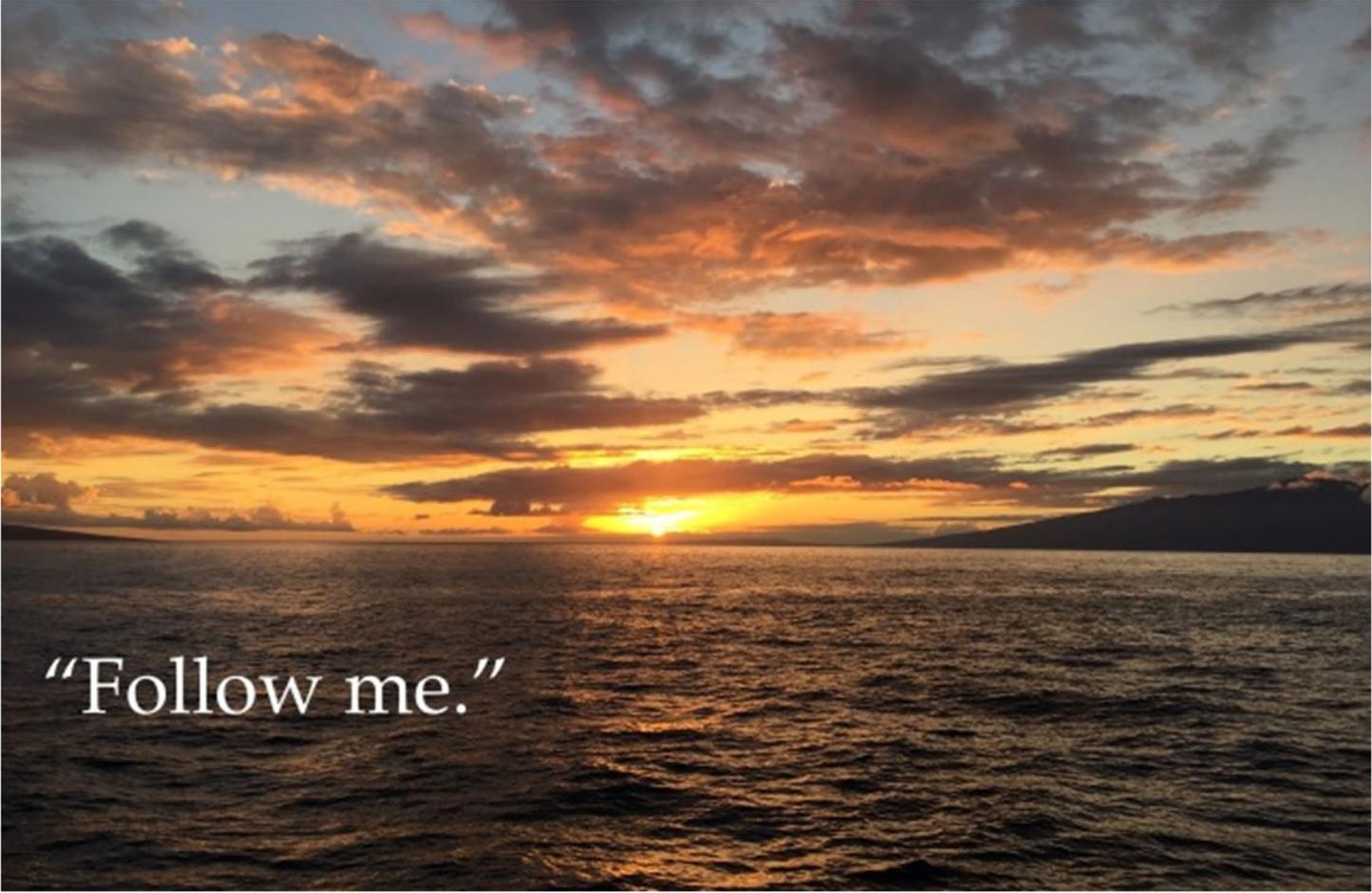


**The Church of St Francis  
Weekly Bulletin for Kingdom Season  
The Third Sunday before Advent  
7<sup>th</sup> November 2021**



**"Follow me."**

**Lord your summons echoes true  
when you but call my name.  
Let me turn and follow you and  
never be the same.  
In Your company I'll go where  
Your love and footsteps show.  
Thus I'll move and live and  
grow in you and you in me.**

After rejoicing in being a part of the communion of Saints and giving thanks for the lives of the faithful departed last week – this week we turn our attention to thinking about our commitment to following Jesus into the way of his kingdom of peace.

As we listen again to the calling of the first disciples what better time to revisit the first time we heard Jesus calling us – and to ask ourselves are we still listening and following?

**FOR OUR PRAYERS**

**We pray for those who are in need of prayer at this time: +Bishop Alan; Hayley; Ivan and Peter; Audrey; Sheila; Megan; Riley & his mum and family; Grace & David; Alex and Amanda; Kathryn; Willow; Frank and Colleen**

**We continue to pray for Woodside House Care Home; Hebron House and all those in our Church, our friends and our family who are managing long term health issues including: Gayle; 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.**

**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**

**COLLECTS FOR THE THIRD SUNDAY  
BEFORE ADVENT**

Heavenly Father,  
whose blessed Son was revealed  
to destroy the works of the devil  
and to make us the children of God  
and heirs of eternal life:  
grant that we, having this hope,  
may purify ourselves even as he is pure;  
that when he shall appear in power  
and great glory we may be made like him  
in his eternal and glorious kingdom;  
where he is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever. Amen

Heavenly Lord,  
you long for the world's salvation:  
stir us from apathy,  
restrain us from excess  
and revive in us new hope  
that all creation will one day be healed  
in Jesus Christ our Lord. Amen



**POST COMMUNION PRAYER**

Gracious Lord,  
in this holy sacrament  
you give substance to our hope:  
bring us at the last  
to that fullness of life for which we long;  
through Jesus Christ our Saviour. Amen

**READINGS FOR THE THIRD SUNDAY  
BEFORE 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.**

**JONAH 3:1-5, 10**

The word of the Lord came to Jonah a  
second time, saying, 'Get up, go to Nineveh,  
that great city, and proclaim to it the message  
that I tell you.'

So Jonah set out and went to Nineveh,  
according to the word of the Lord. Now  
Nineveh was an exceedingly large city, a  
three days' walk across. Jonah began to go  
into the city, going a day's walk.

And he cried out, 'Forty days more, and  
Nineveh shall be overthrown!  
And the people of Nineveh believed God;  
they proclaimed a fast, and everyone, great  
and small, put on sackcloth.

When God saw what they did, how they  
turned from their evil ways, God changed his

mind about the calamity that he had said he would bring upon them; and he did not do it.

### **PSALM 62: 5 – end**

<sup>5</sup> Wait on God alone in stillness, O my soul; ♦ for in him is my hope.

<sup>6</sup> **He alone is my rock and my salvation, ♦ my stronghold, so that I shall not be shaken.**

<sup>7</sup> In God is my strength and my glory; ♦ God is my strong rock; in him is my refuge.

<sup>8</sup> **Put your trust in him always, my people; ♦ pour out your hearts before him, for God is our refuge.**

<sup>9</sup> The peoples are but a breath,  
the whole human race a deceit; ♦  
on the scales they are altogether lighter than air.

<sup>10</sup> **Put no trust in oppression; in robbery take no empty pride; ♦ though wealth increase, set not your heart upon it.**

<sup>11</sup> God spoke once, and twice have I heard the same, ♦ that power belongs to God.

<sup>12</sup> **Steadfast love belongs to you, O Lord, ♦ for you repay everyone according to their deeds.**

**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**

### **HEBREWS 9: 24 - end**

For Christ did not enter a sanctuary made by human hands, a mere copy of the true one, but he entered into heaven itself, now to appear in the presence of God on our behalf. Nor was it to offer himself again and again, as the high priest enters the Holy Place year after year with blood that is not his own; for then he would have had to suffer again and again since the foundation of the world.

But as it is, he has appeared once for all at the end of the age to remove sin by the sacrifice of himself.

And just as it is appointed for mortals to die once, and after that the judgement, so Christ, having been offered once to bear the sins of many, will appear a second time, not to deal with sin, but to save those who are eagerly waiting for him.

### **MARK 1:14-20**

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, 'The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.'

As Jesus passed along the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the lake—for they were fishermen. And Jesus said to them, 'Follow me and I will make you fish for people.' And immediately they left their nets and followed him. As he went a little farther, he saw James son of Zebedee and his brother John, who were in their boat mending the nets. Immediately he called them; and they left their father Zebedee in the boat with the hired men, and followed him.



Lord Jesus Christ,  
alive and at large in the world,  
help me to follow and find you there today,  
in the places where I work,  
meet people, spend money, and make plans.  
Take me as a disciple of your kingdom,  
to see through your eyes,  
and here the questions you are asking,  
to welcome all others  
with your trust and truth,  
and to change the things that contradict  
God's love, by the power of the cross  
and the freedom of your spirit. Amen.

*(John V Taylor)*

## 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.

### 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

Sunday 14<sup>th</sup> NOVEMBER  
A SERVICE OF HOLY COMMUNION  
FOR  
REMEMBRANCE SUNDAY  
10.30am



WITH  
OUTSIDE ACT OF REMEMBRANCE  
& TWO MINUTES SILENCE AT  
11.00AM

## WHAT'S HAPPENING AT ST FRANCIS

### VERY GOOD NEWS!

We are delighted to announce that, all being well, Pete will be joining us for worship as from Sunday 14<sup>th</sup> November [Remembrance Sunday]. Mindful of his and Rosie's

vulnerabilities we have pledged to keep him as covid safe as possible. This will mean a rearranging of the Nave – and asking you good folk to give him plenty of space. Can't wait to welcome him back!



## WHAT'S HAPPENING AT ST FRANCIS

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 – Monday & Friday  
Hourly rate by agreement**

**Please contact the Vicar  
via email:**

[revdjanetwyer@outlook.com](mailto:revdjanetwyer@outlook.com)  
please include current cv



The  
**BIG BIKE**  
Revival

Come to our  
**Fix Ya Bike Cafe**

**Tuesday evenings from  
October 5<sup>th</sup> 6.30 – 8.30pm**

*A free bicycle workshop with a cafe at*

*Nextdoor@St Francis Church on Rider Haggard Road*

*where you can get your bike fixed by Awesome Sean  
our expert mechanic, or fix it yourself*

*Under sixteens must be accompanied by an adult*

*These sessions are held on a first come first served basis,  
but why not pop in for a coffee and have a look!*

Contact [fathertracy@mail.com](mailto:fathertracy@mail.com)  
for more details

**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!**



**Meaningful Chocolate  
 'Real Advent Calendars' are now  
 available in church and in our  
 'Good News Café' NextDoor. £5  
 each – hurry, stocks are limited...**

**NextDoor@St Francis**  
**GOOD NEWS CAFÉ**



**NOW OPEN!**

**Coffee Express Latte, Cappuccino, flat white,  
 Espresso, Hot Chocolate etc.**  
**All £1.50 per cup**

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

**GOOD NEWS CAFÉ**

**Mug of Tea**  
**£1.00**

**Cup of Coffee**  
**[Latte, Cappuccino, flat white,  
 Espresso 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**

## **ST FRANCIS CONTACT DETAILS:**

**Vicar:** The Revd Janet Wyer  
07368 832294  
[revdjanetwyer@outlook.com](mailto:revdjanetwyer@outlook.com)

**Curate:** The Revd Tracy Williams  
07834 845623

**Church Office:** 01603 431259

**Email:** [stfheartsease@outlook.com](mailto:stfheartsease@outlook.com)

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

**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 2<sup>nd</sup> 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](mailto:fathertracy@mail.com)  
for more details**