

# St Francis Weekly News for

## ALL SAINTS DAY

### 1<sup>st</sup> November 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](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?

##### NO ESCAPING THE RAIN...

Last week I had to chuckle to see the photo of Revd Winnie and Brother Eeyore sitting under an umbrella praying for the rain to stop.

This week I'm not so much chuckling as pondering on whether these two are in fact prophets as it seems that they may have known something that I didn't know!

Unfortunately, because of some deterioration to the roofing materials and the sheer persistence of the weather in recent weeks what was a minor problem with a roof leak to the front of the church building has now developed into something rather more serious.

Not only are we facing a significant roof repair – we are also going to have to make good the water damaged ceiling in one of the lavatories.

As you may recall it was only a few weeks ago that Deborah, our Treasurer, reminded us that whilst our financial situation is not in dangerously perilous state, we have very little spare money in the coffers.

I think that Revd Winnie and Brother Eeyore should now be praying not only for the rain to stop, but also for a swift and inexpensive repair to the roof – and the funds to meet the cost! Needless to say, I'll be joining them in their prayers...



This is Nick Brown of 'Nick Brown Services' who is always swift to answer any call for help when something goes wrong with our church buildings.

Not only is he a great chap to have around, he also is very persuasive; he managed to get me up a ladder – hence the photo!

#### REVD WINNIE & BROTHER EYORE'S HALLOWE'EN DISPLAY



Although we were not able to get outside the church this year to meet and greet any children and young people who may have been out and about on All Hallows' Eve we have put on what we think is a very eye catching window display.

Filled with sparkling lights, a glowing cross and pumpkins carved with a message of love, St Francis Church is yet again preaching the gospel without saying a word!

The window display will stay in place for a few days - so if you can, why not pop down after dark to take a look?

#### 'REMEMBERED WITH LOVE'

St Francis annual memorial service is taking place during the afternoon of 1<sup>st</sup> November at 3pm.



This service of hope is for all who live with the sadness of bereavement and offers a time of formal remembrance and the opportunity to light a candle in memory of that loved one who is no longer with us.

There will also be people on hand to listen and offer support and prayer.

The service lasts about half an hour and although we are not able to sing together we are very blessed to be able to welcome Bev Williams to the service who will sing for us as part of the service.

Please do come along if you are able – all are welcome.

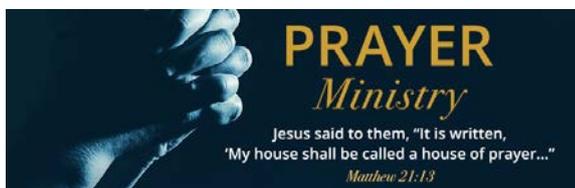
### PRAYER MINISTRY IN ST FRANCIS

As from the 1<sup>st</sup> November, All Saints Day, prayer ministry will be available in the lounge area as an integral part of our Sunday morning worship.

Anyone who would like to take advantage of this ministry is invited to make their way to the lounge having received Holy Communion.

The area to the rear of the lounge will be used as the prayer space and those awaiting prayer may sit at one of the socially distanced tables at the church end of the lounge until invited into the prayer area.

Those involved will be using the appropriate PPE and as always confidentiality will be strictly observed. Please remember to wear a face covering if you are able to do so.



As a part of our prayer ministry here at St Francis we are also hoping to form a prayer chain group; this is basically a number of people who agree to pray for individuals or situation upon request – a wonderful source of comfort for those who find themselves in sudden or acute need of prayerful support.

A prayer chain works by having a coordinator who receives the prayer request and then contacts two other members via a phone call – who then in turn contact other members of the prayer chain. This means a number of people can be contacted and asked to pray in a very short space of time.

I have had experience of such chains of prayer and I know that those who have received prayer have found it to be a great source of comfort and strength.

The beauty of this form of prayer group is that even folk who cannot get out much can be involved in this incredibly important ministry.

If you would like to know more or feel you could be a part of the St Francis prayer chain please let me know. Revd Janet: 07990 576118

### REMEMBRANCE SUNDAY – 8<sup>TH</sup> NOVEMBER



It is planned that St Francis Church Act of Remembrance will take place outside the church building at 11am. Subject to any changes in covid restrictions If you would like to take part in this most solemn act of honouring all those who have given their lives in the service of their country we will begin assembling at around 10.50am.

Usual Covid social distancing will apply as will the wearing of a face covering if possible.

A Remembrance Day Service of the Word will follow on in the church.

Although there will be no Service of Holy Communion on the morning of the 8<sup>th</sup> November, Holy Communion will be celebrated in the evening at 5pm in place of the usual service of Evening Prayer.

### CONFIRMATION SERVICE

We are delighted to announce that our confirmation candidates Tracey Pardon and Adam Lowe will be confirmed by the Lord Bishop of Norwich, The Rt Revd Graham Usher.

The service will take place in St Francis Church building on St Andrew's Day, 30<sup>th</sup> November at 7.30pm

If you would like to know more please contact the Vicar, Revd Janet [07990 576118] or Fr Tracy [07834 845623]



**CORONAVIRUS CASES ARE**  
**↑ INCREASING ↑**  
**IN NORWICH**  
**WE MUST SLOW THE SPREAD NOW AND PROTECT EACH OTHER**

Wash your hands more often

Carry and use hand sanitiser when you can't wash your hands

Wear a face covering in public indoor spaces

Keep your distance from others

Stick to the rule of six

**IF WE ALL PLAY OUR PART NOW,  
TOGETHER WE CAN KEEP NORWICH SAFE**  
PROTECT OURSELVES. PROTECT OTHERS. PROTECT NORWICH.

Norfolk County Council NORWICH City Council NHS

Covid 19 is a real threat to the wellbeing of many people and as the winter months draw closer so does the need for vigilance in keeping it at bay.

With the increase in the concerns about the spread of the virus and the accompanying hardships that many people are living with never has it been more necessary for us all to treat one another with kindness.

And never before has it been so vital for us to look and listen out for folk who might be struggling.

Please, if you would like the opportunity to have a chat, or if you need some assistance of any kind please do not hesitate to get in touch with us. We are very happy to talk with you if that would be helpful.

We are also able to offer help if you or someone you know needs support with basic food provision.

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 [07834 845623]

Eleanor [07840 206716]

Also, there is always someone available in the church building weekdays 10.00am – 12.00pm; please feel free to knock at the door, it will open to you.



#### 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

#### THE CURATE'S CORNER

As I write, it is Saturday 31<sup>st</sup> October, and tonight is: Hallowe'en. What on earth does that mean? Well, in the church calendar, tomorrow is All Hallowmas, and tonight is the evening (or "e'en" for short) before. Easy peasy!

Seriously, though, what on earth is 'All Hallowmas' about? Well, there's a big clue in the traditional (old) form of the prayer that Jesus taught us, the Lord's prayer. 'Our Father, who art in heaven, hallowed be thy name'. To be 'hallowed' means simply to be made holy, to be set apart from the world and pointed towards God, to be blessed. So the feast of All Hallows is now much more commonly known as the feast of All Saints, the day in the calendar when we honour the 'saints'.

A couple of weeks ago, I wrote about the 'church' as being God's family, a group of people who pray together, and last week I wrote about prayer, too. I've just mentioned the prayer that Jesus taught us, called the 'Lord's Prayer'. You can read about it in the bible, look up Matthew 16:9-13. This is a prayer that Jesus gave us as a kind of a model, which we can use at church services as well as other times when we pray. It covers just about everything we need to pray for.

One thing to remember is that, when we pray, we are never alone. Even when we think we are alone, we are surrounded by a crowd of angels and saints. They also belong to God's family; the same family we become part of when we are baptised. The saints are people who lived before us, people just like us. They are part of the same family of God, the difference being that now they are in

heaven, with Jesus. They too are our brothers and sisters. They had to struggle with doubts, fears and misgivings. Some of them had to undergo difficult and painful trials during which they stayed faithful to God and what they believed in about Him. Many of them were very bad people, until they discovered God's love for them and became transformed into the people God wanted them to be. They achieved this through God's grace – a free gift that God will bestow on all of us who believe in Him. They are therefore 'blessed' – or hallowed.

The saints were people who belonged to churches, listened to God's word from the bible, and received the sacrament of holy communion. Through prayer they had a relationship with God their creator, just as we can if we pray. They went before us and they are often described as a great cloud of witnesses, witnesses that testify to the truth of God's love. Some, but by no means all, are remembered in the church's calendar by name. The feast of all saints on November the 1<sup>st</sup> is the one day when we do remember them all, all those who went before us in faith.

So rather than the chaos of darkness and disturbance that has come to characterises the evening before, All Saints is a time of celebration of all things that are alive, and good, and full of healing light. We've tried to reflect that in the church window today by putting up lots of lights and we hope you enjoy them. We want to remind you too, that 'holiness', or being blessed, is not reserved for a few special people who are too good to be true. Holiness is a result of grace, remember – the free gift of God. And grace is a gift that is for everyone – and strange though it may seem, the most holy people seem to have been those who are the most broken, the poorest, the people society puts down. All of us can be blessed, should we choose to accept that wonderful gift of grace – the grace that is truly 'amazing!'

In fact, the first saint, I would suggest, and certainly the first disciple of Jesus, was Mary, His mother.



Mary was a plain lowly girl that nobody would have batted an eye at. Yet God chose her to give birth to our Saviour, and the important thing is that she said yes. She is the mother too, of all of us who belong to the family of Jesus.

Here is a prayer to help us to say 'yes' to God:

Father God, help me to be like Mary who always said 'yes' to your love and to your plan for her life.

Very often I say 'no' to your love.  
I try to push you away.  
I try to run my own life.

Help me to remember that you made me to be filled with your love and light.

Help me to say 'yes' to you, just as Mary did, so that others may come to know your love through me. Amen

Every blessing,

**Fr Tracy**

**A WORD FROM THE VICAR**

As I write this we are still awaiting a speech by the Prime Minister to tell us what the next few weeks will hold in terms of further measures to prevent the spread of coronavirus.

Whatever lay ahead over the next weeks and months please be assured that we here at St Francis will endeavour to hold the Heartsease community in prayer, and do everything in our power to help support anyone who comes to us for support or assistance.

As you may know from what I have written here over the past few weeks, life has been particularly testing for me and my husband, but thankfully albeit very slowly, the situation is improving and our hearts are much easier. I have no doubt that the power of prayer has seen us through, our faith has given us a rock to cling to through the storm.

As I look to the days ahead I take comfort in knowing that although the storm may not abate prayer, faith and love will continue to uphold and strengthen me.

I pray that you too will know that for yourselves.

God bless you and yours

**Revd Janet**

## FOR OUR PRAYERS

We pray for those who are in acute need of prayer at this time: Stephen C; Barry S; Margaret T; David & Cynthia S; Darren L; Maegan; Tom; Riley & his mum and family; Jeanette, David & Grace; Paula; Pete; Lauren; Fr Brian; Hazel; Ben; Frazer.

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

We remember with love Stanley Lloyd; Joan Tyrrell 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 ALL SAINTS DAY

Almighty God,  
you have knit together your elect  
in one communion and fellowship  
in the mystical body of your Son Christ our Lord:  
grant us grace so to follow your blessed saints  
in all virtuous and godly living

that we may come to those inexpressible joys  
that you have prepared for those who truly love  
you;  
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

God of holiness,  
your glory is proclaimed in every age:  
as we rejoice in the faith of your saints,  
inspire us to follow their example with boldness  
and joy;  
through Jesus Christ our Lord. Amen

## POST COMMUNION

God, the source of all holiness and giver of all good things:  
may we who have shared at this table  
as strangers and pilgrims here on earth  
be welcomed with all your saints  
to the heavenly feast on the day of your kingdom;  
through Jesus Christ our Lord. Amen

## READINGS FOR ALL SAINTS DAY

### REVELATION 7:9 - 17



After this I looked, and there was a great multitude that no one could count, from every nation, from all tribes and peoples and languages, standing before the throne and before the Lamb, robed in white, with palm branches in their hands.

They cried out in a loud voice, saying, 'Salvation belongs to our God who is seated on the throne, and to the Lamb!'

And all the angels stood around the throne and around the elders and the four living creatures, and they fell on their faces before the throne and worshipped God, singing, 'Amen! Blessing and glory and wisdom and thanksgiving and honour and power and might be to our God for ever and ever! Amen.'

Then one of the elders addressed me, saying, 'Who are these, robed in white, and where have they come from?'

I said to him, 'Sir, you are the one that knows.'

Then he said to me, 'These are they who have come out of the great ordeal; they have washed their robes and made them white in the blood of the Lamb.'

For this reason they are before the throne of God, and worship him day and night within his temple, and the one who is seated on the throne will shelter them.

They will hunger no more, and thirst no more; the sun will not strike them, nor any scorching heat; for the Lamb at the centre of the throne will be their shepherd, and he will guide them to springs of the water of life, and God will wipe away every tear from their eyes.'

#### PSALM 34:1 - 10



I will bless the LORD at all times;  
his praise shall continually be in my mouth.

My soul makes its boast in the LORD;  
let the humble hear and be glad.

O magnify the LORD with me, and let us exalt his name together.

I sought the LORD, and he answered me,  
and delivered me from all my fears.

Look to him, and be radiant; so your faces shall never be ashamed.

This poor soul cried, and was heard by the LORD,  
and was saved from every trouble.

The angel of the LORD encamps  
around those who fear him, and delivers them.

O taste and see that the LORD is good;  
happy are those who take refuge in him.

O fear the LORD, you his holy ones,  
for those who fear him have no want.

The young lions suffer want and hunger,  
but those who seek the LORD lack no good thing.

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

#### 1 JOHN 3:1 - 3



See what love the Father has given us, that we should be called children of God; and that is what we are.

The reason the world does not know us is that it did not know him.

Beloved, we are God's children now; what we will be has not yet been revealed.

What we do know is this: when he is revealed, we will be like him, for we will see him as he is.

And all who have this hope in him purify themselves, just as he is pure.

#### MATTHEW 5: 1 - 12



When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them, saying:

'Blessed are the poor in spirit, for theirs is the kingdom of heaven.

'Blessed are those who mourn, for they will be comforted.

'Blessed are the meek, for they will inherit the earth.

'Blessed are those who hunger and thirst for righteousness, for they will be filled.

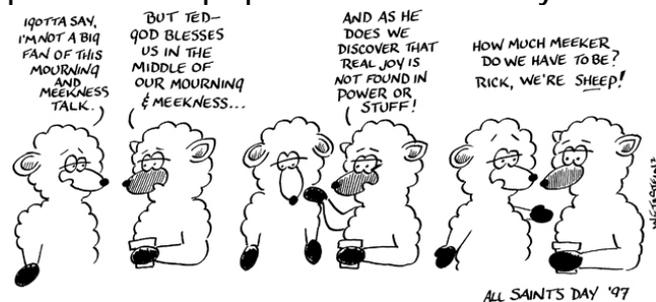
'Blessed are the merciful, for they will receive mercy.

'Blessed are the pure in heart, for they will see God.

'Blessed are the peacemakers, for they will be called children of God.

'Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

'Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.



## REFLECTION FOR ALL SAINTS DAY

On the first Day of November every year the Church celebrates All Saints Day. A day when we honour and give thanks for all the people who have given their lives to God, stood firm in the face of adversity and ultimately either through their life or their death have given us a glimpse of the glory of God

If we were to look them up on the internet we would find that there are over 10,000 named saints – and that's without all the others who aren't named anywhere as saints...

Wait – I hear you say - who are all these others? Well, amazingly enough, anyone who has accepted Jesus Christ as their Lord and Saviour becomes at that moment of acceptance, a saint.

So, if you have Jesus in your heart, and you live by his teaching and you are a part of God's church; you are a saint!

And what is a saint?

Simply someone who belongs to God, someone who lives according to God's way, the way made known to us through Jesus

Some Saints get to be well known – like St Francis, others just quietly live their lives helping others to

live theirs in the best possible way – the way of Jesus.

Today when we commemorate All Saints we not only remember and venerate the Saints of history and tradition – we celebrate and give thanks for the lives of all those who have gone before us in the way of saintliness – people just like us who have lived and loved and done their best to live a godly, Christian life.

And that's all that is asked of us – to do our best for God, to follow Jesus, to listen to his words and live as he would have us live – encouraging others to do the same

True, it will not always be easy, because those who are called to be Saints are not always the most comfortable people to live alongside – but that's what Jesus said didn't he?

He said "Don't be surprised if other people don't think too much of you and persecute you, they won't like the things you have to say, because you are showing them the right way – not the easy way. Just remember that I love you and that the kingdom of heaven is yours, now and for ever"

When Jesus went through his list of people who were especially blessed, he wasn't just talking to those people sitting on the hillside listening to him – he was and is talking to us

In every situation, good or bad, if we follow him and live by his way – we will be blessed and 'all shall be well' to use the words of a certain local saint – Norwich born Mother Julian.

In these dark and uncertain times we are living through, how blessed we are to have such assurance from God, and how blessed we are to have had good examples of Godly living – the saints, people who have walked in faith steadfastly pointing us in the right direction.

So, let us together give thanks for all who have walked in the way of holiness, shared God's love with us, shown us the way and given us a good start in walking the saintly path.

And as we give thanks – let's not forget to look behind us to see who is following us and make sure we are steadfast and faithful in leading them on to saintly living.

Revd Janet



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Jesus saw the crowds who were there. He went up on a hill and sat down. His followers came to him. Jesus taught the people and said:

“Those people who know they have great spiritual needs are happy.

The kingdom of heaven belongs to them.

Those who are sad now are happy.

God will comfort them.

Those who are humble are happy.

The earth will belong to them.

Those who want to do right more than anything else are happy.

God will fully satisfy them.

Those who give mercy to others are happy.

Mercy will be given to them.

Those who are pure in their thinking are happy.

They will be with God.

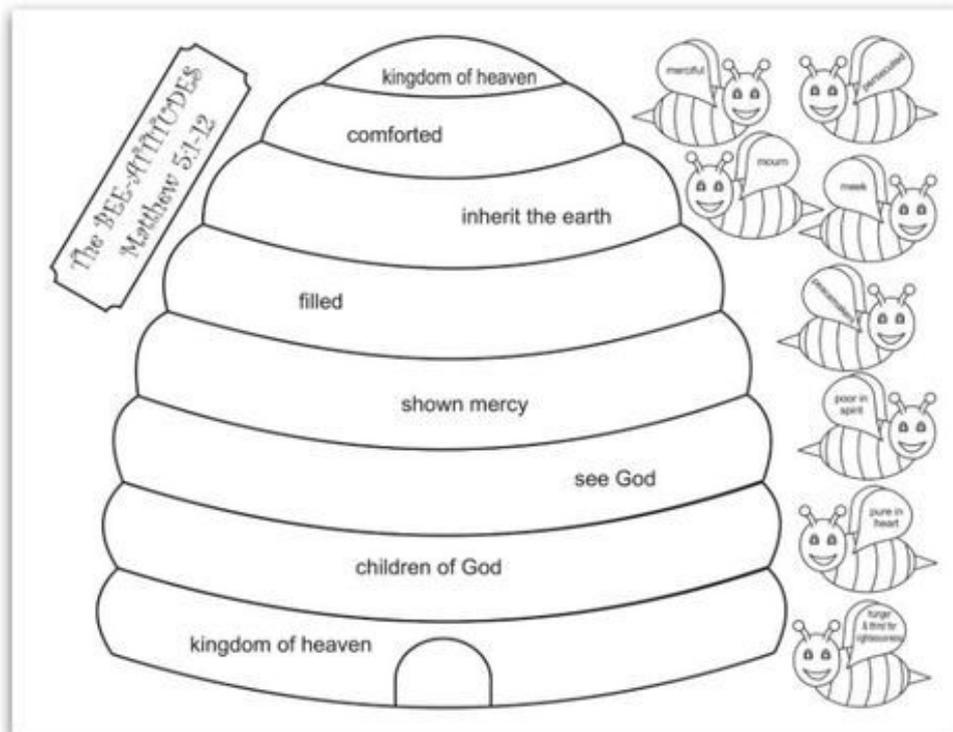
Those who work to bring peace are happy.

God will call them his sons.

Those who are treated badly for doing good are happy.

The kingdom of heaven belongs to them.

“People will say bad things about you and hurt you. They will lie and say all kinds of evil things about you because you follow me. But when they do these things to you, you are happy. Rejoice and be glad. You have a great reward waiting for you in heaven. People did the same evil things to the prophets who lived before you.



# ALL SAINTS

My name is: \_\_\_\_\_

Many Christians died for their faith during the early centuries of the Christian Church. Special days were set aside to remember them... All Saints Day is when we remember them all together.

Famous Christians



- 1 .....
- 2 .....
- 3 .....

'Saintly' people I know




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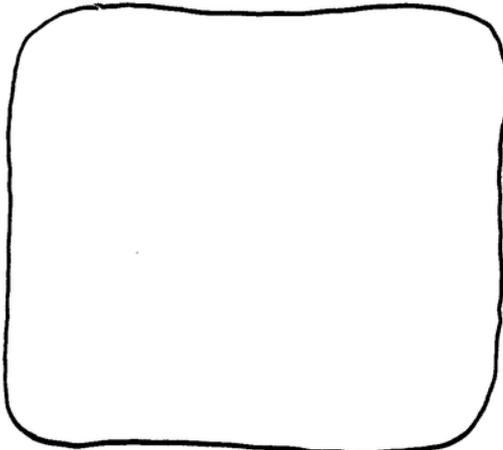
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A Christian who has inspired me



As always you can draw or write...

Is there a saint who shares your name? ↴



WHAT DOES A SAINT LOOK LIKE?



St Simeon Stylites - lived on top of a pillar for 36 years

Bible Verse:

... there before me was a great multitude that no-one could count, from every nation, tribe, people and language, standing before the throne and in front of the Lamb.

REVELATION 7:9

MANY CHURCHES ARE NAMED AFTER SAINTS. FOR EXAMPLE:

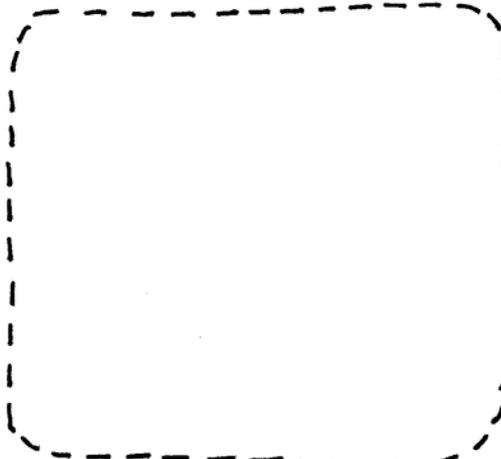
- ST \_\_\_\_\_  
 ST \_\_\_\_\_  
 ST \_\_\_\_\_

↑ ones I have heard of

I would make a good patron saint of:

.....

of course, in one sense all of Christ's followers are saints... so a self portrait would make a good picture of a saint



SELF PORTRAIT\*

To Do:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 Find out about a Christian who changed the world

space for a prayer ↗

space for notes ↘

know - drawing a self portrait is often on these worksheets.