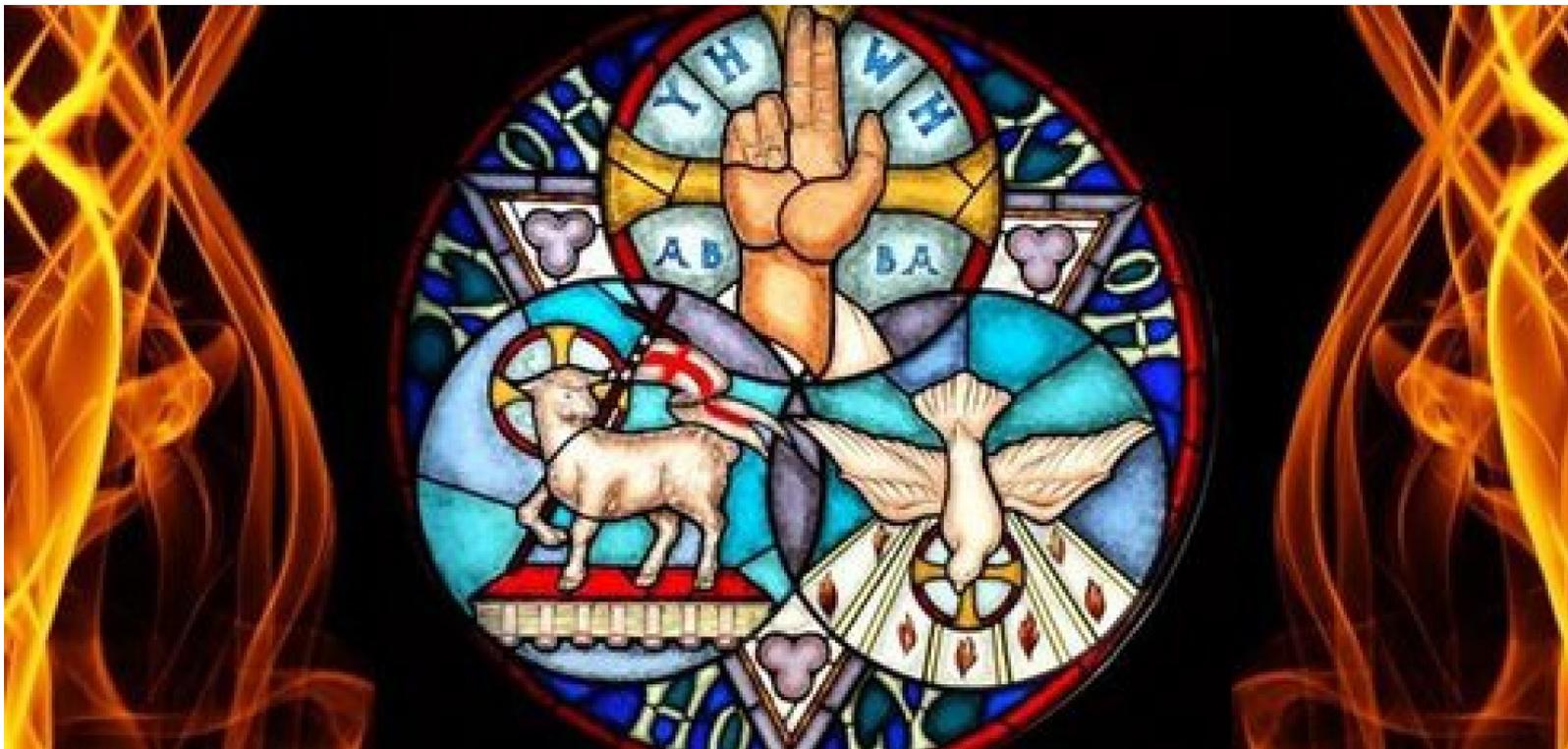


**The Church of St Francis  
WEEKLY BULLETIN FOR  
TRINITY SUNDAY  
30<sup>th</sup> May 2021**



**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**

**FOR OUR PRAYERS**

We pray for those who are in need of prayer at this time: Maegan; Carol; Matthew; Carson W; Megan; Tom; Riley & his mum and family; Jeanette, David & Grace; Paula.

We continue to pray for Woodside House Care Home and all those in our Church, friends and family who are managing long term health issues including: David & Cynthia; Pete and Rosie; Doreen; Rosemary; Sheila; John and Jane; Shirley.

We pray for all who mourn the loss of a loved one or a friend and remember also those who have died in recent days, among them: Craig & Sue; Patricia Warner; David Bradford.

**PRAYERS FOR TRINITY SUNDAY**

**COLLECTS**

Holy God, faithful and unchanging:  
enlarge our minds with the knowledge  
of your truth, and draw us more deeply  
into the mystery of your love,  
that we may truly worship you,  
Father, Son and Holy Spirit,  
one God, now and for ever. Amen

Almighty and everlasting God,  
you have given us your servants grace,  
by the confession of a true faith,  
to acknowledge the glory of the eternal Trinity  
and in the power of the divine majesty  
to worship the Unity:  
keep us steadfast in this faith,  
that we may evermore be defended  
from all adversities;  
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

### POST COMMUNION

Almighty and eternal God,  
you have revealed yourself  
as Father, Son and Holy Spirit,  
and live and reign in the perfect unity of love:  
hold us firm in this faith,  
that we may know you in all your ways  
and evermore rejoice in your eternal glory,  
who are three Persons yet one God,  
now and for ever. Amen

### READINGS FOR TRINITY SUNDAY

#### ISAIAH 6:1 - 8

In the year that King Uzziah died, I saw the Lord sitting on a throne, high and lofty; and the hem of his robe filled the temple. Seraphs were in attendance above him; each had six wings: with two they covered their faces, and with two they covered their feet, and with two they flew. And one called to another and said:

'Holy, holy, holy is the LORD of hosts;  
the whole earth is full of his glory.'

The pivots on the thresholds shook at the voices of those who called, and the house filled with smoke. And I said: 'Woe is me! I am lost, for I am a man of unclean lips, and I live among a people of unclean lips; yet my eyes have seen the King, the LORD of hosts!'

Then one of the seraphs flew to me, holding a live coal that had been taken from the altar with a pair of tongs. The seraph touched my mouth with it and said: 'Now that this has touched your lips, your guilt has departed and your sin is blotted out.' Then I heard the voice of the Lord saying, 'Whom shall I send, and who will go for us?'

And I said, 'Here am I; send me!'

### PSALM 29

- <sup>1</sup> Ascribe to the Lord, you powers of heaven, ♦ ascribe to the Lord glory and strength.
- <sup>2</sup> **Ascribe to the Lord the honour due to his name; ♦ worship the Lord in the beauty of holiness.**
- <sup>3</sup> The voice of the Lord is upon the waters; the God of glory thunders; ♦ the Lord is upon the mighty waters.
- <sup>4</sup> **The voice of the Lord is mighty in operation; ♦ the voice of the Lord is a glorious voice.**
- <sup>5</sup> The voice of the Lord breaks the cedar trees; ♦ the Lord breaks the cedars of Lebanon;
- <sup>6</sup> **He makes Lebanon skip like a calf ♦ and Sirion like a young wild ox.**
- <sup>7</sup> The voice of the Lord splits the flash of lightning; the voice of the Lord shakes the wilderness; ♦ the Lord shakes the wilderness of Kadesh.
- <sup>8</sup> **The voice of the Lord makes the oak trees writhe and strips the forests bare; ♦ in his temple all cry, 'Glory!'**
- <sup>9</sup> The Lord sits enthroned above the water flood; ♦ the Lord sits enthroned as king for evermore.
- <sup>10</sup> **The Lord shall give strength to his people; ♦ the Lord shall give his people the blessing of peace.**

**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**

### ROMANS 8:12-17

So then, brothers and sisters, we are debtors, not to the flesh, to live according to the flesh — for if you live according to the flesh, you will die; but if by the Spirit you put to death the deeds of the body, you will live. For all who are led by the Spirit of God are children of God.

For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption.

When we cry, 'Abba! Father!' it is that very Spirit bearing witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ — if, in fact, we suffer with him so that we may also be glorified with him.

### **JOHN 3:1-17**

Now there was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, 'Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.'

Jesus answered him, 'Very truly, I tell you, no one can see the kingdom of God without being born from above.'

Nicodemus said to him, 'How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?'

Jesus answered, 'Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, "You must be born from above." The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.'

Nicodemus said to him, 'How can these things be?' Jesus answered him, 'Are you a teacher of Israel, and yet you do not understand these things?'

'Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things?'

No one has ascended into heaven except the one who descended from heaven, the Son of Man.

And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

'For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.'

'Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.'



### **FORTHCOMING SERVICES & EVENTS**

**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: Celebrating Together – 10.30am  
[Holy Communion]**

### **LET IT GROW WEEKEND EARTH SERVICE**



**Sunday 6<sup>th</sup> June – 10.30am  
Guest Preacher – Julian Bryant**

## WHAT'S HAPPENING AT ST FRANCIS CONGRATULATIONS...



... TO TRACEY, DONNA AND ADAM!

Confirmed in Norwich Cathedral  
Pentecost Sunday by + Bishop Alan

**'ANCIENT &  
MODERN' @** 

**Quality Vintage & Modern  
Collectables and Furnishings**

**OPEN**

**EVERY FRIDAY MORNING  
10am - 12pm**

**Find us in 'Next Door @ St Francis'**  
**Or visit our FACEBOOK SHOP**  
**St Francis Church, Heartsease, Norwich**

Ancient & Modern has a wonderful stock of donated goods that we are selling to raise funds for St Francis. Please do come and have a look!

If you can't make a Friday morning please contact the Vicar 07368 832294 or call 01603 431259 to make an appointment.

## 'LET IT GROW'

Over the weekend of 5<sup>th</sup> & 6<sup>th</sup> June, St Francis will be celebrating the 'Let it grow' project. This will be a fun event helping to promote our partnership with 'Farmshare' and raising awareness about our St Francis Eco Church group.

We are delighted that we will have a guest preacher in St Francis on the Sunday of that weekend, 6<sup>th</sup> June – Julian Bryant. Julian is our local Christian Aid Coordinator and is a passionate advocate for sustainable and neighbourly living.

We very much look forward to welcoming him among us and hearing what he has to say – please bring your friends!

**ST FRANCIS, HEARTSEASE  
'LET IT GROW'  
Eco-Church  
Weekend**

**Saturday 5<sup>th</sup> June  
12pm - 4.30pm**

**Outdoor Fun Afternoon  
with Norwich Farmshare**

Activities, Quiz, Refreshments,  
Free LET IT GROW Plants  
Traidcraft Stall

**Sunday 6<sup>th</sup> June  
Earth Service  
10.30am**

### ST FRANCIS CONTACT DETAILS:

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**Website:** [www.stfrancisheartsease.co.uk](http://www.stfrancisheartsease.co.uk)