

# St Francis Weekly News for PALM SUNDAY 28<sup>th</sup> March 2021



This newsletter 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](mailto: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](mailto:revdjanetwyer@outlook.com)

## WHAT'S HAPPENING IN ST FRANCIS CHURCH?

### ECO CHURCH NEWS



We thought you all might like to know that at St Francis our banner played its part in getting the CEE Bill trending as Twitter's number one on Friday afternoon. (hoping you know what that means...)

And to add to that Jim and co became a media sensation by gaining over 12,000 shares within an hour of the film made by Fr Tracy being posted – one sharer being Caroline Lucas the Green Party MP. Fame at last!

But seriously, folks, the Climate and Ecological Emergency Bill has the support of over 100 MPs from eight different political parties. It aims to enshrine the Paris agreement in law, keep global temperature rise to under 1.5 degrees, and have this country playing its part. The next step is for our MP, Chloe Smith, to back the Bill.

Our contribution may seem small but together we can achieve great things. The idea came through our Eco Church group, with the understanding that individual lifestyle changes need to go along with decisive government action.

Many thanks go to Jim for getting to grips with making the banner and finding a way to display it safely – although a labour of love it's been a lot of hard work. But to reverse the effects of climate change, much, much more hard work lies ahead for

all of us - that's why it is so important to get things moving now.

Here at St Francis we are fully committed to doing all we can – and we want to give the Heartsease community the opportunity to join us in the push for change. We are hoping that folk will see all that we are doing and want to get involved. Together we can make a difference!

Please, please, please make contact if you'd like to know more about being involved. And if you'd like to see the video that's become a Twitter sensation – it's on our YouTube channel – simply search for: St Francis Heartsease YouTube.



And not to be left out...

### BIBLE READINGS FOR HOLY WEEK



This Palm Sunday edition of the weekly newsletter contains all the prayers and readings you may like to reflect on during the coming week. Although the Palm Sunday readings are printed in full the others are given as Bible references. If you do not have a Bible please do not hesitate to contact us and we will be delighted get one to you.

## PALM SUNDAY

If this newsletter comes to you in paper form you should also have received a small palm cross this week.

It has long been the tradition of the church to give their congregations a palm cross on Palm Sunday which is then kept throughout the coming year as a reminder of the King who rode into Jerusalem on a donkey, who was received with hosannas and shouts of joy – only to be cruelly tortured and crucified a few days later.

This King was our Prince of Peace Jesus, the one who gave of himself so that we might know the height and breadth of God's love for us; who suffered and died so that we might know that through him our sins are forgiven and that we can have life in all its fullness just as God intended.

Palm Sunday is the day when we listen to the story of Jesus' last days as the itinerant preacher, teacher, healer and worker of miracles who came from God to show us the way to live.

And as we make our way through Holy Week to Good Friday we walk with Jesus on a path that reminds us of the sinful nature of humankind and the darkness that can so easily overwhelm us when we give into wrong ways of living and being.

Those who condemned Jesus to death were just ordinary folk like me and you – they wanted an easy life and they didn't want to lose the little they had.

Jesus' kindness and generosity toward the poor and needy and his steely rejection and condemnation of the men of oppressive power was a threat to the status quo – so he literally had to go.

And go he did, willingly – for me and you and people just like us, throughout the ages; and because of him the world is a much, much better place than it was all those years ago.

There is still a long way to go until the world is as it should be, but we've made a good start these past two thousand years – wouldn't it be nice to think it will be our generation who hurry it on a bit faster?

So, this Palm Sunday I invite you to join people the world over in pondering upon the story of Jesus and his journey to the cross and to listen out for what Jesus might be saying to you, what words of love he has that are for you alone.

The little palm cross that popped through your door came to you as a gift of love from St Francis Church - the cross of calvary, the gift of Jesus, came straight from God. Awesome!



Looks like Revd Winnie and Co have a visitor – he's probably come to celebrate the day, after all a donkey plays a big part in the story...

## LET IT GROW!

Spring is upon us! And our thoughts are turning to the Let it Grow Veg Patch...

This year we are hoping to be working in partnership with Norwich FarmShare, a Community Supported Agriculture project in Trowse. Farmshare's objective is to work toward enabling those on a low income to have access to quality, organically grown produce – which is exactly what we have had in mind with our veggie patch here at the St Francis.



Last year, thanks to Jim Green there was a great yield of tomatoes, potatoes, and beans etc and we'd very much

like to repeat that success this year – but with more folk from the community taking part in the process.

To that end, and to get started we are appealing for your help! Since harvesting the last crops the land has not lain dormant and there is now an amazing show of weeds, so please – we need your surplus cardboard to lay down to get rid of them in an eco-friendly way.

Any large pieces of flattened cardboard will be welcomed – please either leave them by the veg patch under the weights provided, or contact us to arrange a convenient time to collect.

And, although it seems a very long way away – please pop the weekend of 5<sup>th</sup>/6<sup>th</sup> June in your diaries – this is our planned launch date for 'Let it Grow 2021'. We have great things planned, not least a repeat of the 'pick up a seedling' offer which proved to be very popular last year.

## HOLY WEEK AND EASTER SERVICES

We will be opening the church for socially distanced public worship for Holy Week, Easter and thereafter as restrictions allow.

**MONDAY 29<sup>TH</sup> MARCH** at 11am, we will be livestreaming the annual Chrism Service that will be taking place in Norwich Cathedral.



This service sees the blessing of the Holy Oils that will be used throughout the diocese during the forthcoming year [every parish priest is invited to turn up at the cathedral to collect their share of the oils for use in services of healing, baptism and confirmation]; and during the service all clergy reaffirm their ordination vows.

**WEDNESDAY** of Holy Week, 31<sup>st</sup> March, we will be resuming a weekday service of Holy Communion.

The service will be a said service in the Book of Common Prayer tradition and will take place at 11.30am.

**MAUNDY THURSDAY** will be marked with a quiet service of Holy Communion at 7.30pm



On **GOOD FRIDAY** the church will be open between 11.30am – 3.30pm. Prayers will be said upon each hour, with accompanying readings and a short meditation

**HOLY SATURDAY** - There are no plans for an **EASTER VIGIL** – however we are prepared to livestream the 8.30pm service from Norwich Cathedral if anyone expresses an interest in coming into St Francis church. Please get on touch if you would like to attend – attendance will be strictly by prebooked places only.

**EASTER DAY** will see us returning to full Sunday congregational worship for the first time for many months – as usual the service will be a celebration of Holy Communion [Common Worship] and will begin at 10.30am.

We look forward to welcoming you to some, or all of these very special, and much anticipated, services.

## A MESSAGE TO WOODSIDE HOUSE



### GET CREATIVE!



The Beauty of Spring – A stunning photo sent in by Charlotte. Many thanks to her for sharing this image captured on Deloney Road.

If you have something that you would like us to consider for the newsletter please feel free to send via email [revdjanetwyer@outlook.com](mailto:revdjanetwyer@outlook.com) or post a copy of your submission through the vicarage door. [100 Rider Haggard Road] [Not the original please, we cannot guarantee safe return]

### NEIGHBOURHOOD NOTICE BOARD

We've been advised by Norwich City Council that Public Health Norfolk are providing asymptomatic testing at Pilling Park Community Centre in Pilling Park Road over the next week...

This will be open from 8am - 4pm Monday 29 March to Thursday 1 April.

If you would like to take advantage of this free testing facility, please pre-book an appointment at [www.norfolk.gov.uk/rapidtesting](http://www.norfolk.gov.uk/rapidtesting) or visit the site during its advertised opening hours.

**Norfolk** County Council  
**NORWICH** City Council  
**NHS** Test and Trace

## Get your symptom-free COVID-19 test now

Around 1 in 3 people with Covid-19 don't have any symptoms, but can still pass it on.

Symptom-free testing helps us find positive cases that would normally go undetected.

You can get a free test, even if you don't have symptoms, see overleaf for details

22nd to 26th March and 29th March to 1st April  
8am to 4pm

Pilling Park Community Centre, Pilling Park Road, Norwich NR1 4PA

WE ARE ALL IN IT TOGETHER.  
PROTECT OURSELVES. PROTECT OTHERS. PROTECT NORFOLK.

[www.norfolk.gov.uk/rapidtesting](http://www.norfolk.gov.uk/rapidtesting)

## BOOKS FOR CHILDREN

Do you know a little one who might like a Bible?  
Margaret has three children's Bibles that she would like to give away.



If you would like one, please contact her on (01603) 433449

If you have a notice you would like included under the noticeboard – please email your piece to [revdjanetwyer@outlook.com](mailto:revdjanetwyer@outlook.com) or [deborah.lechmere@ntlworld.com](mailto:deborah.lechmere@ntlworld.com)

## PASTORAL CARE MATTERS

Please remember you are not alone, if you would like a chat or if you need some assistance of any kind, please do not hesitate to get in touch.

Our contact details are as follows:

Revd Janet: 07368 832294

Fr Tracy: 07834 845623

24/7 Answerphone: 01603 431259  
[checked daily]

There is also someone available in church weekday mornings if you would prefer to talk to someone face to face.

## PROFESSIONAL ASSISTANCE

If you are feeling overwhelmed, low, stressed or anxious – Norfolk and Suffolk Foundation Trust have launched a self-referral service available online:

[www.wellbeingnands.co.uk/get-support/selfreferral](http://www.wellbeingnands.co.uk/get-support/selfreferral)

or by phone: 03300 123 1503

[Mon – Fri 8am – 8pm]

# wellbeing

Helping you live your life

## HELP AND SUPPORT IN TIMES OF NEED



## USEFUL CONTACT NUMBERS

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

Norfolk Assistance Scheme: 01603 223392



cma  
Heartsease

Community Money Advice

Now open

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We can also help you before you get into debt

Please call 07765739987 and leave your name & number

Or email [heartseasecmacentre@outlook.com](mailto:heartseasecmacentre@outlook.com)



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## THE CURATES'S CORNER

Once again, I'm referring to this month's posters outside the church drawn by Norfolk artist Edith Chadwick. I know the time has flown by at unbelievable speed, but we've now arrived at the sixth Sunday of Lent, and as you can see in the picture, this is commonly known as 'Palm Sunday'.

# PASSIONTIDE

The last fortnight of Lent



I feel I should point out, to avoid any confusion, that Roman Catholics now refer to Palm Sunday as 'Passion Sunday' too, we as Anglicans however have stayed with the older, pre-1960s convention of Passion Sunday being the Sunday before and marking the beginning of Passiontide – I say this in case you are looking on the internet and get muddled up!

All four gospels tell the story of Jesus entering Jerusalem a week before His resurrection and being greeted by the people with branches cut from trees and their garments thrown in his path. John refers to the branches as being from palms, hence 'Palm Sunday'. Hence, our service on Palm Sunday is a commemoration of that event, in which we recount the story of the entrance into Jerusalem and the events that lead to the death of Jesus and His resurrection from the dead. It's traditional to make little palm crosses to hold, you can see one in the poster on the bottom left, and if you get the print version of this newsletter you will have received one with it.

Palm Sunday also marks the beginning of what is known as 'Holy Week', the week that leads to Easter Sunday which is the celebration of the resurrection. Contrary to popular belief, Easter is the most important feast in the Christian calendar rather than Christmas; in fact, it was our patron saint St Francis who did more than anyone to make Christmas the event it is today. Notwithstanding, Easter is much more important because it celebrates the cornerstone of the Christian faith, the resurrection of Christ marking the end of death and the way to eternal life. As a result, Holy Week is a very special time.

Thursday, Friday and Saturday, the days leading up to Easter Sunday, are known as the Holy Triduum, or the Three Days (triduum is simply 'three days' in Latin) and are usually begun by a service on the evening of the Thursday. The Thursday is known as 'Maundy Thursday'.



Maundy Thursday commemorates the 'Last Supper' and its name comes from the Latin 'mandatum', or commandment, referring to the new 'commandment' or 'covenant' established by Jesus at the Last Supper for the forgiveness of sins, which we commemorate every time we celebrate holy communion. It is usual to have a 'Chrism mass' in the cathedral on this day, although this year it is on Monday and we are showing it live in St Francis at 11am; this is a service where the holy oils are blessed for the coming year's ministry.

In pre-Covid times we would have a service of holy communion on the evening of Maundy Thursday accompanied by washing of the feet of the congregation by the clergy, commemorating Jesus washing the feet of the disciples as recounted in John 13:5.

Friday is 'Good Friday', the day when we remember the crucifixion itself. It is a very solemn and quiet day; there is never a service of holy communion on this day, although in some churches the bread consecrated at the evening service of the night before is handed out. In St Francis we will be in church for prayer and meditation during the day with some reflections on the hour – do pop in and join us if you would like to share reflection and quiet.

Holy Saturday, also called 'Easter Even' in the Book of Common Prayer, is another solemn day but the evening marks the beginning of the Easter feast. It is the time of the 'Easter vigil', a very beautiful version of which normally happens at our cathedral in Norwich and will do so this year. The vigil service includes the lighting of the 'Easter fire' which in turn is used to light our Easter candle, a very large candle used all year at our services. How we get the fire from the cathedral to St Francis is a good question, normally someone will bring a lighted candle from the cathedral to the church, hopefully we can manage it this year!

So to summarise, the build up to Easter is: Palm Sunday and Holy Week – Maundy Thursday – Good Friday – Holy Saturday (Easter Even).

We will be re-opening our Sunday services beginning with the service on Easter Sunday, April 4th. Please do come to this most special of all church festivals.

Every blessing

Fr Tracy

## A WORD FROM THE VICAR

As we enter into the holiest of weeks, the days that lead us to Good Friday and the cross it is good to take a little time to reflect on what Good Friday means to each one of us.

As a child I have very fond memories of Good Friday – warm Hot Cross Buns, actually delivered to the street by Mathes Bakery, a day when no one seemed to go work and it was the quietest of days outside, the day when my mum would tell me the story of Jesus and the cross – and even sing 'There is a green hill far away' with a catch in her voice.

Those memories are very precious, and a source of wonder to me now as a woman of very mature years. The thing is my mother was not a woman of faith, she did not go to church, she never talked about God or Jesus at any other time of the year and she certainly did not observe Sundays as anything other than a day for a big Sunday lunch [well, as big as the limited family income would allow]

So Good Friday was a bit of a conundrum as I grew up. A day more special than any other day – because although Easter Day was celebrated with eggs, cake and trifle, it was always the day when Jesus went willingly to the cross that was very strictly observed.

The effect on me was marked and it all stayed with me throughout my adult life; and it has often had very distinct repercussions - It always amused me for example to see the astonishment of the regulars in the 'Golden Dog' as they were turned out early by the Landlady as she very diligently obeyed the Good Friday licensing laws [let the reader understand]

Thinking back, I suspect that my mother's observance of this very poignant day had much to do with the sad and difficult times she had lived through. This was perhaps the one day when she felt that God was with her in her grief and suffering. This was the one day for her when heaven really did touch earth – and somehow, in the strangest of ways, it all made complete sense to her.

So, Good Friday, a day that is no longer so strictly observed – but a day that really is like no other; a day to cherish as precious beyond all words, this is the day when Jesus died for us, every single one of us. And we don't need to be a church goer to understand how special that is. Even my mum, bless her, understood that.

I pray that this Holy Week and Good Friday brings you the blessing of peace and the knowledge that you are a much loved child of God – Revd Janet.

## FOR OUR PRAYERS

We continue to pray for Woodside House Care Home who are finding these times particularly difficult. Please ask that they know that God's love is with them as they continue to live through sad times and the current restrictions.

We pray too for those who are in need of prayer at this time: Carson W; Russell; Lorna; Evie; Rodrigo; Huggy; Megan; Christine; Stephen C; Margaret T; David & Cynthia; Maegan; Tom; Riley & his mum and family; Jeanette, David & Grace; Paula.

We continue to pray for all those in our Church, friends and family who are managing long term health issues including Pete; Doreen; Rosemary; Sheila; John; Shirley; Fr Brian, Hazel;

We pray too for all NHS and NSFT Staff.

We remember with love Joy Wilby; Lynn Smith 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 feeling isolated. 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 PALM SUNDAY



God our Saviour,  
whose Son Jesus Christ entered Jerusalem as  
Messiah to suffer and to die;  
let this palm cross be for me  
a sign of his victory  
and grant that we who bear them in his name  
may ever hail him as our King,  
and follow him in the way  
that leads to eternal life;  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.  
Amen.

Almighty and everlasting God,  
who in your tender love  
towards the human race  
sent your Son our Saviour Jesus Christ  
to take upon him our flesh  
and to suffer death upon the cross:  
grant that we may follow  
the example of his patience and humility,  
and also be made partakers  
of his resurrection;  
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

True and humble king,  
hailed by the crowd as Messiah:  
grant us the faith to know you and love you,  
that we may be found beside you  
on the way of the cross,  
which is the path of glory. Amen

Lord Jesus Christ,  
you humbled yourself  
in taking the form of a servant,  
and in obedience  
died on the cross for our salvation:  
give us the mind to follow you  
and to proclaim you as Lord and King,  
to the glory of God the Father. Amen

## READINGS FOR PALM SUNDAY

### THE PALM GOSPEL

MARK 11: 1 - 11



When they were approaching Jerusalem, at Bethphage and Bethany, near the Mount of Olives, he sent two of his disciples and said to them, 'Go into the village ahead of you, and immediately as you enter it, you will find tied there a colt that has never been ridden; untie it and bring it. If anyone says to you, "Why are you doing this?" just say this, "The Lord needs it and will send it back here immediately."' "

They went away and found a colt tied near a door, outside in the street. As they were untying it, some of the bystanders said to them, 'What are you doing, untying the colt?' They told them what Jesus had said; and they allowed them to take it.

Then they brought the colt to Jesus and threw their cloaks on it; and he sat on it. Many people spread their cloaks on the road, and others spread leafy branches that they had cut in the fields. Then those who went ahead and those who followed were shouting,

'Hosanna!

Blessed is the one who comes  
in the name of the Lord!

Blessed is the coming kingdom  
of our ancestor David!  
Hosanna in the highest heaven!'

Then he entered Jerusalem and went into the temple; and when he had looked around at everything, as it was already late, he went out to Bethany with the twelve.

ISAIAH 50:4 - 9A

The Lord GOD has given me the tongue of a teacher, that I may know how to sustain the weary with a word. Morning by morning he awakens — awakens my ear to listen as those who are taught. The Lord GOD has opened my ear, and I was not rebellious, I did not turn backwards. I gave my back to those who struck me, and my cheeks to those

who pulled out the beard; I did not hide my face from insult and spitting.

The Lord GOD helps me; therefore I have not been disgraced; therefore I have set my face like flint, and I know that I shall not be put to shame; he who vindicates me is near. Who will contend with me?

Let us stand up together. Who are my adversaries? Let them confront me. It is the Lord GOD who helps me; who will declare me guilty?



PSALM 31: 9 - 16

Have mercy on me, Lord,  
for I am in trouble; ♦  
my eye is consumed with sorrow,  
my soul and my body also.

For my life is wasted with grief,  
and my years with sighing; ♦  
my strength fails me because of my affliction,  
and my bones are consumed.

I have become a reproach to all my enemies  
and even to my neighbours,  
an object of dread to my acquaintances; ♦  
when they see me in the street  
they flee from me.

I am forgotten like one that is dead,  
out of mind; ♦  
I have become like a broken vessel.

For I have heard the whispering of the crowd;  
fear is on every side; ♦  
they scheme together against me,  
and plot to take my life.

But my trust is in you, O Lord. ♦  
I have said, 'You are my God.

'My times are in your hand; ♦  
deliver me from the hand of my enemies,  
and from those who persecute me.



**'Make your face to shine upon your servant, ♦ and save me for your mercy's sake.'**

**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**

**PHILIPPIANS 2:5-11**

**Let the same mind be in you that was in Christ Jesus, who, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness. And being found in human form, he humbled himself and became obedient to the point of death — even death on a cross.**

**Therefore God also highly exalted him and gave him the name that is above every name, so that at the name of Jesus every knee should bend, in heaven and on earth and under the earth, and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.**



**THE PASSION GOSPEL**

**[The Passion Gospel has been printed in full for ease of use throughout Holy Week]**

**MARK 14: 1 - 15: 39**

**It was two days before the Passover and the festival of Unleavened Bread. The chief priests and the scribes were looking for a way to arrest Jesus by**

**stealth and kill him; for they said, 'Not during the festival, or there may be a riot among the people.'**

**While he was at Bethany in the house of Simon the leper, as he sat at the table, a woman came with an alabaster jar of very costly ointment of nard, and she broke open the jar and poured the ointment on his head. But some were there who said to one another in anger, 'Why was the ointment wasted in this way? For this ointment could have been sold for more than three hundred denarii, and the money given to the poor.' And they scolded her. But**



**Jesus said, 'Let her alone; why do you trouble her? She has performed a good service for me. For you always have the poor with you, and you can show kindness to them whenever you wish; but you will not always have me. She has done what she could; she has anointed my body beforehand for its burial. Truly I tell you, wherever the good news is proclaimed in the whole world, what she has done will be told in remembrance of her.'**

**Then Judas Iscariot, who was one of the twelve, went to the chief priests in order to betray him to them. When they heard it, they were greatly pleased, and promised to give him money. So he began to look for an opportunity to betray him.**

**On the first day of Unleavened Bread, when the Passover lamb is sacrificed, his disciples said to him, 'Where do you want us to go and make the preparations for you to eat the Passover?'**

**So he sent two of his disciples, saying to them, 'Go into the city, and a man carrying a jar of water will meet you; follow him, and wherever he enters, say to the owner of the house,**

**"The Teacher asks, Where is my guest room where I may eat the Passover with my disciples?" He will show you a large room upstairs, furnished and ready. Make preparations for us there.'**

**So the disciples set out and went to the city, and found everything as he had told them; and they prepared the Passover meal.**



When it was evening, he came with the twelve. And when they had taken their places and were eating, Jesus said, 'Truly I tell you, one of you will betray me, one who is eating with me.'

They began to be distressed and to say to him one after another, 'Surely, not I?' He said to them, 'It is one of the twelve, one who is dipping bread into the bowl with me. For the Son of Man goes as it is written of him, but woe to that one by whom the Son of Man is betrayed! It would have been better for that one not to have been born.'

While they were eating, he took a loaf of bread, and after blessing it he broke it, gave it to them, and said, 'Take; this is my body.' Then he took a cup, and after giving thanks he gave it to them, and all of them drank from it. He said to them, 'This is my blood of the covenant, which is poured out for many. Truly I tell you, I will never again drink of the fruit of the vine until that day when I drink it new in the kingdom of God.'

When they had sung the hymn, they went out to the Mount of Olives. And Jesus said to them, 'You will all become deserters; for it is written, "I will strike the shepherd, and the sheep will be scattered."

But after I am raised up, I will go before you to Galilee.'

Peter said to him, 'Even though all become deserters, I will not.'

Jesus said to him, 'Truly I tell you, this day, this very night, before the cock crows twice, you will deny me three times.' But he said vehemently, 'Even though I must die with you, I will not deny you.' And all of them said the same.



They went to a place called Gethsemane; and he

said to his disciples, 'Sit here while I pray.' He took with him Peter and James and John, and began to be distressed and agitated. And he said to them, 'I am deeply grieved, even to death; remain here, and keep awake.' And going a little farther, he threw himself on the ground and prayed that, if it were possible, the hour might pass from him. He said, 'Abba, Father, for you all things are possible; remove this cup from me; yet, not what I want, but what you want.'

He came and found them sleeping; and he said to Peter, 'Simon, are you asleep? Could you not keep awake one hour? Keep awake and pray that you may not come into the time of trial; the spirit indeed is willing, but the flesh is weak.'

And again he went away and prayed, saying the same words. And once more he came and found them sleeping, for their eyes were very heavy; and they did not know what to say to him. He came a third time and said to them, 'Are you still sleeping and taking your rest? Enough! The hour has come; the Son of Man is betrayed into the hands of sinners. Get up, let us be going. See, my betrayer is at hand.'

Immediately, while he was still speaking, Judas, one of the twelve, arrived; and with him there was a crowd with swords and clubs, from the chief priests, the scribes, and the elders. Now the betrayer had given them a sign, saying, 'The one I will kiss is the man; arrest him and lead him away under guard.' So when he came, he went up to him at once and said, 'Rabbi!' and kissed him.

Then they laid hands on him and arrested him. But one of those who stood near drew his sword and struck the slave of the high priest, cutting off his ear.

Then Jesus said to them, 'Have you come out with swords and clubs to arrest me as though I were a bandit? Day after day I was with you in the temple teaching, and you did not arrest me. But let the scriptures be fulfilled.' All of them deserted him and fled.

A certain young man was following him, wearing nothing but a linen cloth. They caught hold of him, but he left the linen cloth and ran off naked.

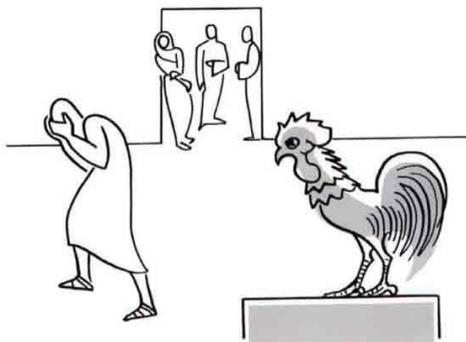
They took Jesus to the high priest; and all the chief priests, the elders, and the scribes were assembled. Peter had followed him at a distance, right into the courtyard of the high priest; and he was sitting with the guards, warming himself at the fire. Now the chief priests and the whole council were looking for testimony against Jesus to put him

to death; but they found none. For many gave false testimony against him, and their testimony did not agree. Some stood up and gave false testimony against him, saying, 'We heard him say, "I will destroy this temple that is made with hands, and in three days I will build another, not made with hands."' But even on this point their testimony did not agree.

Then the high priest stood up before them and asked Jesus, 'Have you no answer? What is it that they testify against you?' But he was silent and did not answer. Again the high priest asked him, 'Are you the Messiah, the Son of the Blessed One?' Jesus said, 'I am; and "you will see the Son of Man seated at the right hand of the Power", and "coming with the clouds of heaven."'

Then the high priest tore his clothes and said, 'Why do we still need witnesses? You have heard his blasphemy! What is your decision?' All of them condemned him as deserving death. Some began to spit on him, to blindfold him, and to strike him, saying to him, 'Prophesy!'

The guards also took him over and beat him.



While Peter was below in the courtyard, one of the servant-girls of the high priest came by. When she saw Peter warming himself, she stared at him and said, 'You also were with Jesus, the man from Nazareth.' But he denied it, saying, 'I do not know or understand what you are talking about.'

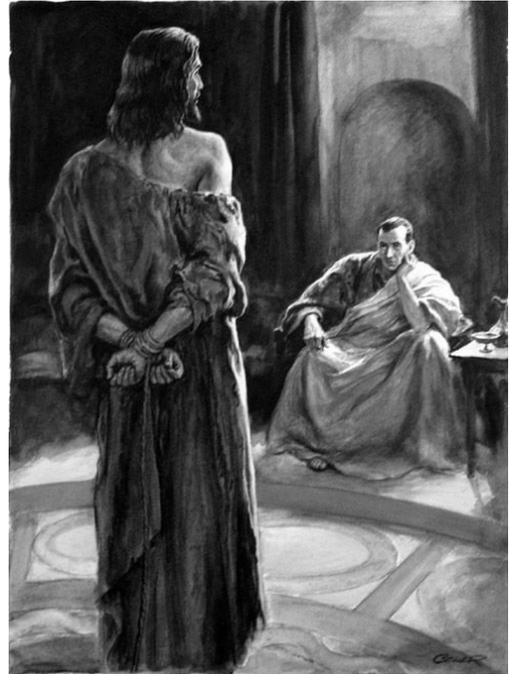
And he went out into the forecourt. Then the cock crowed. And the servant-girl, on seeing him, began again to say to the bystanders, 'This man is one of them.' But again he denied it.

Then after a little while the bystanders again said to Peter, 'Certainly you are one of them; for you are a Galilean.' But he began to curse, and he swore an oath, 'I do not know this man you are talking about.'

At that moment the cock crowed for the second time. Then Peter remembered that Jesus had said

to him, 'Before the cock crows twice, you will deny me three times.' And he broke down and wept.

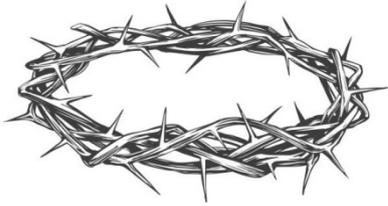
As soon as it was morning, the chief priests held a consultation with the elders and scribes and the whole council. They bound Jesus, led him away, and handed him over to Pilate. Pilate asked him, 'Are you the King of the Jews?' He answered him, 'You say so.' Then the chief priests accused him of many things. Pilate asked him again, 'Have you no answer? See how many charges they bring against you.' But Jesus made no further reply, so that Pilate was amazed.



Now at the festival he used to release a prisoner for them, anyone for whom they asked. Now a man called Barabbas was in prison with the rebels who had committed murder during the insurrection. So the crowd came and began to ask Pilate to do for them according to his custom. Then he answered them, 'Do you want me to release for you the King of the Jews?' For he realized that it was out of jealousy that the chief priests had handed him over. But the chief priests stirred up the crowd to have him release Barabbas for them instead. Pilate spoke to them again, 'Then what do you wish me to do with the man you call the King of the Jews?' They shouted back, 'Crucify him!' Pilate asked them, 'Why, what evil has he done?' But they shouted all the more, 'Crucify him!' So Pilate, wishing to satisfy the crowd, released Barabbas for them; and after flogging Jesus, he handed him over to be crucified.

Then the soldiers led him into the courtyard of the palace (that is, the governor's headquarters); and they called together the whole cohort. And they clothed him in a purple cloak; and after twisting some thorns into a crown, they put it on him. And

they began saluting him, 'Hail, King of the Jews!' They struck his head with a reed, spat upon him, and knelt down in homage to him. After mocking him, they stripped him of the purple cloak and put his own clothes on him. Then they led him out to crucify him.



They compelled a passer-by, who was coming in from the country, to carry his cross; it was Simon of Cyrene, the father of Alexander and Rufus. Then they brought Jesus to the place called Golgotha (which means the place of a skull). And they offered him wine mixed with myrrh; but he did not take it. And they crucified him, and divided his clothes among them, casting lots to decide what each should take.

It was nine o'clock in the morning when they crucified him. The inscription of the charge against him read, 'The King of the Jews.' And with him they crucified two bandits, one on his right and one on his left. Those who passed by derided him, shaking their heads and saying, 'Aha! You who would destroy the temple and build it in three days, save yourself, and come down from the cross!' In the same way the chief priests, along with the scribes, were also mocking him among themselves and saying, 'He saved others; he cannot save himself. Let the Messiah, the King of Israel, come down from the cross now, so that we may see and believe.' Those who were crucified with him also taunted him.



When it was noon, darkness came over the whole land until three in the afternoon. At three o'clock Jesus cried out with a loud voice, 'Eloi, Eloi, lema sabachthani?' which means, 'My God, my God, why have you forsaken me?' When some of the

bystanders heard it, they said, 'Listen, he is calling for Elijah.' And someone ran, filled a sponge with sour wine, put it on a stick, and gave it to him to drink, saying, 'Wait, let us see whether Elijah will come to take him down.' Then Jesus gave a loud cry and breathed his last. And the curtain of the temple was torn in two, from top to bottom. Now when the centurion, who stood facing him, saw that in this way he breathed his last, he said, 'Truly this man was God's Son!'

*Please note this long reading replaces the reflection on Palm Sunday.*

#### PRAYERS FOR MAUNDY THURSDAY

God our Father,  
you have invited us to share in the supper  
which your Son gave to his Church  
to proclaim his death until he comes:  
may he nourish us by his presence,  
and unite us in his love;  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever. Amen

God our Father,  
your Son Jesus Christ was obedient to the end  
and drank the cup prepared for him:  
may we who share his table  
watch with him through the night of suffering  
and be faithful. Amen

#### THE READINGS FOR MAUNDY THURSDAY

EXODUS 12: 1 – 14  
PSALM 116: 9 – end  
1 CORINTHIANS 11: 23 – 26  
JOHN 13: 1 – 17, 31b - 35

#### PRAYERS FOR GOOD FRIDAY

We adore you, O Christ, and we bless you,  
Because by your holy cross  
You have redeemed the world

Almighty Father,  
look with mercy on this your family  
for which our Lord Jesus Christ  
was content to be betrayed  
and given up into the hands of sinners  
and to suffer death upon the cross;  
who is alive and glorified with you  
and the Holy Spirit,  
one God, now and for ever. Amen

Eternal God,  
in the cross of Jesus  
we see the cost of sin  
and the depth of your love:  
in humble hope and fear  
may we place at his feet  
all that we have and all that we are,  
through Jesus Christ our Lord. Amen

#### THE READINGS FOR GOOD FRIDAY

ISAIAH 52: 13 – end of 53

PSALM 22

HEBREWS 4: 14 – 16

JOHN 18: 1 – end of 19

#### THERE IS A GREEN HILL FAR AWAY

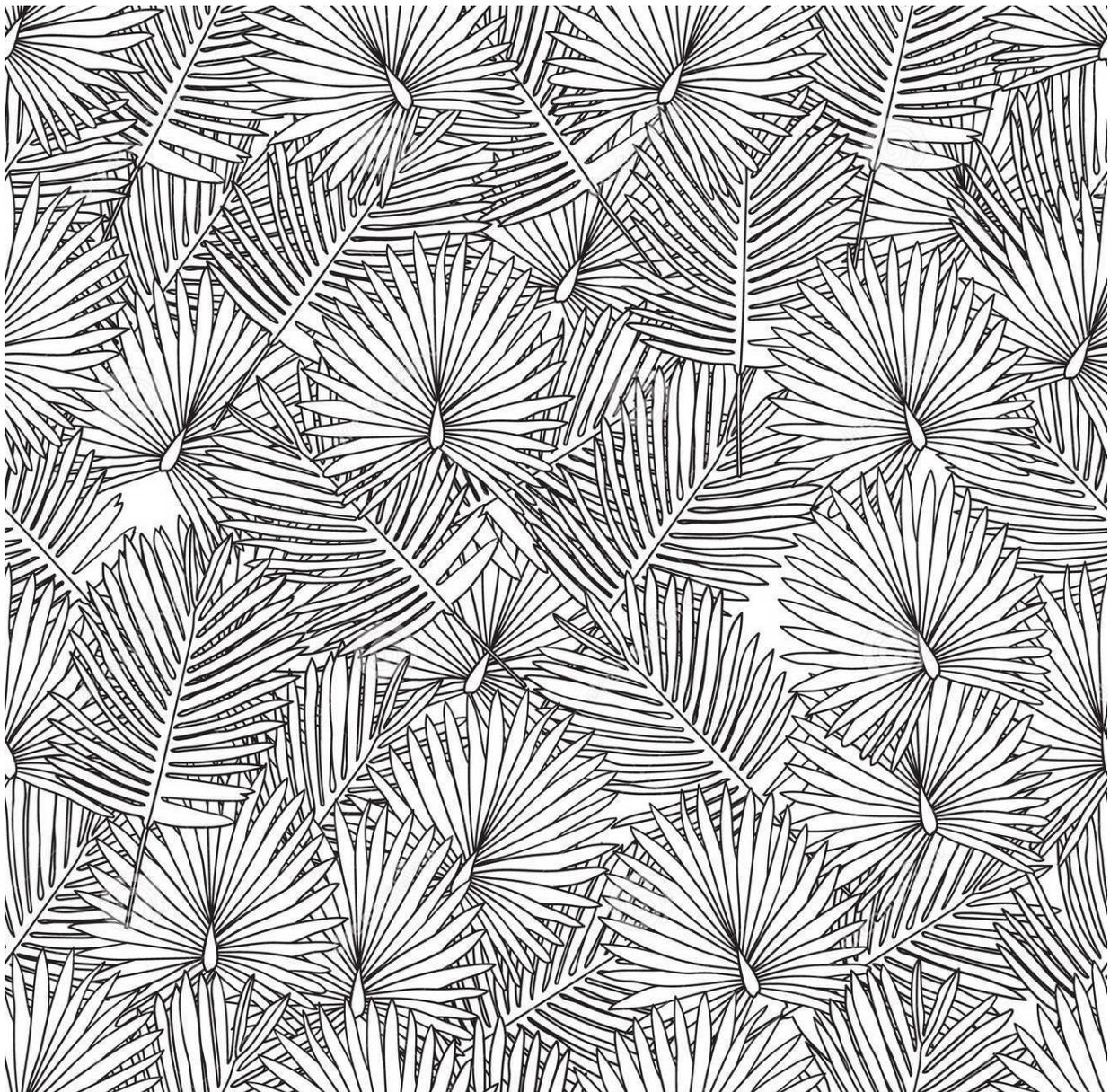
There is a green hill far away,  
without a city wall,  
where the dear Lord was crucified,  
who died to save us all.

We may not know, we cannot tell,  
what pains he had to bear;  
but we believe it was for us  
he hung and suffered there.

He died that we might be forgiven,  
he died to make us good,  
that we might go at last to heaven,  
saved by his precious blood.

There was no other good enough  
to pay the price of sin;  
he only could unlock the gate  
of heaven, and let us in.

O dearly, dearly has he loved,  
and we must love him too,  
and trust in his redeeming blood,  
and try his works to do.





**Jesus and his disciples were approaching Jerusalem, at Bethphage and Bethany, near the Mount of Olives.** They were almost near enough to hear the noise of the pilgrim crowds in the city.

Jesus sent two of his disciples on ahead, and they went, his surprising words echoing in their minds. He had said, 'Go into the next village, and as soon as you enter it, you will find tied up a colt that has never been ridden. Untie it and bring it to me. If anyone asks you what you are doing, just say, "The Lord needs it and will send it back here immediately."' "

So they went off and found a colt in the street, tied up near a door. As they were untying it, some of the bystanders said to them, 'What are you doing, untying the colt?' They told them what Jesus had said, and they allowed them to take it. Then the disciples brought the colt to Jesus, threw their cloaks on it and he sat on the animal.

There was a crowd of people and many of them spread their cloaks out on the road in front of Jesus, while others laid down leafy branches that they had cut from the fields. And these pilgrims sang their ancient song:

'Hosanna! Blessed is the one who comes in the name of the Lord! Blessed is the coming kingdom of our ancestor David! Hosanna in the highest heaven!' And in these words, they heard the cries of the prophets of old. Then Jesus entered Jerusalem and went into the Temple. He looked around at everything, and as it was late, he went to spend the night at Bethany with his twelve disciples. **Mark 11.1-11**



Name \_\_\_\_\_

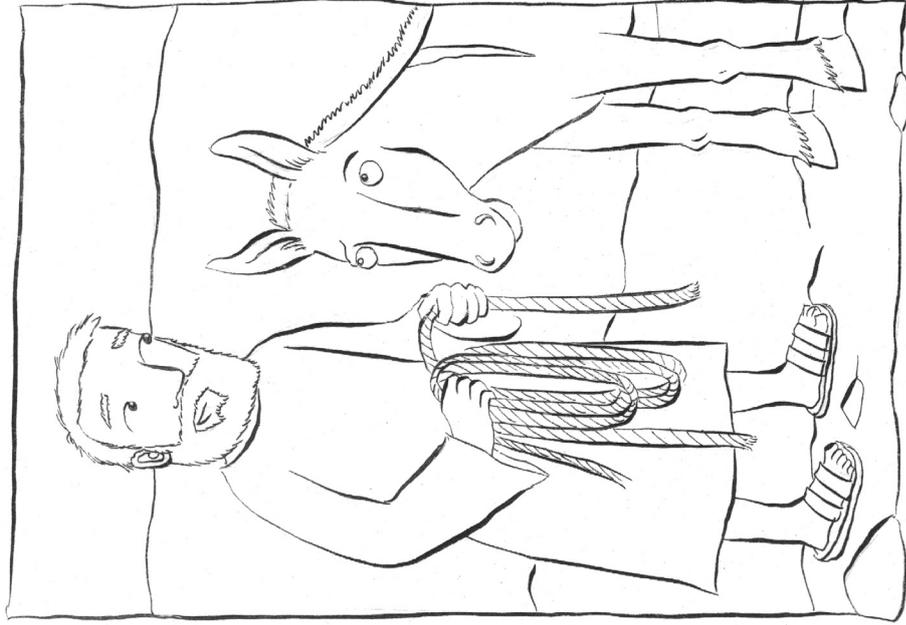
# ROOTS Activity Sheet

28 March – 3 April 2021  
Palm Sunday



## Mark 11.1-11

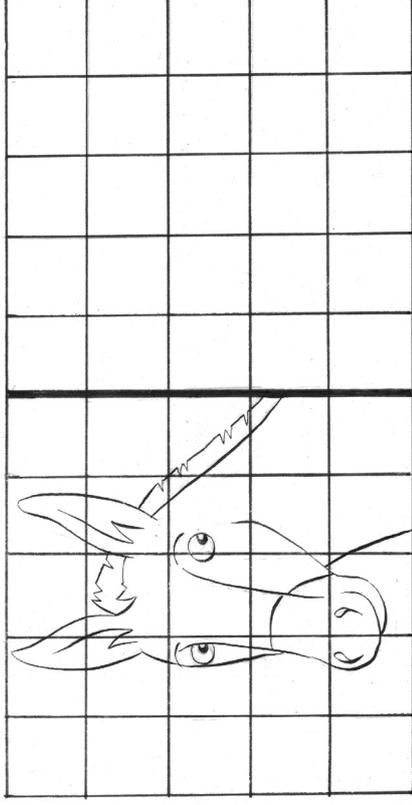
As Jesus enters Jerusalem during the preparations for a festival, he is welcomed by a crowd of people who celebrate his arrival by waving palm branches and singing, 'Hosanna!'



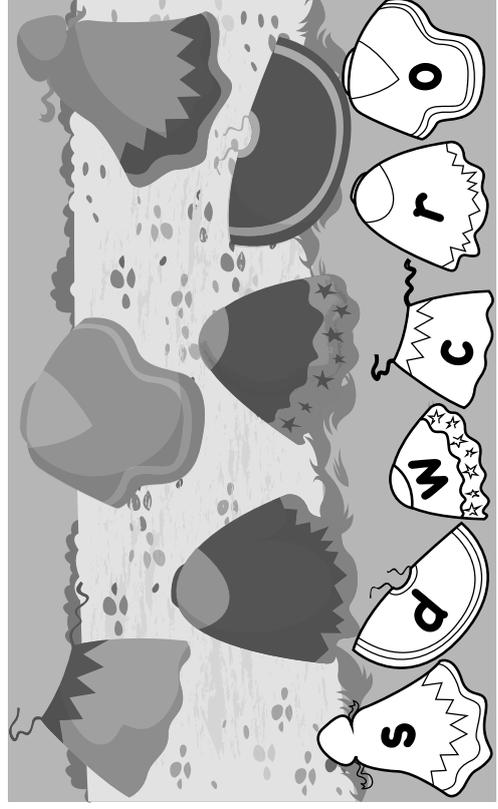
What would you be willing to give to Jesus?



Copy a colt using the drawing grid.



Match the cloak shapes to find the hidden word on the road.



Write a letter from one of the disciples thanking the owner of the colt for lending it to you.

