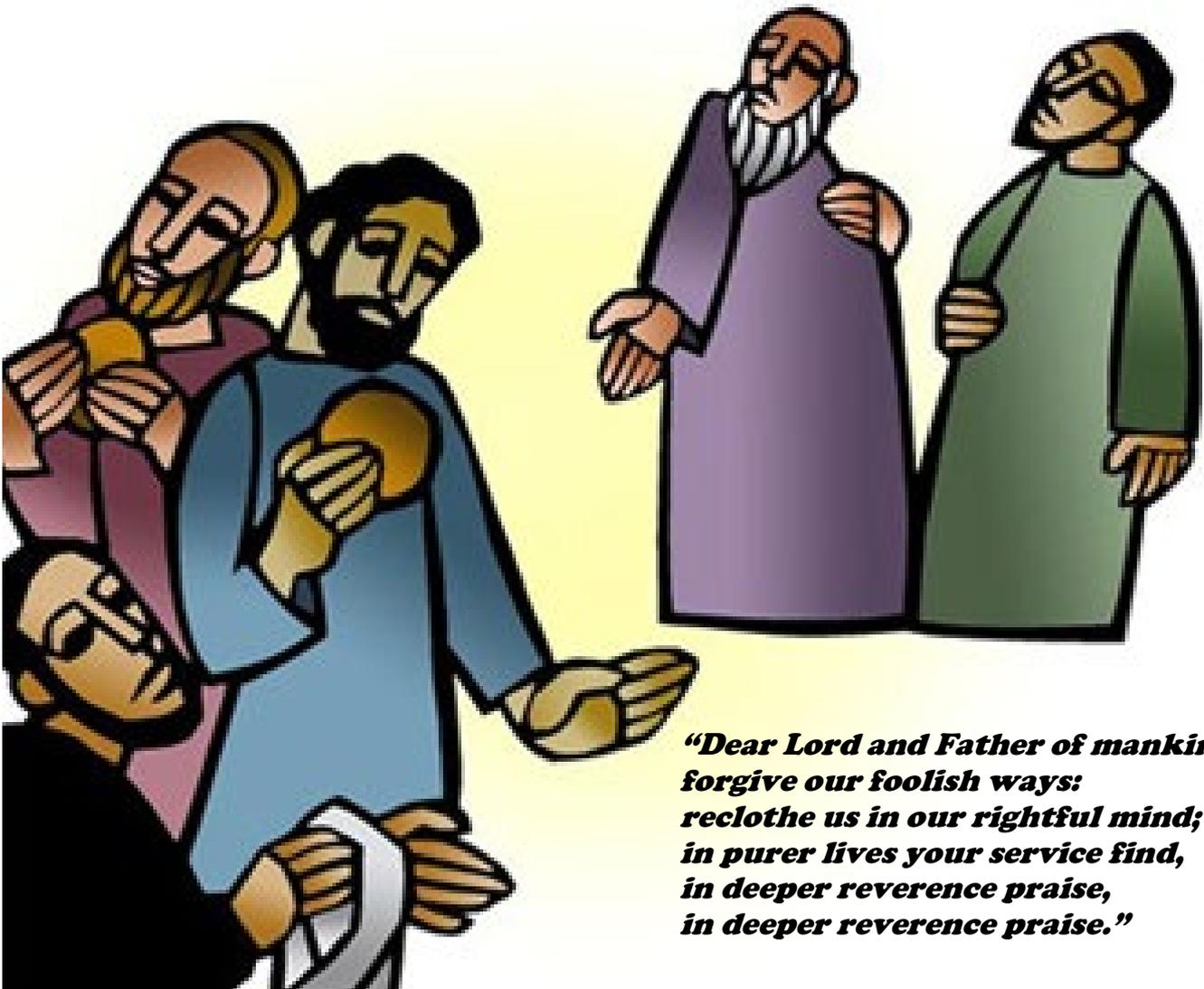


**The Church of St Francis  
WEEKLY BULLETIN FOR  
THE THIRTEENTH SUNDAY OF TRINITY  
29<sup>th</sup> August 2021**



***“Dear Lord and Father of mankind,  
forgive our foolish ways;  
re clothe us in our rightful mind;  
in purer lives your service find,  
in deeper reverence praise,  
in deeper reverence praise.”***

**FOR OUR PRAYERS**

We hold in prayer all those taking part in the COP26 pilgrimage and ask God's blessing upon them.

We pray also for those who are in need of prayer at this time: Dean & Janice; Jean; Rob, Rosie and Pete; Donna; Megan; Riley & his mum and family; Jeanette, David & Grace.

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: Linda R; Maegan; Carson; Janet; Tom; Rosemary; David & Cynthia; Doreen; Sheila; John and Jane; Shirley.

We pray for those who have died in recent days among them Doug; Paula; Michael Thompson; remembering also their families, especially Sophie. We pray for all who mourn the loss of a loved one or a friend.

Jesus is yet again saying difficult things to folk who don't particularly want to hear. And why would they want to listen if what they hear means changing old or traditional ways of thinking and behaving.

Jesus is unafraid of calling out hypocrisy when he sees it. He knows that just because someone looks as though they are following the ways of God, it doesn't necessarily mean that their hearts are true...

**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 THIRTEENTH  
SUNDAY AFTER TRINITY**

Almighty God, who called your Church to bear witness that you were in Christ reconciling the world to yourself: help us to proclaim the good news of your love, that all who hear it may be drawn to you; through him who was lifted up on the cross, and reigns with you in the unity of the Holy Spirit, one God, now and for ever. Amen

Almighty God,  
you search us and know us:  
may we rely on you in strength  
and rest on you in weakness,  
now and in all our days;  
through Jesus Christ our Lord. Amen



**POST COMMUNION PRAYER**

God our creator,  
you feed your children with the true manna,  
the living bread from heaven:  
let this holy food sustain us through our  
earthly pilgrimage until we come to that place  
where hunger and thirst are no more;  
through Jesus Christ our Lord. Amen

**READINGS FOR THE THIRTEENTH  
SUNDAY AFTER TRINITY**

**DEUTERONOMY 4:1-2, 6-9**

So now, Israel, give heed to the statutes and ordinances that I am teaching you to observe, so that you may live to enter and occupy the land that the Lord, the God of your ancestors, is giving you. You must neither add anything to what I command you nor take away anything from it, but keep the commandments of the Lord your God with which I am charging you.

You must observe them diligently, for this will show your wisdom and discernment to the peoples, who, when they hear all these statutes, will say, 'Surely this great nation is a wise and discerning people!' For what other great nation has a god so near to it as the Lord our God is whenever we call to him? And what other great nation has statutes and ordinances as just as this entire law that I am setting before you today?

But take care and watch yourselves closely, so as neither to forget the things that your eyes have seen nor to let them slip from your mind all the days of your life; make them known to your children and your children's children

**PSALM 15**

<sup>1</sup> Lord, who may dwell in your tabernacle? ♦  
Who may rest upon your holy hill?

<sup>2</sup> **Whoever leads an uncorrupt life ♦  
and does the thing that is right;**

<sup>3</sup> Who speaks the truth from the heart ♦  
and bears no deceit on the tongue;

<sup>4</sup> **Who does no evil to a friend ♦  
and pours no scorn on a neighbour;**

<sup>5</sup> In whose sight the wicked are not  
esteemed, ♦

but who honours those who fear the Lord.

<sup>6</sup> **Whoever has sworn to a neighbour ♦  
and never goes back on that word;**

<sup>7</sup> Who does not lend money in hope of gain,  
♦  
nor takes a bribe against the innocent;

<sup>8</sup> **Whoever does these things ♦  
shall never fall.**

**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**

### **JAMES 1: 17 - 27**

Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. In fulfilment of his own purpose he gave us birth by the word of truth, so that we would become a kind of first fruits of his creatures.

You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; for your anger does not produce God's righteousness. Therefore rid yourselves of all sordidness and rank growth of wickedness, and welcome with meekness the implanted word that has the power to save your souls.

But be doers of the word, and not merely hearers who deceive themselves. For if any are hearers of the word and not doers, they

are like those who look at themselves in a mirror; for they look at themselves and, on going away, immediately forget what they were like. But those who look into the perfect law, the law of liberty, and persevere, being not hearers who forget but doers who act—they will be blessed in their doing.

If any think they are religious, and do not bridle their tongues but deceive their hearts, their religion is worthless. Religion that is pure and undefiled before God, the Father, is this: to care for orphans and widows in their distress, and to keep oneself unstained by the world.

### **MARK 7:1-8, 14-15, 21-23**

Now when the Pharisees and some of the scribes who had come from Jerusalem gathered around him, they noticed that some of his disciples were eating with defiled hands, that is, without washing them. (For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders; and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the washing of cups, pots, and bronze kettles.)

So the Pharisees and the scribes asked him, 'Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?'

He said to them, 'Isaiah prophesied rightly about you hypocrites, as it is written,

"This people honours me with their lips,  
but their hearts are far from me;  
in vain do they worship me,  
teaching human precepts as doctrines."

You abandon the commandment of God and hold to human tradition.'

Then he called the crowd again and said to them, 'Listen to me, all of you, and understand: there is nothing outside a person that by going in can defile, but the things that come out are what defile.'

For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. All these evil things come from within, and they defile a person.'

### **SERVICES NEXT WEEK ALL WELCOME**

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

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

**SUNDAY 5<sup>TH</sup> SEPTEMBER  
HARVEST FESTIVAL – 10.30am  
[Holy Communion]**

## 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.

## ST FRANCIS NEWS

### BANK HOLIDAY CHURCH CLOSURE

Please note that the church building will not be open to visitors on Bank Holiday Monday, 30<sup>th</sup> August and Tuesday, 31<sup>st</sup> August.

### FATHER TRACY

Fr Tracy is currently undertaking a two weeks placement at Norwich Cathedral – and following on from that he will be taking two weeks holiday.

We look forward to welcoming him back on Tuesday 21<sup>st</sup> September and wish him a blessed time away!

### OUT OF CIRCULATION COIN ETC

A big Thank you to Martin Moore for leading the way and coming up with the suggestion that we put out the message that St Francis Church is very happy to receive any out of circulation or damaged coinage you might have laying around!

Deborah our valiant and very accommodating treasurer has endorsed this splendid idea saying that she is very happy to act as cashier and present our bank with any coins or indeed banknotes as may be donated toward church funds.

### ‘LET IT GROW’

**WEDNESDAYS @ 9am – 11.30am**

Weeding, Sowing, Planting, &  
10.15 am Tea And Cake Break

**LOTS OF FRESH VEG TO BE PICKED  
COME AND GET IT!**



## THURSDAY MORNING COFFEE MORNINGS

**10am – 12pm  
EVERY WEEK!**

WE ARE DELIGHTED TO ANNOUNCE THAT THE THURSDAY MORNING COFFEE MORNINGS WILL RECOMMENCE IN THE CHURCH LOUNGE AS FROM THIS COMING THURSDAY, 2<sup>ND</sup> SEPTEMBER.

For further info please contact  
**Brenda Minns**  
01603 413410

## FORTHCOMING SERVICES & EVENTS



## HARVEST FESTIVAL

**Sunday 5<sup>th</sup> September 10.30am**

**OFFERINGS  
INVITED**

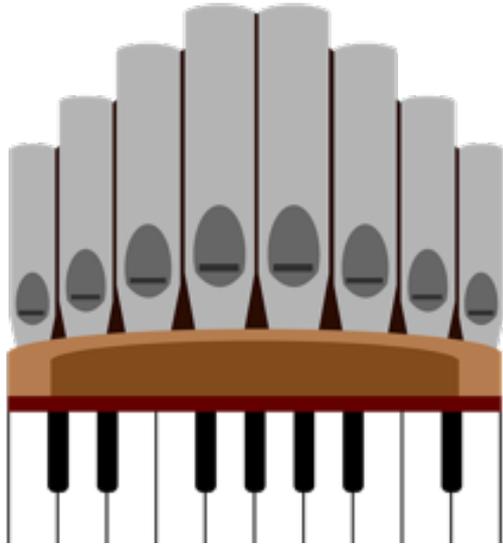
**Fresh, Dried or Tinned Goods  
for St Francis Free Food**

**or**

**Financial Contributions  
For Tearfund &  
St Francis Free Food**

**Please bring your offerings to  
the service  
or drop off them at the church**

**AUTUMN LUNCHTIME  
ORGAN RECITAL @ST FRANCIS**



**THURSDAY 23<sup>rd</sup> SEPTEMBER  
1.00pm**

**Dr Andrew Hayden**

**A wonderful opportunity to hear our  
amazing little organ and a beautiful  
range of carefully chosen pieces.**

**Free Admission – Refreshments**



**cma**  
Heartsease

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**Or email [heartseasecmacentre@outlook.com](mailto:heartseasecmacentre@outlook.com)**



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**EVERY  
FRIDAY & SATURDAY  
MORNING**

**10am – 12pm**

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

**Ancient & Modern is raising much  
needed funds to help with the day to  
day costs of ministry and mission in our  
parish. If you have any nice quality  
goods or pieces of furniture that you  
would like to donate, please contact**

**Revd Janet 07368832294.**

**Thank you**

**ST FRANCIS CONTACT DETAILS:**

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

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