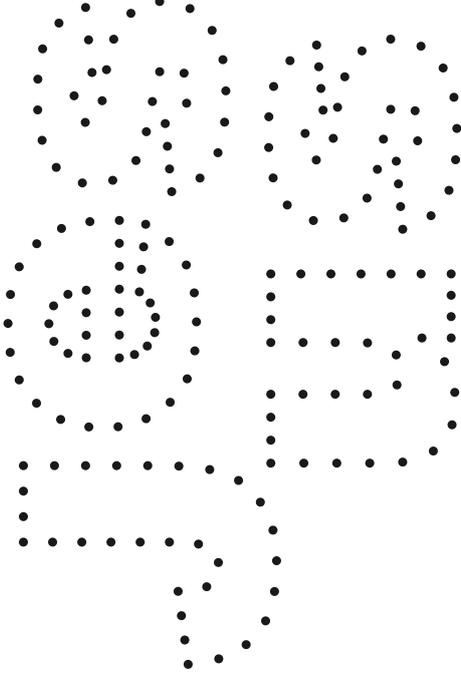
Jesus teaches us how to deal with someone who upsets us.



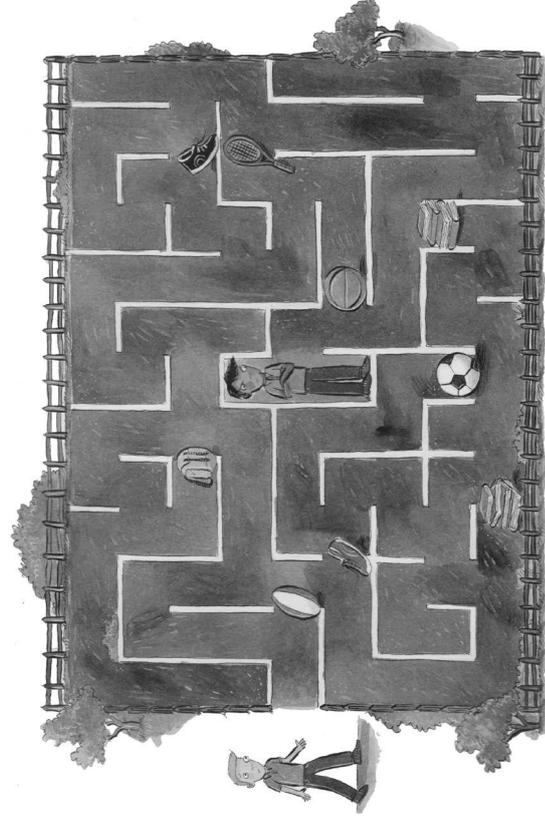
Activity time



Join the dots to discover who has promised to be with us, even if just two or three are gathered.



Help this boy to find his friend so they can talk and 'make up'.



Talk Why is it best to deal with issues rather than 'sweep them under the carpet'?

Do Watch *Toy Story* [PG] and think about the way Woody confronts Buzz with the things he is not happy about.

Pray Thank you, God, for all the people in our lives. Sorry for the times we upset one another. If something is wrong, help us not to bottle it up, but to deal with it and put things right.

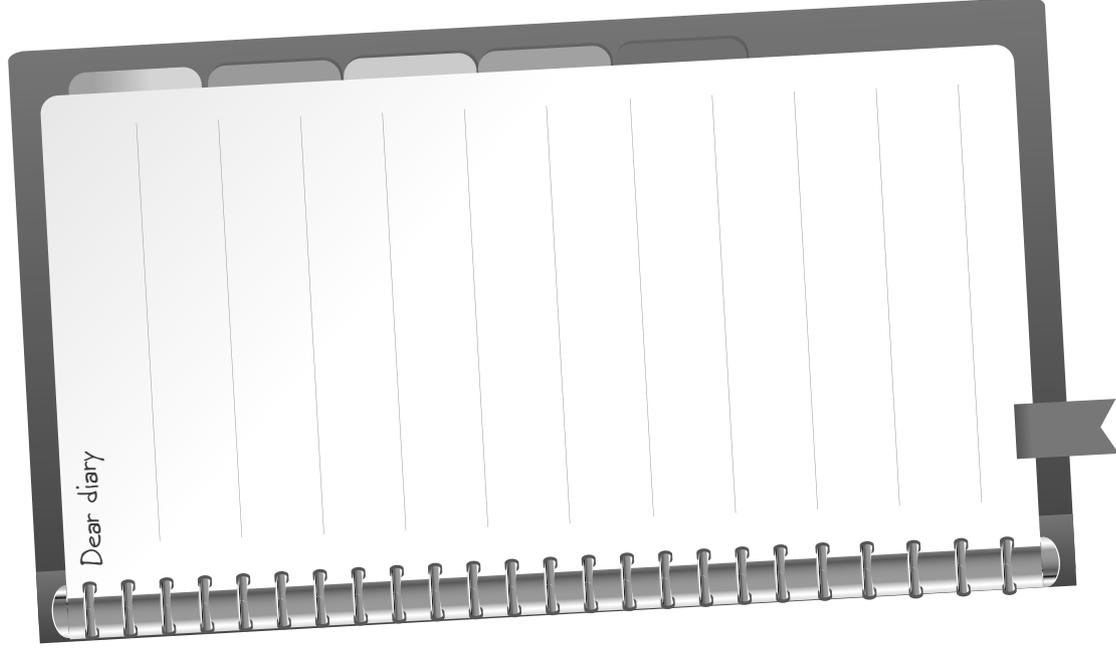
Amen.

ROOTS children's sheet

6-12 September 2020



Write a diary entry about a time you made up with a friend you'd fallen out with.



Name

Colouring time

If someone upsets you, tell them so that you can become friends again.

