

THE BELL

I recently received a lovely email expressing much encouragement for the ringing of the church bell throughout the day. It was a kind and thoughtful gesture and came at exactly the right time.

I have over the past week or so been wondering if the time was drawing close when I could lay down this expression of community prayer, something that I know has been an audible source of comfort and strength for many people as we live through this very difficult time.

I don't believe the time to cease has come just yet; I have no doubt that God will make it clear to me when that happens, but in the meantime I am absolutely delighted to let you know that I am now receiving the regular support of David Lechmere who has been ringing for me on a Monday to give me a day of rest.

My sincere thanks to him and to all of you who continue to support and encourage me in so many different, but much appreciated, ways.

'LET IT GROW'

Revd Winnie and Eeyore were delighted this week to go on a field trip. They were spotted in the Prayer Circle in the Wildflower Field obviously taking a moment or two to enjoy the beauty of the surroundings as well as checking on their plants and seedlings.

There are still plenty of free offerings available both by the site of the empty tomb and on the small table set to one side of the field by the church wall.

Please do come and have a look, you may find yourself going home feeling very blessed.



ST FRANCIS PAROCHIAL CHURCH COUNCIL

What happens at PCC?

The St. Francis Parochial Church Council (PCC) met on June 18th for the first time since February. Due to the current restrictions the majority of members took part using Zoom. The PCC is the decision making body of the church and we reflected on what has happened in the last few months and looked forward to the future. We elected those who will be serving in various roles during the coming year. These are:

Treasurer	Deborah Lechmere
PCC Secretary	Margaret Bell
Vice Chair	David Lechmere
Deputy Churchwardens	Gerald Kelley, David Lechmere
Electoral Roll officer	Deborah Lechmere
Planned Giving Officer	Deborah Lechmere
Safeguarding Officer	John Cubitt
Deputy Safeguarding Officer	Diana Cooper
Delegates to ENYP	Jim Green
Sacristan	Diana Cooper
Bookings Officer	John Cubitt
Standing Committee	Incumbent, Vice-Chair, Churchwardens, Secretary, Treasurer

Janet [the Incumbent] told us about the amount of food that had been distributed, the families that had been helped and the links that had been formed into the community. She said that the Newsletter had been a particular success in keeping people informed and had generated a lot of positive responses.

Janet also talked about the possibility of a summer holiday project for children run in conjunction with ENYP and about possible changes to the location and format of the Babblers toddler group. Some of you may have noticed work taking place in and around the Hive. Norwich Diocese will be using part of it for a special project and have been adapting it for that purpose. All the heating and hot water systems are being upgraded and two of rooms at the back will be set aside for this project with the remainder of the building being available for us to use. It also means that the costs of running it will be shared and there are likely to be some spin-off benefits to the community from the actual project.

Deborah reported on the financial situation. This is not particularly good at the moment as our costs are likely to exceed our income this year, so we need to watch our spending carefully. However the costs do allow for the replacement of the flooring in the Church Lounge. The PCC agreed this should go ahead although final decisions have to be taken on the exact flooring that will be chosen. The PCC also agreed that we need to carry out a full electrical check of the building, as it has been over five years since the last check was carried out, and this is required by our insurer.

The last major item of business was a proposal from David and Deborah that the church should set up a Money Advice Centre. This is something we hope will be of real benefit to the community, particularly those who are struggling to pay the bills. We will need to get grants to fund this; we have to set up proper policies and procedures and to get the necessary training, so it is likely to be some months before the centre is ready to open its doors, but we do believe it will be a valuable asset to the community once it is up and running.

THE HIVE

Work continues on the Hive both inside and out.

Inside the new self contained suite of offices for the Diocesan project are taking shape alongside the kitchenette and lavatory facilities that will serve that part of the Hive.

Rather swish new up to minute electric heating units have been installed and adaptations to the hot water system are well under way.

Also, many of you may have noticed that unlike most of us the car park and gardens have had a very professional trim and tidy up. With the trees and shrubs cut back and the overgrown beds thinned out, we can now look with joy upon the Hive knowing that it is being transformed into a new and fit for purpose venue for the mission and ministry of God's church in this community.

We do not as yet have a time frame as to when the improvements will be completed or when the new team colleagues will move in – but watch this space!

ST FRANCIS HEARTSEASE FREE FOOD

We continue to be very blessed in respect of the donations that we are receiving for the ongoing work of St Francis free Food.

This last week has seen a number of wonderful gestures of support – not least a large gift of breakfast cereals and other essentials from Heartsease Primary School.

Many thanks to them for their kindness and support of the Heartsease community.

AND FINALLY...

The Vicar, Churchwardens and PCC extend their congratulations to Ashley Williams on graduating from the Norwich Diocese Lay Readership Course.

Ashley has completed her studies and is now preparing to be licensed as Lay Reader. It is with great joy that we welcome her onto our ministry team as she looks to ministering both at St Francis and with The Priscilla Bacon Lodge Chaplaincy Team.

Well done Ashley and every blessing as you begin your new ministry.

PASTORAL CARE

Please don't forget...

Even though we are slowly getting accustomed to this new way of life for many of us stress and anxiety can sometimes become overwhelming.

Please do not feel that you are alone in all this - help and support is always available.

This is just a gentle reminder that we are always ready to listen if you need to talk.

Revd Janet [07990 576118]

Eleanor [07840 206716]

There is always someone available in the church building weekdays 11.00am – 12.00pm – please feel free to knock at the door, it will open to you.



USEFUL CONTACT NUMBERS

In these difficult times someone might just need one of them...

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

St Francis Free Food: 07990 576118

WORSHIP & PRAYER

ZOOM SERVICES

Very slowly there is an increase in the number of people who are dropping into St Francis Zoom Room on a Sunday morning.

I continue to be delighted to see those who are able to make use of this striking new way of gathering as a worshipping community as well as being gently amused by the varying poses and camera angles that are revealed to the side of my screen as I lead our way through each service.

Last week saw five different people take part in the service; Sarah, Diana and Ashley reading Scripture, Jim offering his reflection on Psalm 100 and David leading us in prayer. It proved to be a time of blessing and was well received by everyone who dropped in.

As I write this I am acutely aware however, that not everyone is connected to the internet – let alone in possession of the technology or ability to take part in this new means of worship.

If however you do possess these things, please don't be shy to have a go – or to ask for some assistance to get you started.

With the easing of lockdown we can now offer one to one tuition or advice. And for some of you this might mean that you have access in the future to live worship if transport, weather or physical issues conspire to prevent you getting into church.

We are here to help!

PS – I will be asking permission from our zoomers to take a screen shot to print in the newsletter so you can have a sneaky peek at what I see when standing at the altar...

You are invited to join Revd. Janet at St Francis Church in worship this Sunday morning at 10.30am. We begin with a Service of the Word, followed by a time when we can talk and share fellowship with one another. At the end of this time, a bell will be rung, calling us back to worship and to Spiritual Communion. Please mute your microphones again when the bell for Spiritual Communion rings, as this helps to reduce background noise and any unexpected interruptions.

If you would like to stay for the Spiritual Communion Service, you are invited to join in with a piece of bread and some wine or juice, if you would like to.

The 'Zoom Room' will be open from 10.15 to allow some set-up time, and then participants are invited to join us from 10.20 for private prayer, with worship beginning at 10.30am.

You are asked to mute your microphone on arrival, as this helps avoid unexpected interruptions.

At the end of the service please leave the Zoom space prayerfully. We look forward to welcoming you on Sunday.

To enter the St Francis Zoom Space, please click on the link below from 10.20am on Sunday.

Topic: StFrancisChurch Zoom's Sunday Spiritual Communion Meeting

Time: 10.20 onwards on 14th June 2020

Join Zoom Meeting [click this link – but be aware you may need to then set up a zoom account]

<https://us02web.zoom.us/j/7985930265>

Meeting ID: 798 593 0265

Your feedback and any comments will be welcome after the service via text or email, and throughout the week in conversation with Revd. Janet.

A WORD FROM THE VICAR

Talk to any newly installed Vicar and the one thing they will agree on is the phrase that they most commonly hear in their new parish is: 'I hope you're not going to change anything are you?'

It does often seem that one of the most dreaded things that can happen in any church is change.

Well, speaking as a still relatively new vicar here at St Francis I can honestly say that in my short time here there have been some mind boggling changes.

Never did I suspect on 13th November 2019 when I was inducted and collated [an exciting but painless process] that my congregation in church would

suddenly disappear, that almost every church activity would cease and that my only means of communicating with my parishioners would be via phone, email, zoom meetings and the church bell.

Yet all of these changes have taken place – and amazingly, in my opinion, we have all adapted very well indeed. [The extraordinary has become ordinary to quote last week's word]

We have found new ways to worship, pray and learn together; discovered the joy of written communication through this newsletter; and most importantly learned the priceless value of loving friendship.

We may not have been able to hug or shake hands with one another as a sign of peace and Christian fellowship but we have held one another in constant prayer and tangible acts of loving care.

Constant prayer and tangible acts of loving care are the foundational underpinning of any church – and actually have always been present here at St Francis; what has changed is that they have been made startlingly visible.

Who says change is a bad thing!

Revd Janet

FOR OUR PRAYERS

We pray for those who are in acute need of prayer at this time: John R; Doreen F; Tom; Martin M; Riley & his mum and family; Simon; Danny DS; David; Jeanette, David & Grace; David B; Paula; Gill; Karen; Maegan; Colin; Pete; Lauren; Fr Brian; Hazel L.

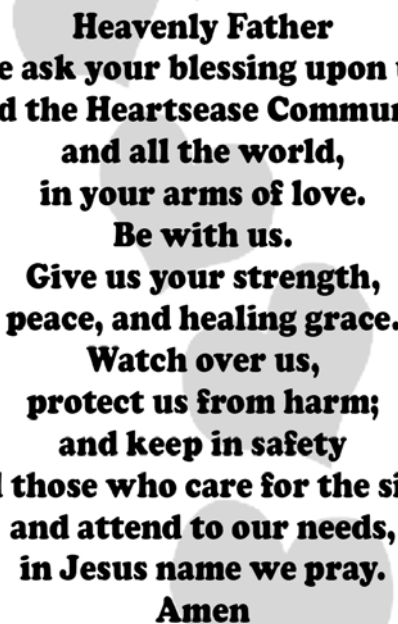
We continue to pray for all those in our Church, friends and family who are managing long term health issues including Alma, Rosemary, Sheila, John, Joy, Shirley.

We remember with love Barry S; and all those who have died in recent days and pray for their family and friends.

PRAYER FOR THESE UNCERTAIN TIMES

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

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**

PRAYERS FOR 2ND SUNDAY AFTER TRINITY

Lord, you have taught us
that all our doings without love are nothing worth:
send your Holy Spirit
and pour into our hearts that most excellent gift of
love,
the true bond of peace and of all virtues,
without which whoever lives is counted dead before
you.

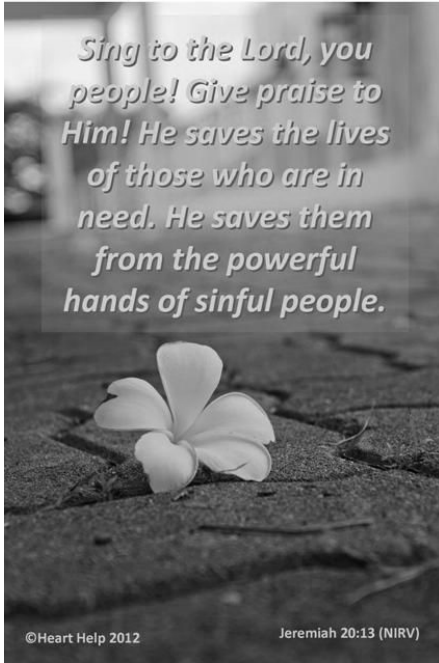
Grant this for your only Son Jesus Christ's sake,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Faithful Creator,
whose mercy never fails:
deepen our faithfulness to you
and to your living Word,
Jesus Christ our Lord.

Loving Father,
we thank you for feeding us at the supper of your
Son:
sustain us with your Spirit,
that we may serve you here on earth
until our joy is complete in heaven,
and we share in the eternal banquet
with Jesus Christ our Lord.

READINGS FOR 2ND SUNDAY AFTER TRINITY

JEREMIAH 20:7-13



O LORD, you have enticed me,
and I was enticed;
you have overpowered me,
and you have prevailed.
I have become a laughing-stock all day long;
everyone mocks me.
For whenever I speak, I must cry out,
I must shout, 'Violence and destruction!'
For the word of the LORD has become for me
a reproach and derision all day long.
If I say, 'I will not mention him,
or speak any more in his name',
then within me there is something like a burning
fire
shut up in my bones;
I am weary with holding it in,
and I cannot.
For I hear many whispering:
'Terror is all around!
Denounce him! Let us denounce him!'
All my close friends
are watching for me to stumble.
'Perhaps he can be enticed,
and we can prevail against him,
and take our revenge on him.'
But the LORD is with me like a dread warrior;
therefore my persecutors will stumble,
and they will not prevail.
They will be greatly shamed,
for they will not succeed.
Their eternal dishonour
will never be forgotten.
O LORD of hosts, you test the righteous,

you see the heart and the mind;
let me see your retribution upon them,
for to you I have committed my cause.
Sing to the LORD;
praise the LORD!
For he has delivered the life of the needy
from the hands of evildoers.

PSALM 69

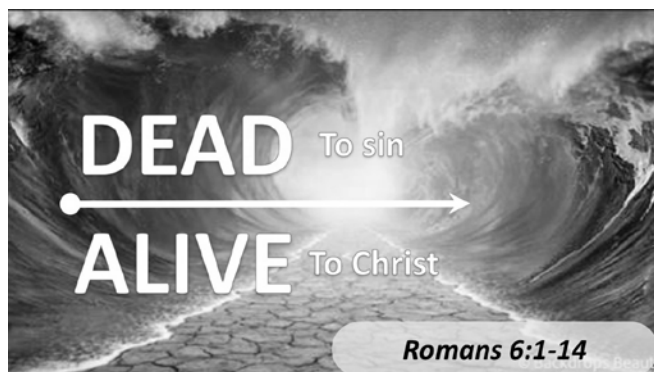
14 Rescue me
from sinking in the mire;
let me be delivered from my enemies
and from the deep waters.
15 Do not let the flood sweep over me,
or the deep swallow me up,
or the Pit close its mouth over me.
16 Answer me, O LORD, for your steadfast love is
good;
according to your abundant mercy, turn to me.
17 Do not hide your face from your servant,
for I am in distress—make haste to answer me.
18 Draw near to me, redeem me,
set me free because of my enemies.
19 You know the insults I receive,
and my shame and dishonour;
my foes are all known to you.
20 Insults have broken my heart,
so that I am in despair.
I looked for pity, but there was none;
and for comforters, but I found none.



ROMANS 6:1b-11

Should we continue in sin in order that grace may
abound? By no means! How can we who died to sin
go on living in it? Do you not know that all of us
who have been baptized into Christ Jesus were
baptized into his death? Therefore we have been
buried with him by baptism into death, so that, just
as Christ was raised from the dead by the glory of
the Father, so we too might walk in newness of life.
For if we have been united with him in a death like
his, we will certainly be united with him in a
resurrection like his. We know that our old self was

crucified with him so that the body of sin might be destroyed, and we might no longer be enslaved to sin. For whoever has died is freed from sin. But if we have died with Christ, we believe that we will also live with him. We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. The death he died, he died to sin, once for all; but the life he lives, he lives to God. So you also must consider yourselves dead to sin and alive to God in Christ Jesus.



MATTHEW 10:24-39

'A disciple is not above the teacher, nor a slave above the master; it is enough for the disciple to be like the teacher, and the slave like the master. If they have called the master of the house Beelzebul, how much more will they malign those of his household!

'So have no fear of them; for nothing is covered up that will not be uncovered, and nothing secret that will not become known. What I say to you in the dark, tell in the light; and what you hear whispered, proclaim from the housetops. Do not fear those who kill the body but cannot kill the soul; rather fear him who can destroy both soul and body in hell. Are not two sparrows sold for a penny? Yet not one of them will fall to the ground unperceived by your Father. And even the hairs of your head are all counted. So do not be afraid; you are of more value than many sparrows.

'Everyone therefore who acknowledges me before others, I also will acknowledge before my Father in heaven; but whoever denies me before others, I also will deny before my Father in heaven.

'Do not think that I have come to bring peace to the earth; I have not come to bring peace, but a sword. For I have come to set a man against his father, and a daughter against her mother, and a daughter-in-law against her mother-in-law; and one's foes will be members of one's own household.

Whoever loves father or mother more than me is not worthy of me; and whoever loves son or daughter more than me is not worthy of me; and whoever does not take up the cross and follow me is not worthy of me. Those who find their life will lose it, and those who lose their life for my sake will find it.



REFLECTION FOR 2ND SUNDAY AFTER TRINITY

The past few months have seen some of the most difficult times the world and this country has ever seen; at least in modern history.

Frightening, testing times – the kind of times when people look at the church and say things like: 'why do you believe in God, what difference can it make'; and, 'how can there be a God when such terrible things are happening?'

Well, in truth, terrible things have always happened – so the question we must look to is the one that asks where God is in all the terrible things that have happened and continue to happen.

Two thousand years ago when the Gospels were written, people were just beginning to understand who Jesus was and what God was saying to them through Jesus' life, death and resurrection; where God was in all the terrible things that were happening then.

As we read through this week's passage from Matthew and ponder on what Jesus is saying we could not by any means describe his words as consistent in terms of explaining where God might be for us as we struggle through life's ups and downs.

Rather it reads like Matthew has come across a list of Jesus' sayings and simply strung them together.

Some are comforting and inspiring: 'have no fear', 'even the hairs of your head are all counted. But others are, quite frankly, disturbing in their message: 'I have not come to bring peace, but a sword', 'I have come to set a daughter against her mother'.

Not very reassuring or comforting... But, these words of Jesus, contradictory though they are, they speak a truth that needs to be heard and held onto.

These words of Jesus speak into times of turmoil, disaster and life changing trauma.

In times of trouble we want words of comfort, because life, normality and our feelings of security have been broken; life might never be the same again. And Jesus offers this in all that he says.

But his words also remind us that for some, life will be a continual struggle against adversity and injustice, that those who want to bring about all that is Godly and good will often be met with conflict, persecution, and violence.

Jeremiah lived through the siege of Jerusalem, a time of unimaginable slaughter, oppression, suffering and grief.

The prophet's anguish is made all the worse because he cannot proclaim the reassuring message of peace that everyone is longing to hear. Instead he pours out a lament of inner pain and sorrow.

We might think that the reading ends on a positive note of praise, but this is misleading. In the very next verse, Jeremiah curses the day on which he was born.

Then as now, there are no easy answers, no neat resolutions.

Jeremiah's searing words reverberate down the centuries because they chime with the experiences of so many victims of oppression, disaster, disease and famine.

Yet despite his bitter protest, Jeremiah resolutely clings to God.

The Book of Jeremiah and the Gospel of Matthew are texts which were written for the people of their times – communities who were undergoing persecution, distress and loss – but they were books that comforted and held communities together.

Over the past few months we have seen how vital community becomes in times of fear and anguish.

Within days of the lockdown being announced volunteers were mobilising, and offers of help for strangers from strangers were pouring in from people of faith and people of no faith alike

It was concrete, practical help in a time of fear and need. It was also a way of asserting our common humanity. It forged bonds of friendship and commonality.

Revd Janet



Are not two sparrows sold for a penny?



One day, Jesus was talking with his disciples. 'Students are not better than their teacher,' he said to them. 'A slave is not better than his master. Instead they need to be like each other.' He continued, 'So do not fear. Everything that is hidden will be found and everything that is secret will be discovered. Anything I say to you in the dark, I want you to tell in the light. Anything that is whispered, I want you to shout from the rooftops!'

Jesus reassured them. 'Do not fear those who try to kill you, as they cannot kill your soul. The only one you should be worried about is the one who can destroy both the body and the soul in hell. Two sparrows are sold for only a penny. But if one of them falls to the ground, God knows this. Even the hairs on your head are counted and known by God. Do not fear, you are much more valuable than the sparrows.'

Jesus said to his disciples, 'If you tell others that you are my follower, I will tell God in heaven that you are my follower. But if you say you are not my follower, I will tell God in heaven that you don't belong to me. I didn't come to bring peace; I came to bring a sword. Families will turn against each other because of what I say. Anyone who loves their family more than me is not good enough to be my follower. Anyone who is not willing to take up their cross is not good enough to be my follower. If you try to hold onto your life, you will give up true life. But do not fear. If you give up your life for me, you will hold onto true life.'

Name



Matthew 10.24-39

Jesus tells his disciples that being a disciple may involve suffering, but no matter how small, they are valued by God.



Family time

Talk Why do people find it difficult to tell others that they go to church and believe in God?

Do Think about someone you'd like to tell about Jesus. Perhaps you could invite them to come to an event at church. If not, pray for them this week.

Pray As you brush or wash your hair this week, remind yourself that God knows how many hairs are on your head. So, even when things are tough, be thankful that he cares about you and is with you.

Activity time



Draw a picture of yourself telling someone about Jesus.



Puzzle

Jesus told us not to be afraid when we face challenges. Can you help the boy through the maze to reach his friends?

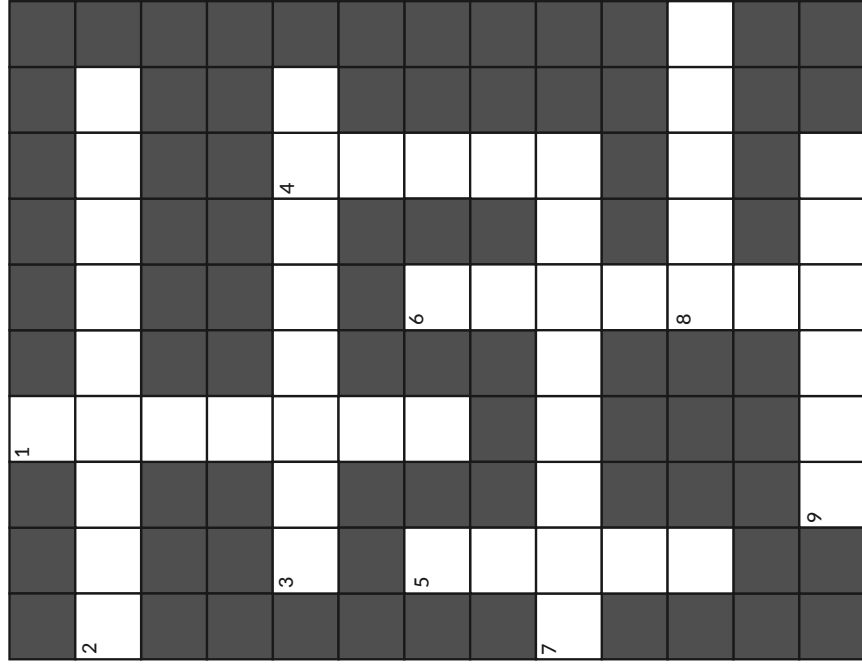


ROOTS children's sheet

21-27 June 2020



Fill in the crossword answers using the clues below.



Across

- To be left exposed
- What the sky is full of at night
- When two people disagree and argue there is...
- A dove is a sign of this
- Someone might ask you to keep this to yourself

Down

- If you put a cloth over a cup, it is...
- If someone can't hear you you might need to...
- God... everything about you.
- The opposite of speaking loudly, you might need to...

