

The Church of St Francis
THE FIRST SUNDAY OF ADVENT
28th November 2021



Hope

'Hope is like a light shining in a dark place. As we light the first candle in our Advent Ring we remember and celebrate the hope we have in Jesus'

**The Church of St Francis
Heartsease**

FOR OUR PRAYERS

We pray for those who are in need of prayer at this time: Hayley; Ivan and Peter; Audrey; Sheila; Megan; Riley & his mum and family; Grace & David; Alex and Amanda; Kathryn; Willow; Lisa; Lucy.

We continue to pray for Woodside House Care Home; Hebron House and all those who are managing long term issues including: Linda R; Charlotte; Maegan; Carson; Tom; Rosemary; Cynthia & David; John and Jane; Rob, Rosie, and Pete; Shirley.

We pray for those who have died in recent days and for all who mourn the loss of a loved one or a friend.

**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**

COLLECTS FOR THE FIRST SUNDAY OF ADVENT

Almighty God, give us grace to cast away the works of darkness and to put on the armour of light, now in the time of this mortal life, in which your Son Jesus Christ came to us in great humility; that on the last day, when he shall come again in his glorious majesty to judge the living and the dead, we may rise to the life immortal; through him who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen

Almighty God,
as your kingdom dawns,
turn us from the darkness of sin
to the light of holiness,
that we may be ready to meet you
in our Lord and Saviour, Jesus Christ.
Amen



POST COMMUNION PRAYER FOR THE FIRST SUNDAY OF ADVENT

O Lord our God,
make us watchful and keep us faithful
as we await the coming of your Son our Lord;
that, when he shall appear,
he may not find us sleeping in sin
but active in his service
and joyful in his praise;
through Jesus Christ our Lord. Amen

READINGS FOR THE FIRST SUNDAY OF ADVENT

THE WORD OF GOD

You may notice that we do not always use all the readings in our Sunday service – we include them in the bulletin for you to reflect upon them throughout the forthcoming week.

JEREMIAH 33:14-16

The days are surely coming, says the LORD, when I will fulfil the promise I made to the house of Israel and the house of Judah.

In those days and at that time I will cause a righteous Branch to spring up for David; and he shall execute justice and righteousness in the land.

In those days Judah will be saved and Jerusalem will live in safety.

And this is the name by which it will be called: 'The LORD is our righteousness.'

PSALM 25:1 – 9

¹ To you, O Lord, I lift up my soul;
O my God, in you I trust; ♦
let me not be put to shame;
let not my enemies triumph over me.

² **Let none who look to you be put to shame, ♦
but let the treacherous be shamed and frustrated.**

³ Make me to know your ways, O Lord, ♦
and teach me your paths.

⁴ **Lead me in your truth and teach me, ♦
for you are the God of my salvation;
for you have I hoped all the day long.**

⁵ Remember, Lord, your compassion and love, ♦
for they are from everlasting.

⁶ **Remember not the sins of my youth
or my transgressions, ♦
but think on me in your goodness, O Lord,
according to your steadfast love.**

⁷ Gracious and upright is the Lord; ♦
therefore shall he teach sinners in the way.

⁸ **He will guide the humble in doing right
♦
and teach his way to the lowly.**

⁹ All the paths of the Lord are mercy and truth ♦ to those who keep his covenant and his testimonies.

**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 THESSALONIANS 3:9-END

How can we thank God enough for you in return for all the joy that we feel before our God because of you? Night and day we pray most earnestly that we may see you face to face and restore whatever is lacking in your faith.

Now may our God and Father himself and our Lord Jesus direct our way to you. And may the Lord make you increase and abound in love for one another and for all, just as we abound in love for you. And may he so strengthen your hearts in holiness that you may be blameless before our God and Father at the coming of our Lord Jesus with all his saints.

LUKE 21:25-36

'There will be signs in the sun, the moon, and the stars, and on the earth distress among nations confused by the roaring of the sea and the waves. People will faint from fear and foreboding of what is coming upon the world, for the powers of the heavens will be shaken. Then they will see "the Son of Man coming in a cloud" with power and great glory. Now when these things begin to take place, stand up and raise your heads, because your redemption is drawing near.'

Then he told them a parable: 'Look at the fig tree and all the trees; as soon as they sprout leaves you can see for yourselves and know that summer is already near. So also, when you see these things taking place, you know that the kingdom of God is near. Truly I tell you, this generation will not pass away until all things have taken place. Heaven and earth will pass away, but my words will not pass away.'

'Be on guard so that your hearts are not weighed down with dissipation and drunkenness and the worries of this life, and that day does not catch you unexpectedly, like a trap. For it will come upon all who live on the face of the whole earth. Be alert at all times, praying that you may have the strength to escape all these things that will take place, and to stand before the Son of Man.'

FORTHCOMING SERVICES ALL WELCOME

Mon: Morning Prayer – 9am

Tues: Morning Prayer – 9am
Evening Prayer – 5pm

Weds: Morning Prayer – 9am
BCP Holy Communion – 11.30am
Evening Prayer - 5pm

Thurs: Morning Prayer – 9am
Evening Prayer – 5pm

Sun: Holy Communion for
SECOND SUNDAY OF ADVENT
10.30am



2ND SUNDAY OF *Advent*

HOME COMMUNION



If you live in the parish of St Francis and would like to receive the Sacrament in your home because you cannot get to church, please contact Revd Janet or Fr Tracy.

ADVENT – THE BEGINNING OF A NEW CHURCH YEAR...

This Sunday we light the first candle in our Advent Wreath and begin the journey toward Christmas – the celebration of the birth of Jesus.

Before we arrive at Christmas though we spend these four Sundays in Advent thinking about the gift that Jesus is to us – Light in the darkness; and taking a look at ourselves to make sure that all is well with our soul...

Advent is divided up into two parts – the first part we think about Jesus promise to return as king of the world and to bring about the kingdom of heaven on earth; the second half after 16th December, we

prepare for the joy of the incarnation – Jesus coming to us as the babe of Bethlehem.

Advent, just like Lent, is a penitential season – a spiritual ‘spring clean’ just as we like to get our homes ready for the big celebration on Christmas Day, this is the opportunity to not only make sure we are ready to receive the Christ child into our hearts but that we are ready to welcome Jesus when he comes again.

So, the four candles of Advent, the first of which will be lit today – these represent all the people throughout Holy Scripture who were told to prepare for the coming of the Christ – God’s Son, they also



remind us of promises God made to these folk – the promise that the Christ child would bring with him Hope, Peace, Joy and Love.

The St Francis Advent Wreath and the church clothed in purple – the colour of Advent.

ST FRANCIS NEWS...

Sad to say that we are no longer able to use the gas cooker in the kitchen here at St Francis.

A recent gas check has revealed that the gas installation to the cooker does not meet newly introduced safety regulations.

At the PCC meeting held on Thursday evening it was reluctantly decided that we are not in a position to meet the cost of bringing the gas installation up to the legally required standard at this time and so the cooker has been disconnected and the gas supply capped off.

It is hoped that a working group will be formed in the new year that will look at the kitchen and the hall and propose plans for refurbishment of both these spaces for future church and community use.

HEARTSEASE COMMUNITY MONEY ADVICE CENTRE

The Money Advice team continue to be available every Wednesday afternoon 2pm – 4pm in NextDoor@St Francis. Last week they were joined by City Councillors who held their community Surgery there as well. It good and worthwhile collaboration! Well done everybody.

WHAT'S HAPPENING AT ST FRANCIS

An advertisement for The Ladies Harmony Choir Christmas Spectacular. It features a central image of a Christmas tree with yellow and red ornaments. The text is framed by a decorative border of red and white patterns. At the top, it says 'The Church of St Francis Heartsease' and 'St Francis HEARTSEASE' with a logo. The main text reads: 'THE LADIES HARMONY CHOIR Annual Christmas Spectacular Saturday 11th December 7.30pm TICKETS £7.50 INCLUDES REFRESHMENTS BUMPER RAFFLE'.

TICKETS ON SALE NOW!
Please contact Diana or the Vicar.

If you are able to donate a raffle prize – it would be most gratefully received!

LET IT GROW
EVERY WEDNESDAY
@ 9am – 11.30am



Weeding,
Sowing, Planting,
&
10.15 am
Tea And Cake
Break
LOTS OF FRESH
VEG TO BE
PICKED
COME
AND GET IT!



cma
Heartsease

Community Money Advice

**Open Afternoons every
Wednesday 2pm - 4pm**

(starting Wednesday 15 September)

**Come and meet the team
Find out how we can help you
with debt, budgeting or benefit
forms**

**Free tea/coffee/soft drinks and
biscuits**

Volunteers also welcomed

**Nextdoor @ St Francis
94 Rider Haggard Road**

**THURSDAY MORNING
IS COFFEE MORNING
In the Church Lounge
10am – 12pm
EVERY WEEK!**



**NextDoor@St Francis
GOOD NEWS CAFÉ**



NOW OPEN!

**Coffee Express Latte, Cappuccino, flat white,
Expresso, Hot Chocolate etc.**

All £1.50 per cup

**10am – 12pm
EVERY
FRIDAY
&
SATURDAY
MORNING**

**Mug of Tea
£1.00**

**Cup of Coffee
[Latte, Cappuccino, flat
white, Expresso etc.]
£1.50**

Cup of Hot Chocolate £1.50

**Flapjacks
£1.00**

'ANCIENT & MODERN' @



**Quality Vintage & Modern
Collectables and Furnishings**

OPEN

**EVERY
FRIDAY & SATURDAY
MORNING**

10am - 12pm

**Find us in 'Next Door @ St Francis'
94 Rider Haggard Road. NR7 9UQ**

**Check out our special Advent &
Christmas goods now on sale!**



The
BIG BIKE
Revival

**All are welcome to our
Led Bike Rides**

***Saturdays from
October 2nd 10am - 12pm***

*Come on a led social ride in and around the Heartsease
area, utilising quiet roads and segregated cycle paths
starting from*

St Francis Church on Rider Haggard Road

*There will be a mid-ride break, a chance to have a chat
with refreshments. Please bring refreshments and
comfortable clothing.*

*This series of rides hosted by St Francis Cycling is
running on Saturdays commencing 2nd October
Bikes can be provided but there are limited numbers, so
get in touch as soon as possible to avoid disappointment*

**Contact fathertracy@mail.com
for more details**

**The Church of St Francis
96 - 98 Rider Haggard Road
Norwich NR7 9UQ
01603 431259**



WE ARE SEEKING A SELF EMPLOYED CLEANER

**Minimum of two hours per week
- 1hr Monday & Friday evening
Other hours by Agreement
Generous Hourly Rate**

**Please contact the Vicar
via email:**

revdjanetwyer@outlook.com

or letter to:

**The Revd Janet Wyer
St Francis Vicarage
100 Rider Haggard Rd
Norwich NR7 9UQ**

**Please include names
and contact details
of two referees**

ST FRANCIS CONTACT DETAILS:

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