

St Francis Weekly News for EIGHTH SUNDAY AFTER TRINITY 26th July 2020



This bulletin may have come to you by email or through your letterbox, if you received it on paper but are happy to receive an email in future please email deborah.lechmere@ntlworld.com If you know anybody else who would like this delivered or emailed please contact Deborah or Revd Janet: revdjanetwyer@outlook.com

WHAT'S HAPPENING IN ST FRANCIS CHURCH?

NORFOLK DAY



As can be seen Revd Winnie and Eeyore celebrated Norfolk Day in their very own particular way.

The competition inviting folk to send in art or craft work depicting their personal experiences or some aspect of lockdown remains open until 10th August. [Don't forget a picture of a rainbow or a sunflower would count!]

There are small prizes on offer in each age range – so please be sure to send in your offering as soon as you can.

THE CHURCH OF ST FRANCIS
HEARTSEASE



**NORFOLK DAY
COMPETITION**

**'Through My Eyes...'
The Heartsease,
the City of Norwich or the
County of Norfolk
during lockdown...**

**To enter your Photo, Drawing, Painting,
or piece of Craftwork
send it to:**
admin@stfrancisheartsease.co.uk
or pop it through
St Francis Vicarage letterbox
100 Rider Haggard Road
With your name, address and age.
[prizes for all ages and categories]

Closing date: Monday 10th August

FACE COVERINGS IN CHURCH

As of 8th August, it will be a legal requirement to wear a face covering when attending church worship unless exempt because of medical reasons.

Rather than waiting for this to come into law, those of us 'at the front' will be wearing masks, as and when appropriate, as an encouragement to all and in acknowledgement that we must make every effort to protect one another from what still remains a dangerous virus.

Please do not feel that the wearing of a face covering will in any way effect your experience of church and worship.

The remarkable truth about God is that God's touch upon our lives and the presence of the Holy Spirit can overcome any obstacle.

If we present ourselves to God, ready to listen, receive and act on God's call on our lives as made known to us through Jesus - we will be blessed; so very often in ways we could never imagine!



Please be assured we take your well being and safety very seriously.

If you happen to forget your face covering, our welcomers will be happy to supply a disposable one for you to use whilst in the church building.

REVD TRACY WILLIAMS

It is a deep privilege that Revd Tracy is to be priested whilst he is on placement with us here at St Francis.

The ordination will be taking place at St Matthews on Friday 7th August at 3pm and although social distancing regulations mean that many of us will not be able to attend, we will hold Revd Tracy in our prayers as he makes his solemn vows before God and is ordained as Priest.

*God our Father, Lord of all the world,
through your Son you have called us into the
fellowship of your universal Church:
hear our prayer for your faithful people
that in their vocation and ministry
each may be an instrument of your love,
and give to your servant Tracy, who is to be
ordained, the needful gifts of grace;
through our Lord and Saviour Jesus Christ,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. Amen*

Please also pray for him and for his wife Bev throughout this coming week as they prepare for this next big step in ministry.

If you are able to attend church on Sunday 9th August this will be the day when Revd Tracy celebrates Holy Communion for the first time at St Francis. The service will begin at 10.30am and all are welcome.



Please call either the church office [01603 431259] or 07990 576118 to let us know you are coming.

ENYP & ST FRANCIS GENESIS ADVENTURE

Time is flying by and this past week saw us reach week five of our Genesis Adventure. Although each week we have packs left over, there are still a number of families turning up each week who are enjoying the activities on offer in each week's pack.

The packs include colouring pages, quizzes, and craft activities all based around the story of creation. Each week there is an opportunity to bring a completed drawing or craft item to claim a prize.

This week Shannon brought us a beautiful sun – Revd Winnie was very impressed!



The Genesis Adventure packs are available to anyone who would like them – either in weekly instalments, or as a complete set of seven [available later in August]

We are outside the church every Thursday afternoon at 4pm if you would like a pack or please give me a call [07990 576118].

FORTHCOMING EVENT...

Following on from the Summer Genesis Adventure designed for children and families, we will be observing the Church of England season of Creationtide that begins on 1st September and concludes on St Francis Day 4th October.

This season that celebrates the natural world, the glorious gift of God's creation, will be packed with special events and services.

Although we are very much aware that current restrictions will mean that we cannot get together as a community as we once did – what we can be is creative!

So, look out for further details in the weeks to come.

LET IT GROW

You may recall that through Eastertide and early summer we were giving away plants and seedlings to encourage folk to brighten up their gardens, balconies or shared spaces.

Although we didn't keep a count of the sunflowers, tomato plants and marigolds that were taken we believe that it did eventually run into over a hundred plants of one kind or another.

At the time we asked for photos of the mature plants so that we could share the good news that the Let it Grow project was a blooming success and below are some of the beautiful marigolds donated by Joyce Fish flourishing in a Heartsease garden; thank you Joyce they are very much appreciated!



If you have successfully grown any of the plants from 'Let it Grow' please send us a photo, we'd love to share it with our readers.

THE BELL

As from 1st August we will no longer be ringing the church bell to signal the start of the 9pm night time prayers.

Please be assured that the Heartsease community will continue to be held in prayer at that time [and indeed throughout the day] but with the ending of shielding this seemed to be the right time to draw this chapter of our response to the pandemic to a close.

It has been an immense privilege to ring out God's love over these past few months – and I hope and pray that those who heard the bell ring knew that they and the whole community were held in prayer. I offer my apologies to those who found it an intrusion and my thanks for their patience.

ST FRANCIS FREE FOOD

We continue to offer food parcels to those who ask for help and hope to do so for the foreseeable future.

If you or anyone you know is in need of a helping hand, please call St Francis Free Food on 01603 431259 or call at the church any weekday morning between 11am -12pm.

Girlz Stuff

Very sadly we are no longer able to provide the blue box of free sanitary products outside the church.

Over the past few weeks we have had a series of incidents where the box has been emptied over the pavement and contents strewn around the neighbourhood.

We will continue to offer these essential items from the church building when St Francis Free Food is open and wherever possible upon personal request. Please contact either 01603 431259 or my mobile 07990 576118]

PASTORAL CARE

Shielding has now come to an end and this means that the support from the National Shielding Service of free food parcels, medicine deliveries and care has stopped.

We are also hearing almost daily of changes in the government's response to the measures being taken to keep us as safe as possible from the virus.

If you are worried about any of the changes that are happening, please do not hesitate to get in touch

with us. We are very happy to talk with you if that would be helpful.

Please do not feel that you are alone - help and support is always available, whatever may be troubling you.

Revd Janet [07990 576118]

Eleanor [07840 206716]

Also, 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

USEFUL CONTACT NUMBERS [CONT'D]

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: 01603 431259

A WORD FROM THE VICAR

'You give them something to eat' said Jesus to his disciples. [see this weeks' Gospel reading]

I bet those poor blokes looked out over the thousands of people gathered in that place at that time and thought to themselves 'Blimey, He must be joking...' [or the equivalent in Aramaic of course]

I have to confess that many a time over the past few months I've looked at a task that has fallen to me and thought much the same thing.

All I can say is, on every single occasion my scepticism has been met with clear examples of God's power in action.

I have stood and watched in amazement at the things that God has done right in front of my eyes.

Hundreds of food parcels going out from St Francis Free Food and over a hundred newsletters going out *every week* to name a couple of things that I consider to be miraculous.

All too often we think perhaps that a miracle just happens spontaneously – a bit like magic – but in reality miracles happen when we work with God; when he shows us what needs to be done – and we get on and do it regardless of whether we think it's possible or not.

All too often it's far too easy to be discouraged before we even begin something different or out of our comfort zone.

We can only imagine how those first disciples felt when Jesus encouraged them time and time again to step out in faith and trust.

And yet they did, with awesome results - and so should we. Whatever the challenge, whatever the task, if we approach it with prayerful attention and faithful trust, we too might witness yet another miracle.

See if you can spot your own miracle this week!

God's miraculous blessing and peace be with you and yours.

Revd Janet

FOR OUR PRAYERS

We pray for those who are in acute need of prayer at this time: Doreen F; Tom; Riley & his mum and family; David; Jeanette, David & Grace; David B; Paula; Maegan; Colin; Pete; Lauren; Fr Brian; Hazel

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

We remember with love Margaret Rudd; Brian H; Gill; and all those who have died in recent days and pray for their family and friends.

Margaret's funeral will be taking place on Tuesday 4th August at St Faith's Crematorium. Please pray for her 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 8TH SUNDAY AFTER TRINITY

Almighty Lord and everlasting God,
we beseech you to direct,
sanctify and govern
both our hearts and bodies
in the ways of your laws
and the works of your commandments;
that through your most mighty protection,
both here and ever,
we may be preserved in body and soul;
through our Lord and Saviour Jesus Christ,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. Amen

Lord God, your Son left the riches of heaven
and became poor for our sake:
when we prosper save us from pride,
when we are needy save us from despair,
that we may trust in you alone;
through Jesus Christ our Lord. Amen

Strengthen for service, Lord,
the hands that have taken holy things;
may the ears which have heard your word
be deaf to clamour and dispute;
may the tongues which have sung your praise be
free from deceit;
may the eyes which have seen the tokens of your
love shine with the light of hope;
and may the bodies which have been fed with your
body be refreshed with the fullness of your life;
glory to you for ever. Amen

READINGS FOR 8TH SUNDAY AFTER TRINITY

ISAIAH 55:1-5



Ho, everyone who thirsts,
come to the waters;
and you that have no money,
come, buy and eat!

Come, buy wine and milk
without money and without price.

Why do you spend your money for that which is not
bread,
and your labour for that which does not satisfy?

Listen carefully to me, and eat what is good,
and delight yourselves in rich food.

Incline your ear, and come to me;
listen, so that you may live.

I will make with you an everlasting covenant,
my steadfast, sure love for David.

See, I made him a witness to the peoples,

a leader and commander for the peoples.

See, you shall call nations that you do not know,
and nations that do not know you shall run to
you,
because of the LORD your God, the Holy One of
Israel,
for he has glorified you.

PSALM 17: 1 – 7, 16



1 Hear my just cause, O Lord; consider my
complaint; ♦
listen to my prayer, which comes not from lying
lips.

2 Let my vindication come forth from your
presence; ♦
let your eyes behold what is right.

3 Weigh my heart, examine me by night, ♦
refine me, and you will find no impurity in me.

4 My mouth does not trespass for earthly
rewards; ♦
I have heeded the words of your lips.

5 My footsteps hold fast in the ways of your
commandments; ♦
my feet have not stumbled in your paths.

6 I call upon you, O God, for you will answer
me; ♦
incline your ear to me, and listen to my words.

7 Show me your marvellous loving-kindness, ♦
O Saviour of those who take refuge at your right
hand
from those who rise up against them.

16 As for me, I shall see your face in
righteousness; ♦
when I awake and behold your likeness, I shall be
satisfied.

ROMANS 9:1-5

I am speaking the truth in Christ — I am not lying; my conscience confirms it by the Holy Spirit — I have great sorrow and unceasing anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my own people, my kindred according to the flesh. They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; to them belong the patriarchs, and from them, according to the flesh, comes the Messiah, who is over all, God blessed for ever. Amen.



MATTHEW 14:13-21

Now when Jesus heard of the death of John the Baptist, he withdrew from there in a boat to a deserted place by himself.

But when the crowds heard it, they followed him on foot from the towns.

When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick.

When it was evening, the disciples came to him and said, 'This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves.'

Jesus said to them, 'They need not go away; you give them something to eat.'

They replied, 'We have nothing here but five loaves and two fish.'

And he said, 'Bring them here to me.'

Then he ordered the crowds to sit down on the grass.

Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds.

And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full.

And those who ate were about five thousand men, besides women and children.



REFLECTION

This week's gospel story is about a miracle, Jesus feeding 5000 men plus women and children by the sea of Galilee. It's particularly interesting that this is the only one of the miracle stories that appears in all four gospels, unless we include the resurrection accounts and general narratives about healing the blind. Not only that, the similarity between all four is striking, even down to the numbers of loaves, baskets of leftovers and people involved. Clearly, this was a story that was important to the evangelists, and one that contained important details.

Significant, I think, is the declaration in this story as to the identity of Jesus himself. There is no doubt that first century Jews would have seen a big connection between this mighty act of Jesus and the story in Exodus 16 of the feeding of the Israelites with manna from heaven. Jesus is therefore the new Moses. Contemporary Jews might also have been led to think of Deuteronomy 8 in which they were told that manna was a reminder; a reminder that they could not live by bread alone, but by the Word. Hence, the bread of heaven is also the word of God, which is the foundation of John's realisations in his gospel account as to the identity of Jesus.

There is also an echo in this story of 2 Kings 4, where Elisha orders a disciple to feed 100 men with 20 loaves of barley. It's fascinating that, in John's version of this story, the loaves are described as barley, too: barley was animal feed and so barley loaves would have been considered to be very humble fare. Hence, rather like the transfiguration story, Jesus is being affirmed as the fulfilment of

the law and the prophets, the true messiah – a very important theme in the gospels.

Above all though, Jesus is multiplying the loaves. He is creating them. He is shown in this story to be the Lord of all Creation; a Lord of all Creation who has compassion on his people, and who will provide in great abundance, if we were only to believe and trust in Him.

This week I am preparing myself for ordination to the priesthood which takes place, God willing, on Friday. It's an awesome undertaking that involves a lot of soul searching and struggle. I don't mind admitting that I'm really having to fight the impulse to break free and make a run for it. I'm also having to consider who I am meant to be, what it is, that God wants to use me for.

In the midst of all this, I noticed something in this story that holds huge significance for me.

I noticed that Jesus, having multiplied the bread, does not hand it over to the people Himself. He hands it to the disciples first. Only then do the disciples give the bread to the assembled multitudes.

'For I received from the Lord that which I also delivered to you'.

We receive, then we hand over. That is a quote from St Paul, 1 Corinthians 11:23, where he affirms the words of institution: 'on the same night in which he was betrayed took bread, and when he had given thanks, He broke it, and said, "Take, eat, this is my body which is broken for you; do this in remembrance of me"'.

We receive, then we hand over. Surely this principle lies at the heart of all ministry, for all of us. It's what we do when we read scripture aloud in church. It's what we do when we express our faith by means of our approaches to ethics and inclusivity. It's what we *should* do when we consider and act on our view of our environment.

The disciples received, then handed over the bread as it was delivered to them by the Lord of all Creation. Have we done that with the world handed to us freely by the Lord of all Creation? I don't think so. In the future, our descendants will not be thanking us for mountains of plastic and poisons that we have dumped in the environment over the last decades.

We receive, then we hand over. From a priestly perspective, it's what I will be doing when I bless and break the communion bread, the bread of life, the breaking open of the word, to the people of God: the people of God, who are themselves a 'royal priesthood' (1 Peter 2:9).

We receive, then we hand over, we therefore *deliver*. The Latin word for deliver is from where we derive the English word tradition. So whereas many think today that tradition is something stuffy and old fashioned, it actually means to deliver that which has been handed down to us. I've had several conversations with people recently about traditions of the church; indeed, what is church? That's a debate will go on and on, but this story has really helped me with the question.

It's helped me to see that church is about delivering what we have received. And for me, church is about communion; about receiving that which has been delivered to us, just as St Paul said. Because, 'though we are many, we are one body, because we all share in one bread'. The bread of life. The body of Christ. And of course, we are all part of creation: the creation that has been delivered freely to us. Let's try to remember that. One of the reasons we are struggling with a pandemic is because of the disrespect human beings have for creation. That must surely change, and I think that change is one of the biggest things I associate with the coming of the Kingdom, however you may choose to interpret that phrase.

One last thing: people will always ask, is this story true? Jeffrey John, the Dean of St Alban's, tells a story about two RE teachers he had at school. One declared this story to be a divine mystery, the other said the story was simply about persuading people to share their packed lunches. Neither of these interpretations are satisfactory, and it's a complicated discussion. Suffice to say though, I think that, as with many of the gospel narratives, it is much more helpful if we spend less time wondering if they are true stories in the strictly factual sense. Maybe we are better to receive them – and deliver them - as stories about a much deeper and divine truth.

A truth that, I strongly believe, is well worth delivering.

Revd Tracy



Jesus feeds the 5000



Jesus heard that John the Baptist had been killed by Herod. He needed some time on his own, and went in a boat to a place completely away from everything. But the crowds found out and followed Jesus on foot from the town. When he got off the boat, Jesus saw all the people and he had compassion for them. He healed people who were sick.

When it was evening, Jesus' disciples came to him and said, 'This place is in the middle of nowhere, and it's getting late. Send the crowd away so they can go to the villages and buy themselves some food.'

But Jesus told them, 'They don't need to go away; you give them something to eat.'

The disciples replied, 'What? We've got nothing here! Nothing apart from five loaves and two fish.'

Jesus told them, 'Bring them here to me.' Jesus made everyone sit on the grass. Taking the five loaves and the two fish, he looked up to heaven, blessed the bread and broke it. Then he passed the food to his disciples and asked them to share it out. Everyone ate as much as they wanted. And at the end, when they cleared up, they had twelve baskets of leftovers! Five thousand men, women and children ate that day.

Answers to Margaret's Quiz (from last weeks Newsletter)

- | | | | |
|---|------------|---|--------------------------------------|
| 1 | Saul | 5 | False |
| 2 | Sin | 6 | True |
| 3 | Disobeying | 7 | Grace, Love, Fellowship, Holy Spirit |
| 4 | True | | |

Activity time

Name



Matthew 14.13-21

Jesus and the disciples face a challenge when more than 5,000 people need dinner, but Jesus performs a miracle and there is more than enough food for everyone.



Family time

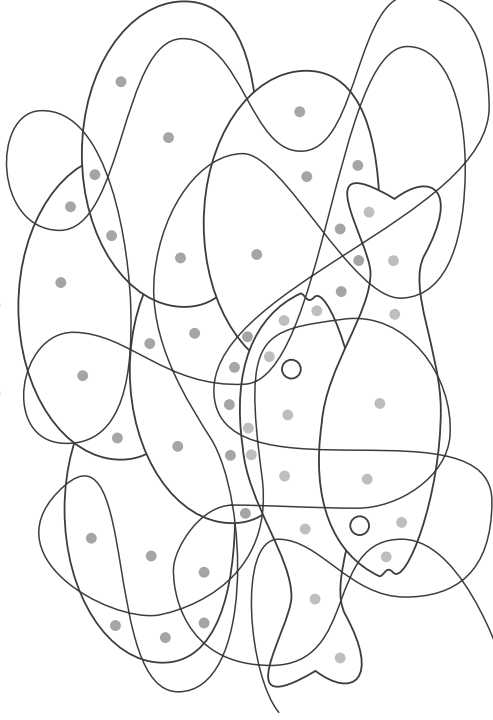
Talk How do you think we could share what we have with others?

Do Each time you stop to eat this week, think of ways you could be generous with your time and gifts.

Pray Sit down together and share some bread while sharing this prayer: Lord, thank you for providing this bread, and for the story which reminds us to be generous with everything we have. Please help us in all that we do. Amen.



Colour in the sections the same colour as the dots inside them to reveal images from today's story.



??????

Puzzle

Circle the five things which shouldn't be in the image, things which wouldn't have been around at the time.



ROOTS children's Sheet

2-8 August 2020



Solve the code to work out a key message from today's story.

A	B	C	D	E	F	G	H	I	J	K	L	M
✌️	👉	👍	👉	👉	👉	👉	👉	👉	😊	😐	😞	☀️

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
☠️	👉	👉	✈️	👉	☀️	👉	☠️	☠️	☠️	☠️	☠️	☠️



Name

2-8 August 2020

Colouring time

Jesus offers the special food to God for a blessing.

