

# St Francis Weekly News for THE THIRD SUNDAY OF EPIPHANY 24<sup>th</sup> January 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?

### CHURCH REMAINS CLOSED FOR WORSHIP

In order to keep everyone safe the church remains closed for Sunday worship. However, we continue to broadcast the service via the St Francis YouTube channel.

If you would like assistance in respect of joining our YouTube channel or would like to talk about how you might receive the sacrament please do not hesitate to get in touch with Fr Tracy [07834 845623] who will be taking all calls this forthcoming week whilst the Vicar takes a break.

### EPIPHANY

Last Sunday we explored St John's account of Philp introducing Nathanael to Jesus – John's second story about Jesus that reveals him as the Son of God. This week we stay with John's Gospel and travel with him to the village of Cana in Galilee, where a very special guest at a family wedding does something amazing with six huge jars of water.

In the meantime, in St Francis Joseph, Mary and baby Jesus set out on their journey to Jerusalem



Next week we reach the conclusion of Epiphany season with the Festival of The Presentation of Christ in the Temple, otherwise known as Candlemas. This is one of the most beautiful of festivals in the church calendar, and it celebrates the moment when the baby Jesus is recognised by the Temple priest Simeon as being 'The Light of the World'



Revd Winnie, Brother Eeyore and Piglet look on as the Holy Family leave for the Temple in Jerusalem.

Brother Eeyore can't help noticing that the road they will be travelling leads straight to the cross...

### ASSISTANCE DURING WINTER LOCKDOWN

We extend our deep gratitude to those who have once again been contributing non-perishable foods and goods to St Francis Free Food. This means that we have a small stock of food and toiletries that we can pass on to those who find themselves in difficult circumstances.

Please do not hesitate to get in touch with us if you or someone you know is in need of a helping hand in respect of feeding themselves or their family.

24/7 answerphone: 01603 431259

Please leave your name and a contact number and we will return your call as soon as possible. Alternatively you may come to the church any weekday morning 10am – 12pm, there is always someone on the premises at this time.



## GET CREATIVE!

The eye catching 'stay home' poster was submitted for our 'Get Creative' section of the newsletter. Thank you Bee for using your creative skills to help get such an important message across.

Bee also submitted another poster that is on display in church lobby. [Modesty prevents me from reproducing it here] Again, many thanks to her for rising to the creative challenge!

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

## GOOD NEWS! WE'VE WON A NEW PIANO...

In the Autumn of 2020, Cookes Pianos launched a competition where local charities and organisations were invited to submit a bid to win a piano.

Five instruments were on offer and represented a celebration of five decades of service to the firm by former owner of the business Steve Battle.

Having spotted the story in the media, David Lechmere suggested we enter the competition – 'brilliant,' says I to David, 'but I won't hold my breath...'

To cut a long story short I received a very excited email on Christmas Eve that simply read, 'a complete surprise, but a welcome one!'

I scrolled down and there, much to my delight was the news:



We took delivery of the piano this last Tuesday morning – and it was with great delight we learned that it was in fact a beautifully reconditioned upright Steinbach!

No pictures as yet – we want to wait until Pete is able to come and play for us once more and we can have a proper celebration



A moment of farewell...

Many thanks to Miller Music for selecting St Francis Church as a winning organisation, for the smooth delivery of our shiny new piano – and for the hassle free removal of old faithful, who I am assured will, after some attention, soon find an appreciative new home.

## NEXT DOOR @ST FRANCIS & HEARTSEASE COMMUNITY MONEY ADVICE CENTRE [HCMAC]

It was with great excitement that we were able to announce the launch of our very own Money Advice Centre for the Heartsease Community.

We have already had an encouraging uptake of our services, and although we are not as yet able to meet clients face to face we look to the day when we can welcome them through the door of our dedicated office in Next Door @St Francis.

Next Door@ St Francis is also all ready and waiting for the go ahead to open up once more as a place of welcome and hospitality.

As we start to plan for that day, we will be seeking to recruit volunteers to run the community café that we hope will provide a happy meeting place for all the lovely Heartsease folk who we miss very much!

If you would like to be involved in either the Café or the Community Money Advice Centre please send your details to: [vicar@stfrancisheartsease.co.uk](mailto:vicar@stfrancisheartsease.co.uk)



cma  
Heartsease  
Community Money Advice

### Now open

We have trained debt advisers

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)



WEEK OF PRAYER FOR CHRISTIAN UNITY  
18<sup>TH</sup> – 25<sup>TH</sup> JANUARY



Throughout Sunday 24<sup>th</sup> January a candle will burn on the Altar in St Francis Church, a sign of our prayerful involvement in the annual Ecumenical Week of Prayer for Christian Unity. The week of prayer concludes on Monday 25<sup>th</sup> January. If you would like to take part in the prayers the church space will be open on that day between 10.30am – 11.30am.

## In loving memory



Wednesday 27<sup>th</sup> January  
10.30am-2pm

We will be open for private prayer or thoughts  
Light a candle, leave a picture or a message  
St Francis Church, Rider Haggard Road

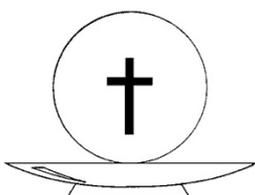


We will also be broadcasting the funeral service live, and appropriately socially distanced, in Church at 11am Wednesday 27<sup>th</sup> January for anybody who would like to attend. No flowers please but donations to PAPHYRUS would be appreciated.

### WINTER LOCKDOWN

Please note that the Church is not open for Sunday Worship.

However, the church is available for individual prayer every weekday 10.30am – 11.30am.



If you would like to spend some time in the church or would like to make enquiries about receiving the sacrament

please do feel free to contact Fr Tracy - 07834 845623

If you would like to join in with Sunday Worship we continue to broadcast via the St Francis YouTube channel. Just search for 'St Francis Heartsease YouTube' !

### THE BELLS ARE STILL RINGING!

Well, one is anyway...

With another lockdown and the reality that many people are again having to shield; St Francis is once again ringing out the reminder that the community is being held in prayer throughout the day and that God's love is with us always.

If you hear the bell – it means that prayers are being said for you; and please remember that no matter what is happening in our lives we are all precious in God's eyes and we are never alone.

Incidentally, each ring should total 33 tolls of the bell [3 x 11] which is the number of years Jesus was with us on earth. It is a reminder that he is with us still in spirit and his blessing is always upon and around us.

### HOME GROUP

Many thanks to Jim Green who is offering folk the opportunity to get together via a Zoom Room every fortnight on a Wednesday evening.

The forthcoming dates are:

January 27  
February 10, 24  
March 10, 24

As before the times are 7- 8pm, and the format is very simple: chat, catch up with each other, read a Bible passage, pray for each other.

Please email Jim and he will forward on the zoom link address:

[jimpiecrust@gmail.com](mailto:jimpiecrust@gmail.com)

### ECO CHURCH

St Francis Church is beginning its exciting journey to become more ecologically friendly and you can be part of this. Look out for the short Eco Survey in next week's Newsletter. Completion of this is entirely voluntary (and we don't require names of participants), but the more surveys we receive back the better as the results should help us move forward. More details next week!

The Eco Church scheme, was created in 2016 by a Christian conservation charity.

A Rocha UK rewards churches that strive for high environmental standards in areas of personal lifestyle (which our survey relates to), worship and teaching, church buildings, management of church land and community & global engagement.

The awards are graded Bronze, Silver and Gold. 1000 awards have now been made to churches in England and Wales where the scheme operates!

Sue Green

### RSPB BIG GARDEN BIRD WATCH 2021 (29 – 31 JANUARY)

I'm looking forward to setting aside one hour next weekend, finding a comfy place with a cuppa to observe the birds that visit my garden. I encourage you to see if you can do the same – if you don't have a garden you could try the local spaces. As well as helping the RSPB in their valuable work, you may find participating boosts your feelings of wellbeing.

The RSPB have had such an amazing response from people requesting postal guides that to take part in the survey you will need to go online. Just enter RSPB Big Bird Watch in a search engine and you'll find all the help you need.



Help make this the biggest Big Garden Bird Watch ever (this survey is the world's biggest wildlife survey apparently), but if you are unable to complete the survey why not just take some time out to take notice of our wonderful birdlife.

Sue Green

### NEIGHBOURHOOD NOTICE BOARD

This week we have had a plea from the heart concerning access to pavements on the estate.

We hope that you receive it in a spirit of understanding and cooperation.

*Dear Car Drivers*

*Please remember that the footpaths are for walking on! Many of us do not have a car and need to walk to gain access to buses and shops.*

*When you park on the path those of us with walking aids, pushchairs or wheelchairs cannot always get past and have to use the road instead.*

*This is very unsafe and can cause great anxiety. Please consider everyone's safety and wellbeing and park in a more neighbourly and community minded way.*

*Thank you.*

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

The lock down and the doom and gloom that seems to relentlessly stream out of the media might be too much for some of us to cope with - in all sorts of ways. 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. We are very happy to talk with you if that would be helpful.

If you live on the Heartsease we are also able to offer help if you or someone you know needs support with emergency basic food provision. Our contact details are as follows:

Fr Tracy: 07834 845623

24/7 Answerphone: 01603 431259  
[checked daily]

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



### 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**

## A WORD FROM THE VICAR

It's very exciting for me that for the first time ever I will be able to take part in the Big Garden Bird Watch taking place over 29 – 31 January. [Thank you Sue for flagging it up!]

Much to David's delight I am taking a week off and looking forward to a time of restful relaxation.

The thought of spending time watching the birds in the vicarage garden without feeling I should be up and doing something will make a welcome change.

Whilst I'm sitting around doing not a lot, Fr Tracy will be holding the reins – he's looking forward to hearing from you!

God's blessing be upon you and yours

## Revd Janet

### FOR OUR PRAYERS

We pray for those who are in need of prayer at this time: Huggy; Megan; Denise H; Christine; John P; Scott; Stephen C; Margaret T; David & Cynthia S; Maegan; Tom; Riley & his mum and family; Jeanette, David & Grace; Paula; Pete; 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 Emily and all those who have died in recent days and pray for their family and friends.

### A PRAYER FOR THESE UNCERTAIN TIMES

**The Church of St Francis  
Heartsease**

**Heavenly Father  
We ask your blessing upon us.  
Hold the Heartsease Community,  
and all the world,  
in your arms of love.  
Be with us.  
Give us your strength,  
peace, and healing grace.  
Watch over us,  
protect us from harm;  
and keep in safety  
all those who care for the sick  
and attend to our needs,  
in Jesus name we pray.  
Amen**

God of compassion,  
be close to those who are ill, afraid or 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.

### PRAYERS FOR THE THIRD SUNDAY OF EPIPHANY

Almighty God,  
whose Son revealed in signs and miracles  
the wonder of your saving presence:  
renew your people with your heavenly grace,  
and in all our weakness  
sustain us by your mighty power;  
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 all mercy,  
your Son proclaimed good news to the poor,  
release to the captives,  
and freedom to the oppressed:  
anoint us with your Holy Spirit  
and set all your people free to praise you  
in Christ our Lord. Amen

Almighty Father,  
whose Son our Saviour Jesus Christ  
is the light of the world: may your people,  
illuminated by your word and sacraments,  
shine with the radiance of his glory,  
that he may be known, worshipped,  
and obeyed to the ends of the earth;  
for he is alive and reigns, now and for ever. Amen

### READINGS FOR THE THIRD SUNDAY OF EPIPHANY

GENESIS 14: 17 - 20



After his return from the defeat of Chedorlaomer and the kings who were with him, the king of Sodom went out to meet him at the Valley of

Shaveh (that is, the King's Valley). And King Melchizedek of Salem brought out bread and wine; he was priest of God Most High. He blessed him and said,

'Blessed be Abram by God Most High,  
maker of heaven and earth;  
and blessed be God Most High,  
who has delivered your enemies into your hand!  
And Abram gave him one-tenth of everything.

#### PSALM 128



**Blessed are all those who fear the Lord, ♦  
and walk in his ways.**

**You shall eat the fruit of the toil of your hands; ♦  
it shall go well with you, and happy shall you be.**

Your wife within your house  
**shall be like a fruitful vine; ♦**  
your children round your table,  
like fresh olive branches.

**Thus shall the one be blest ♦  
who fears the Lord.**

**The Lord from out of Zion bless you, ♦  
that you may see Jerusalem in prosperity  
all the days of your life.**

**May you see your children's children, ♦  
and may there be peace upon Israel.**

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

#### REVELATION 19: 6 – 10

Then I heard what seemed to be the voice of a great multitude, like the sound of many waters and like the sound of mighty thunder-peals, crying out,

'Hallelujah!  
For the Lord our God  
the Almighty reigns.  
Let us rejoice and exult  
and give him the glory,  
for the marriage of the Lamb has come,  
and his bride has made herself ready;

to her it has been granted to be clothed  
with fine linen, bright and pure'—  
for the fine linen is the righteous deeds of the  
saints.



And the angel said to me, 'Write this: Blessed are those who are invited to the marriage supper of the Lamb.' And he said to me, 'These are true words of God.' Then I fell down at his feet to worship him, but he said to me, 'You must not do that! I am a fellow-servant with you and your comrades who hold the testimony of Jesus. Worship God! For the testimony of Jesus is the spirit of prophecy.'

#### JOHN 2: 1 – 11



On the third day there was a wedding in Cana of Galilee, and the mother of Jesus was there. Jesus and his disciples had also been invited to the wedding. When the wine gave out, the mother of Jesus said to him, 'They have no wine.' And Jesus said to her, 'Woman, what concern is that to you and to me? My hour has not yet come.' His mother said to the servants, 'Do whatever he tells you.' Now standing there were six stone water-jars for the Jewish rites of purification, each holding twenty or thirty gallons. Jesus said to them, 'Fill the jars with water.' And they filled them up to the brim. He said to them, 'Now draw some out, and take it to the chief steward.' So they took it. When the steward tasted the water that had become wine, and did not know where it came from (though the servants who had drawn the water knew), the steward called the bridegroom and said to him, 'Everyone serves the good wine first, and then the inferior wine after the guests have become drunk. But you have kept the good wine until now.' Jesus did this, the first of his signs, in Cana of Galilee, and revealed his glory; and his disciples believed in him.

## REFLECTION FOR THE THIRD SUNDAY OF EPIPHANY

What comes to mind when we say 'Family'?

I expect that all sorts of positive and negative words come to mind. Worried? Grateful? Happy? Distressed? We know that there are grieving families who, tragically, have lost loved ones recently, and we have seen this in our own church family.

Even if this is not your present experience, the scenario of large families cooped up together, home schooling, separation and isolation, and other difficulties you can think of, means that family life in this pandemic is under pressure. So -when we read Psalm 128, with its image of idyllic family life coming to those who trust in God, I expect for some of us the response will be, "Yeah, right: that's not our experience."

But hold on and we will come back to this Psalm. For the moment remember this: God has families in his heart. If you want to reinforce this, remember the image in our last reading from Revelation, where life in heaven is pictured as a marriage between Jesus and the church.(19:7) I know this is a tricky idea, but it does tell us again: family is at the heart of the way God thinks about people.

Family features in the first miracle in John's gospel, at a wedding. Strangely, we don't hear about the happy couple. What we do hear is a conversation between Jesus and his mother, and then a miracle performed by who? The servants! Sure, his mother alerts Jesus to the impending disaster – no more wine – and Jesus tells them what to do, but it's the servants who do it!

What did they do? They filled the six stone water jars with water. How long did that take? Well, apparently these jars held about 100 litres, so the servants had to get 600 litres from the well to the jars. How long it took depends on the size of their jugs and the number of servants, and how empty these jars were to start with, but long enough for the servants to be asking each other, 'What's all this about? We've run out of wine and we're filling up the washing jars ...'

They are also the ones, at the sharp end: they know that this is water, but they have to take it to the head steward as wine. What reception did they expect from the boss? What were they feeling? And what did they think when they heard the boss say, 'Wow! This wine is amazing!' (or words to that effect.) Then, when they got home, what did they

tell their families? 'You'll never guess what happened today...'

So in this season of Epiphany, when we have travelled with the magi to see God revealed in the infant Jesus, and been to the Jordan to see Jesus revealed in his baptism, we take another journey. We travel to out of the way, peasant, Galilee, to a little village, Cana, to see God revealed to who? The servants! Well, yes, Jesus and his mother were involved, but it was put in the hands of the least of the least, the servants. Everyone else would have found out about it at some point but these were the guys whose adrenalin would have been pumping because they actually did it! Wow! It was like Jesus opened the family to them.

So for us, if we feel a bit on the outside, a bit like the servants, let us remember that God has a place for us in his family.

On the other hand, if we are fortunate enough to be secure in a reasonably functioning family, do what Jesus did, and include others. I've seen people who love their families, but it seems like their family is all that matters. Now, of course our families matter, we've just said so, but...

In another story, when Jesus was told his family wanted to see him, he said that his family were those who did what God wanted (Mark 3:35) In this story, when Jesus tells his mother that 'My hour has not yet come' (v 4) he may be saying that doing what God wants comes before doing what your mother says. The picture of family bliss in Psalm 128 comes to those who 'Fear the Lord' and are concerned about the wellbeing of the whole community.(Psalm 128: 4-5) So in our families we have to listen to God, and one thing he says loud and clear is this: try and include others. By the way, I reckon 600 litres makes about 3600 glasses of wine. That's a lot, so needed sharing don't you think?

So for us? Let us love our families, of course, but at the same time let us hold the door wide open (yes I know we can't do that physically...). At the moment that is difficult. A phone call?

One of the loveliest experiences I had on coming to St Francis was sitting in the lounge on a Messy Church morning, eating breakfast, having fun and worshipping together as a big church family. In this Week of Prayer for Christian Unity, the whole church can be united in this, the need, eventually, to find new ways of expressing family life together.

I can offer you the story of Alison Phipps, who brought up in Sheffield, now has an Eritrean granddaughter who calls her 'Abay!' ('Grandmother'

in Tigrinya, an Eritrean language.) This is because over many years she opened her home to refugees, inviting them to be part of her family.

Finally, I said we'd go back to Psalm 128. What I get from this is that God sees the family unit, whatever shape that takes, as a real focus.. Of course, time and place changes what we mean by a family unit. In the Old Testament marriage was assumed, but in the New we see the single lives of both Paul and Jesus. At my son's wedding in Mexico his wife's grandmother was surrounded by a huge clan for a family photo.

But whatever family looks like, we are talking about a small unit of love and care, of love and laughter and arguments, and yes, tragedy and pain, shared.

It's into this that we need to allow people, to keep our family door not exclusive, but open.

In closing, what is FAMILY?

Can I suggest

F is for friendship

A is for all

M is for many

I is for in, come in, come through the door

L is for laughter, and also Lament

Y is for Yes!!! Of course you can come in!

What do you think?

Jim Green

Reader in training



Two days later there was a wedding in the town of Cana in Galilee. Jesus' mother was there. Jesus and his followers were also invited to the wedding. When all the wine was gone, Jesus' mother said to him, "They have no more wine."

Jesus answered, "Dear woman, why come to me? My time has not yet come."

His mother said to the servants, "Do whatever he tells you to do."

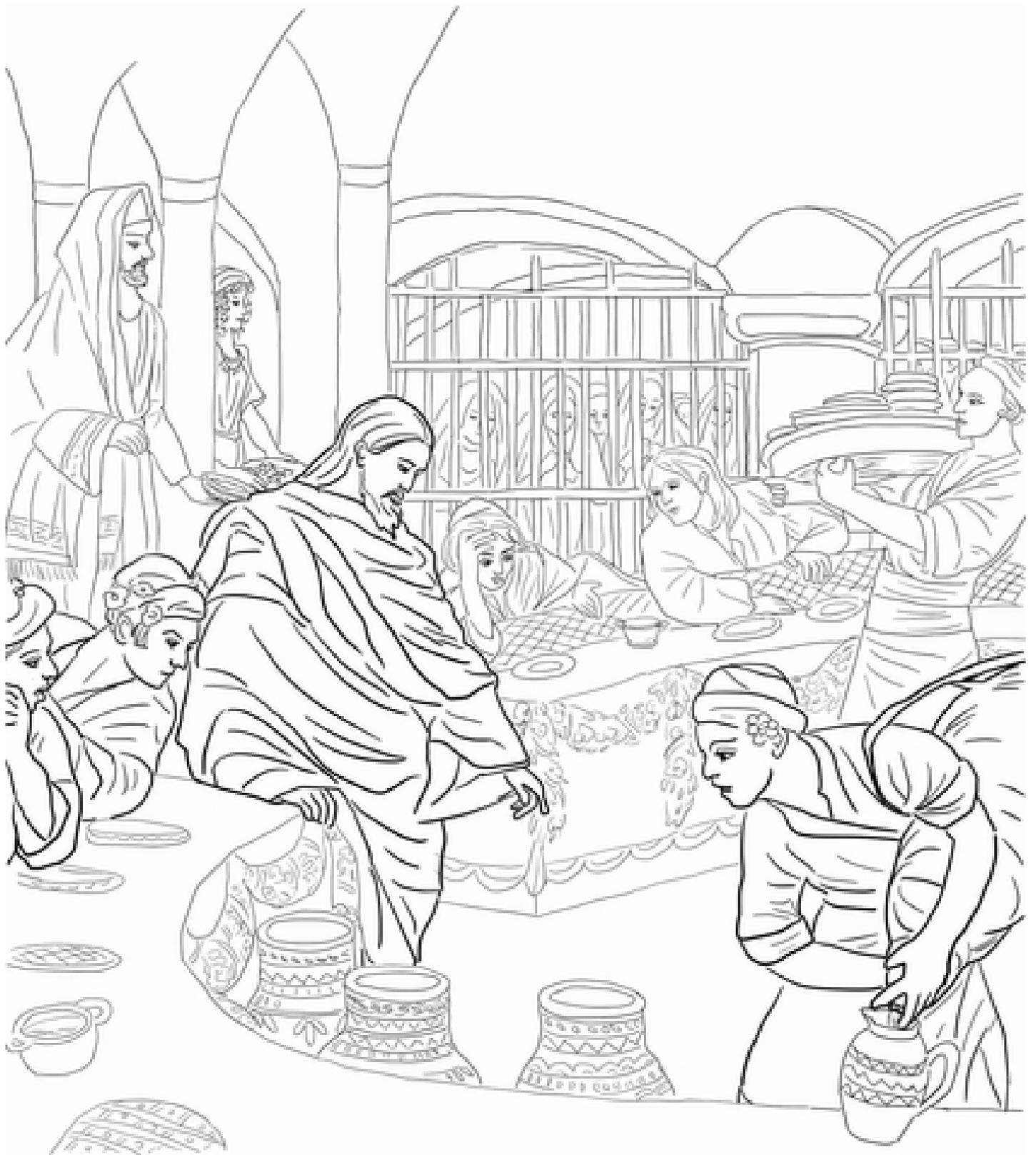
In that place there were six stone water jars. The Jews used jars like these in their washing ceremony. Each jar held about 20 or 30 gallons.

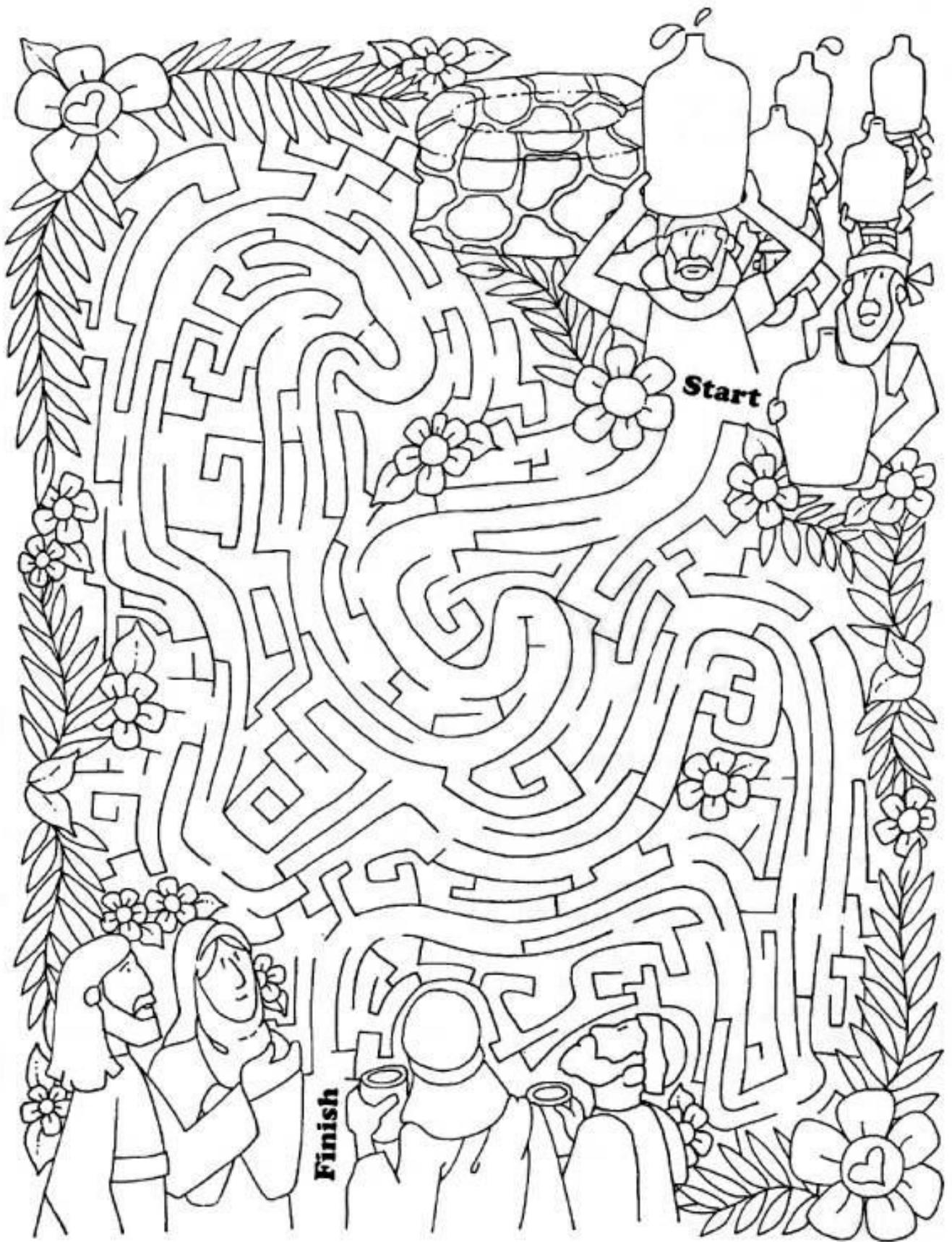
Jesus said to the servants, "Fill the jars with water." So they filled the jars to the top.

Then he said to them, "Now take some out and give it to the master of the feast."

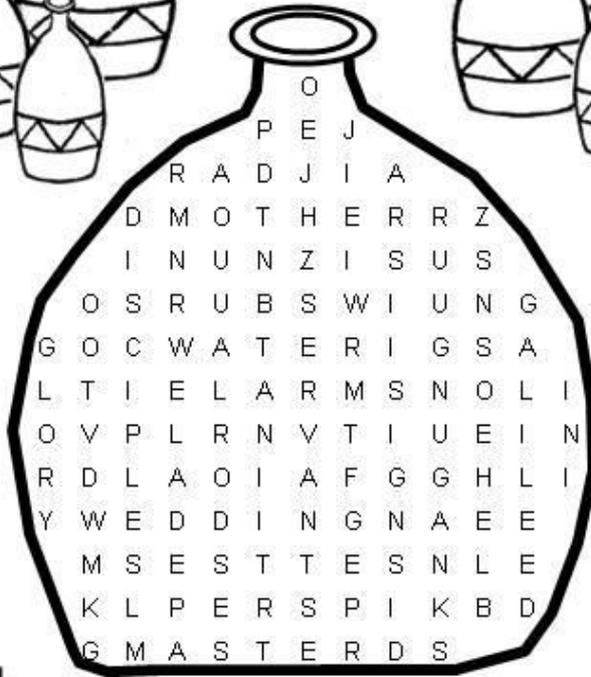
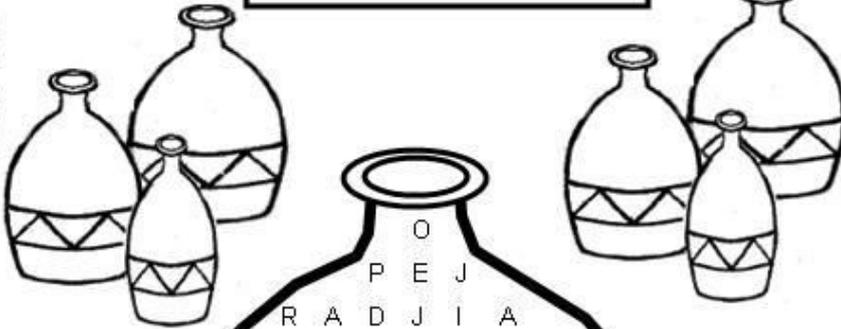
So the servants took the water to the master. When he tasted it, the water had become wine. He did not know where the wine came from. But the servants who brought the water knew. The master of the wedding called the bridegroom and said to him, "People always serve the best wine first. Later, after the guests have been drinking a lot, they serve the cheaper wine. But you have saved the best wine till now."

So in Cana of Galilee, Jesus did his first miracle. There he showed his glory, and his followers believed in him.





# The Wedding at Cana



Find the Hidden Words



Word Bank

Galilee  
Mother  
Disciples  
Wedding  
Wine  
Servants  
Water  
Jars  
Master  
Signs  
Glory  
Jesus

