

# St Francis Weekly News for The Third Sunday of Easter 26<sup>th</sup> April 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](mailto: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](mailto:revdjanetwyer@outlook.com)

## WHAT'S HAPPENING IN ST FRANCIS CHURCH?

### EASTER GARDEN – TRANSFORMED!

The story of the empty tomb continued...

For those of you who have been following the saga of the disappearing plants there is great news. To find out more let us time travel back a good year or more and take in a little visit to the Community Fridge that is happening in the Hive.

Like everyone involved in the project, Jim and Sue Green, are passionate about reducing food waste and encouraging everyone to make the most of the resources they have for the good of creation and personal well being – everyone following their own dream!

To which end they started working very hard on helping Fridge visitors and members of the community to think about developing food resilience by growing vegetables and fruit on whatever land might be available.

Within a short space of time a piece of the playing field next to the church was utilised, dug over and a veg patch was established – with several composters installed close-by to enable efficient disposal of Fridge waste and eventual supply of nutrient rich compost.

Now, if we fast forward to April 2020, the prepared bed has become a 'Hugelkultur' bed [a clever way of using old pieces of wood to create a raised bed that holds moisture, builds fertility and maximises surface volume] and vegetables are being grown...



Alongside the vegetables Jim has lovingly nurtured some tomato plants and as it has always been his intention to encourage the community to 'try this at home' we got to talking about giving these plants away.

Almost simultaneously another member of the Fridge team, Cheryl, very kindly brought in a number of sunflower seedlings to give away as part of the Free Food project.

Eureka! So this is what God was trying to tell us – rather than bringing plants to the empty tomb; we were being encouraged to give plants away; to help the community create and tend their own garden, balcony or communal space.

So, the tomb has been transformed into a real place of free grace and the St Francis Free Food 'Let it Grow' project has been brought into being. How amazing is that?



Truly this is all an example of grace filled transformation; how blessed we are!

*'We know that all things work together for good for those who love God, who are called according to his purpose' [Romans 8: 28]*

Incidentally, not so very long ago the vicar was feeling very guilty about dumping an old piece of furniture out on the field – but what I believed to be an eyesore was very swiftly seized upon by Jim, who broke it up and utilised the drawers of said piece of furniture as plant containers!



On which note Jim has asked me to put out a plea for any surplus seedlings or veg plants you might be prepared to give to the project. These can be left by the hugelbed in one of these handy receptacles please or contact me or Jim and we'll be happy to pick them up.

## BUSINESS ALMOST AS USUAL



For many people the Church of England and its way of operating is as big a mystery as what it is a vicar actually *does*...

However, for some others it plays a rather large part in their day to day lives and is no mystery at all. In reality many people play an active role in helping to make church life run smoothly, and although the work they undertake is largely not always immediately visible, nevertheless without their input things would very soon grind to a halt – and we would fall foul of the Law of the Land!

St Francis Church is no different to any other Church of England church, and it is a requirement in law that we abide by the rules and regulations set down by the Archbishops Council and the Charity Commission. Every year we must present a set of audited accounts and a comprehensive annual report, elect appropriate officers of the church abiding by a document known as the Church Representation Rules, and hold an Annual Parochial Church Meeting where all these items are addressed, agreed and documented.

Following on from the APCM, the agreed reports are then forwarded onto the Diocese of Norwich to be scrutinised and kept on file for use by the Bishop and Diocesan Officials should they need to have an overview of what has been happening in any particular church in the forthcoming year.

No doubt you have got this far and thought to yourself, 'I wonder what's happening with Revd Winnie and Eeyore...' and I totally empathise if your eyes have glazed over with the sheer dullness of it all. But, it all has to be done – unless of course you happen to be in lockdown because of a global pandemic.

Sunday 19<sup>th</sup> April would have seen our Annual Parochial Church Meeting take place in church – but as we all know, familiar and formally necessary duties have had to be postponed or abandoned and other ways of doing things suggested and tried out.

And this, indeed, is what has happened. Following on from consultation with the Chancellor of the Diocese [the legal bod] The Lord Bishop of Norwich has granted us permission to defer our legal requirement to hold an APCM until the coronavirus emergency has passed, possibly even postponing until 2021. However, all reports must be produced and legal requirements adhered to.

So, this is where I have to extend my deep and sincere thanks to the elected officers of St Francis Heartsease who have worked very hard to ensure that we comply with our lawful duties.

Thank you Churchwardens, Diana Cooper and John Cubitt; Treasurer, Deborah Lechmere; Vice Chair, David Lechmere; Secretary, Margaret Bell; Deanery Synod Reps, Diana Cooper and Jane Cubitt. Your efforts are very much appreciated as is the work you do throughout the year, which largely goes unnoticed!

In terms of the forthcoming year, because we have not had the opportunity to hold an APCM, post holders and Parochial Church Council Members will remain in office [if they wish to of course] and, thanks to them, it will be business almost as usual for all of us!

And just in case you were wondering...



Revd Winnie is definitely not one to worry about legalities - he's too busy thinking about important things like rainbows!



## ST FRANCIS HEARTSEASE FREE FOOD

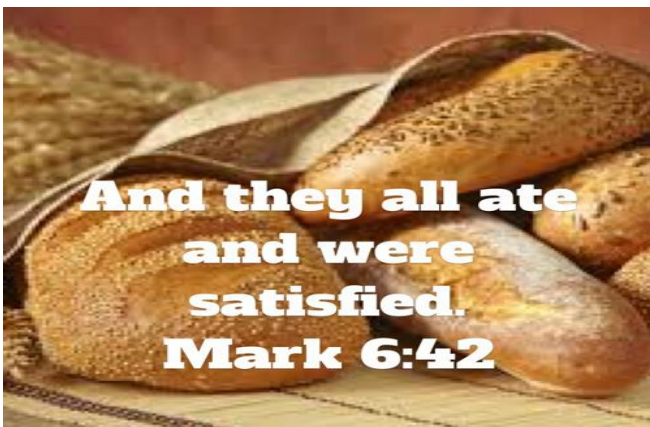
This past week has again seen us very busy sending out parcels to individuals and families who have asked for food support.

In general parcels are being delivered by pedal power [thank you Jim, Sue and Eleanor] as and when needed.

We try to keep to weekday deliveries, but in cases of urgent need we are willing to do what we can to get food where it is needed, whenever that may be.

We are also working with Thorpe Helping Hands to ensure that our neighbours in St Matthew's parish and Thorpe St Andrew are getting the food support that they need [we pack the parcel, they pick it up and deliver] – and as ever we have found that no matter how much food we give out, thanks to the generosity of our kind benefactors, Fareshare collectors, and Morrisons Riverside, still more pours in!

Loaves and fishes spring to mind...



If you know of anyone who needs a helping hand but is nervous about asking, please reassure them that we are here to help and will do so as discreetly and swiftly as possible.

## PASTORAL CARE

In times of stress and anxiety it's always good to know that help and support is always available.



This is just a gentle reminder that we are always ready to listen if you need to talk. [07990 576118]

## USEFUL CONTACT NUMBERS

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

Chidline: 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 BCP COMMUNION

Each Sunday at 10.30am I will be celebrating Holy Communion using the Book of Common Prayer service. This will be available to watch on Zoom.

If you would like to join the Zoom Room, please contact Sarah Housden who will be happy to enable that to happen. [sarahj.housden@gmail.com](mailto:sarahj.housden@gmail.com)

### A WORD FROM THE VICAR

The Gospel reading for this Sunday is the beautiful story of the two disciples who, walking home to Emmaus, met with the Risen Jesus.

As they walked and talked they had no idea who it was that was journeying with them.

It was just someone who met them where they happened to be, who was able to talk with them and help them understand some of the things that had been puzzling them; matters of faith and unravelling the Scriptures.

It was not until they invited this person into their home, and therefore into closer relationship with them that they finally realised who he was.

As he broke bread with them and for them – they recognised him!

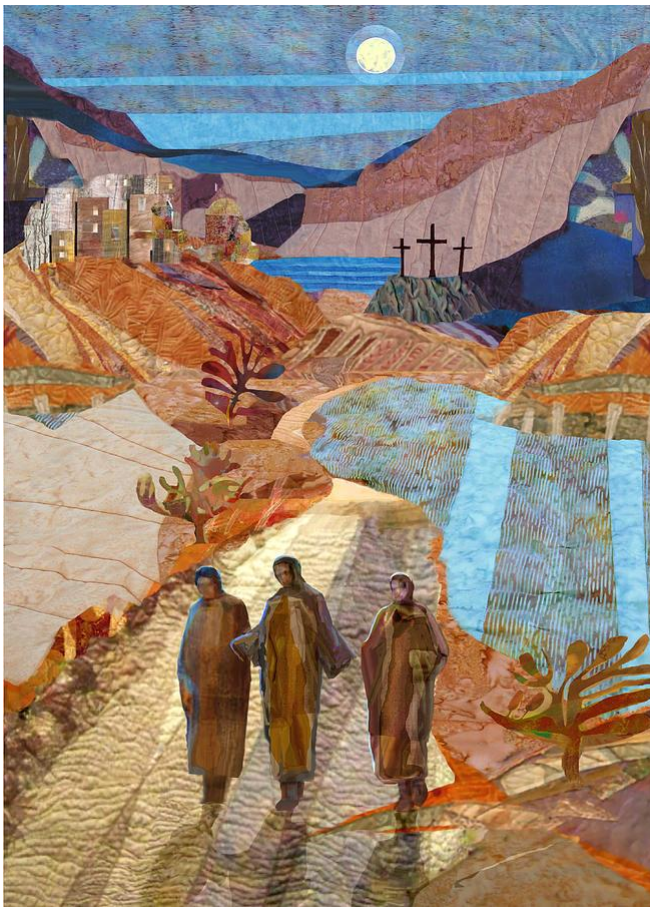
No wonder they had been so happy talking with him as they made their way home.

What had begun as a forlorn return was transformed into an adventure of illuminating encounter and joy.

No wonder their hearts burned within them!

They had seen Jesus, they had been with Jesus, they had learned from Jesus.

Learned that wherever they happened to be - he was with them; whatever they needed to know - he would reveal the truth to them; they learned that whenever they invited him into their hearts and their home – he would honour that invitation with grace and deep love.



Over the past few weeks the journey we have shared has been tough – and as time passes it does not get any easier.

We may grow a little more accustomed to this different way of being but the pain and sorrows of this pandemic and all that we need to do to make the effects less drastic, remain with us.

But throughout it all we have not been on our own. And we are not on our own.

Just as he walked with those two on the road to Emmaus, so does Jesus walk with us here and now.

He is with us – ready to make himself known to us, ready to reveal deep truths to us, and ready to honour with grace and love any invitation we give to him to draw ever closer into our hearts and homes.

It took a little while for the two to recognise Jesus, so it's ok if it takes us some time to feel his presence – to know that he is right there beside us; but be assured that once we turn to him, welcome him as a constant companion and invite him into our homes and our hearts he will remain with us, our unseen but much loved companion for always and for ever.

**Meet Me Lord**

Meet me Lord as I walk this road.  
Guide me through this journey I find myself on;  
lead me on safely to where you would have me go.  
Give me strength for all that lay ahead,  
and open my eyes that I may see you with me.  
Fill my heart with your love  
so that it burns within me.  
And empower me Lord Jesus to pass on to others  
the grace that you have so freely shared with me.  
Amen

+ May you and those you love  
know the peace, love and presence  
of the Risen Lord Jesus today and always.

**Revd Janet**

## **St Francis Home School help**



Printing service, free or cost price printing

Email tutoring or question service

(Most subjects to GCSE, English, History and Maths to A level)

Contact [deborah@stfrancisheartsease.co.uk](mailto:deborah@stfrancisheartsease.co.uk)



St Francis Home School help is another service we are offering to our community we will print worksheets etc for those who do not have access to printers and Sarah Lechmere is volunteering to help with questions or tutoring where she can

## FOR OUR PRAYERS

**We pray for those who are in acute need of prayer**

**at this time:** Lorna, Margaret & Martin, David B, Audrey, Paula, Gill, Karen, Maegan, John R & Bee, Colin, Lynn, Pete, Lauren, Fr Brian, David and 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, Molly, Shirley.

**We remember with love** all those who have died in recent days and pray for their family and friends

## A 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 THIRD SUNDAY OF EASTER

Almighty Father,  
who in your great mercy  
gladdened the disciples  
with the sight of the risen Lord:  
give us such knowledge of his presence with us,  
that we may be strengthened  
and sustained by his risen life  
and serve you continually  
in righteousness and truth;  
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

Risen Christ,  
you filled your disciples  
with boldness and fresh hope:  
strengthen us to proclaim your risen life  
and fill us with your peace,  
to the glory of God the Father. Amen

Living God,  
your Son made himself known to his disciples  
in the breaking of bread: open the eyes of our faith,  
that we may see him in all his redeeming work;  
who is alive and reigns, now and for ever. Amen

## READINGS FROM SCRIPTURE FOR THE THIRD SUNDAY OF EASTER

ZEPHANIAH 3: 14 – end

Sing aloud, O daughter Zion;  
shout, O Israel!

Rejoice and exult with all your heart,  
O daughter Jerusalem!

The Lord has taken away the judgements against  
you, he has turned away your enemies.

The king of Israel, the Lord, is in your midst;  
you shall fear disaster no more.

On that day it shall be said to Jerusalem:  
Do not fear, O Zion;

do not let your hands grow weak.

The Lord, your God, is in your midst,  
a warrior who gives victory;

he will rejoice over you with gladness,  
he will renew you in his love;

he will exult over you with loud singing  
as on a day of festival.

I will remove disaster from you,

so that you will not bear reproach for it.

I will deal with all your oppressors at that time.

And I will save the lame and gather the outcast,  
and I will change their shame into praise

and renown in all the earth.

At that time I will bring you home,

at the time when I gather you;

for I will make you renowned and praised  
among all the peoples of the earth,

when I restore your fortunes

before your eyes, says the Lord.





### PSALM 116: 1 - 7

- 1 I love the Lord, because he has heard my voice and my supplications.
- 2 Because he inclined his ear to me, therefore I will call on him as long as I live.
- 3 The snares of death encompassed me; the pangs of Sheol laid hold on me; I suffered distress and anguish.
- 4 Then I called on the name of the Lord: 'O Lord, I pray, save my life!'
- 5 Gracious is the Lord, and righteous; our God is merciful.
- 6 The Lord protects the simple; when I was brought low, he saved me.
- 7 Return, O my soul, to your rest, for the Lord has dealt bountifully with you.



### ACTS 2: 14a, 36-41

But Peter, standing with the eleven, raised his voice and addressed them:

'...Therefore let the entire house of Israel know with certainty that God has made him both Lord and Messiah, this Jesus whom you crucified.'

Now when they heard this, they were cut to the heart and said to Peter and to the other apostles, 'Brothers, what should we do?' Peter said to them, 'Repent, and be baptized every one of you in the name of Jesus Christ so that your sins may be forgiven; and you will receive the gift of the Holy Spirit. For the promise is for you, for your children, and for all who are far away, everyone whom the Lord our God calls to him.' And he testified with many other arguments and exhorted them, saying, 'Save yourselves from this corrupt generation.' So those who welcomed his message were baptized, and that day about three thousand persons were added.

### 1 PETER 1: 17-23

If you invoke as Father the one who judges all people impartially according to their deeds, live in reverent fear during the time of your exile. You know that you were ransomed from the futile ways inherited from your ancestors, not with perishable things like silver or gold, but with the precious blood of Christ, like that of a lamb without defect or blemish. He was destined before the foundation of the world, but was revealed at the end of the ages for your sake. Through him you have come to trust in God, who raised him from the dead and gave him glory, so that your faith and hope are set on God.

Now that you have purified your souls by your obedience to the truth so that you have genuine mutual love, love one another deeply from the heart. You have been born anew, not of perishable but of imperishable seed, through the living and enduring word of God.



### LUKE 24: 13-35

Now on that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem, and talking with each other about all these things that had happened. While they were talking and discussing, Jesus himself came near and went with them, but their eyes were kept from recognizing him. And he said to them, 'What are you discussing with each other while you walk along?'



They stood still, looking sad. Then one of them, whose name was Cleopas, answered him, 'Are you the only stranger in Jerusalem who does not know the things that have taken place there in these days?' He asked them, 'What things?' They replied,

**'The things about Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, and how our chief priests and leaders handed him over to be condemned to death and crucified him. But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since these things took place. Moreover, some women of our group astounded us.**

**They were at the tomb early this morning, and when they did not find his body there, they came back and told us that they had indeed seen a vision of angels who said that he was alive. Some of those who were with us went to the tomb and found it just as the women had said; but they did not see him.'**

**Then he said to them, 'Oh, how foolish you are, and how slow of heart to believe all that the prophets have declared! Was it not necessary that the Messiah should suffer these things and then enter into his glory?' Then beginning with Moses and all the prophets, he interpreted to them the things about himself in all the scriptures.**

**As they came near the village to which they were going, he walked ahead as if he were going on. But they urged him strongly, saying, 'Stay with us, because it is almost evening and the day is now nearly over.' So he went in to stay with them. When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their**

**eyes were opened, and they recognized him; and he vanished from their sight.**



**They said to each other, 'Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?' That same hour they got up and returned to Jerusalem; and they found the eleven and their companions gathered together. They were saying, 'The Lord has risen indeed, and he has appeared to Simon!' Then they told what had**



# Hands



Jim Green



## Our hands

Look at your hands. I mean, really. Hands are in the news. How many times have you washed them today? How long for? How is your skin? How many times have you touched your face with your hands while you have been reading this?

When was the last time your hand shook someone else's hand?

Has your hand waved at someone recently?

When was the last time you played 'This little piggy went to market?'

What is the best experience your hands have had?

What about drawing round your hand and writing /drawing the story of your hand's day so far?

It might help to look at the story from Luke's gospel in this Newsletter.



## The hands of two followers of Jesus

Two disciples were walking along the road talking to a stranger. Where were their hands?

'We had hoped...' they told him. Obviously their hopes were...heads down, hands in their pockets.

'We had hoped that he was the one...' Which means they now thought he wasn't the one.

Was he?

But something had rubbed off, because after he had told them they were stupid and explained all about the Moses and the prophets and the scriptures and the Messiah and suffering and glory...at least they held out a figurative hand to ask him to stay with them.

And eat with them. And take charge. And pick up the bread in his hands...

## I have seen those hands before...

Is that what went through their minds? I mean, why was it, at this point, *this* point, they knew who he was?

They had seen those hands do this before.

They had seen those hands break some bread and give it to the disciples while his voice thanked God... you know the story. The disciples then fed the huge crowd.

Now he was doing it again. Breaking bread with his hands, thanking God, giving it to the disciples. But this was different.

This time there were scars on his hands.

You looked at your hands, now look at his. Take your time. Why was it *at this moment* that they recognised him?

He had told them that he would die, and he told them how he would die but they didn't get it. Now it has happened. So this guy does what he says. We can trust him.

And he did it by suffering. Soldiers hammered nails through his hands. And that was just the physical side of it.

## Back to our hands

Your hands, his hands. Have you got scars too? Would you like to hold out your hands towards the scarred hands of Jesus?

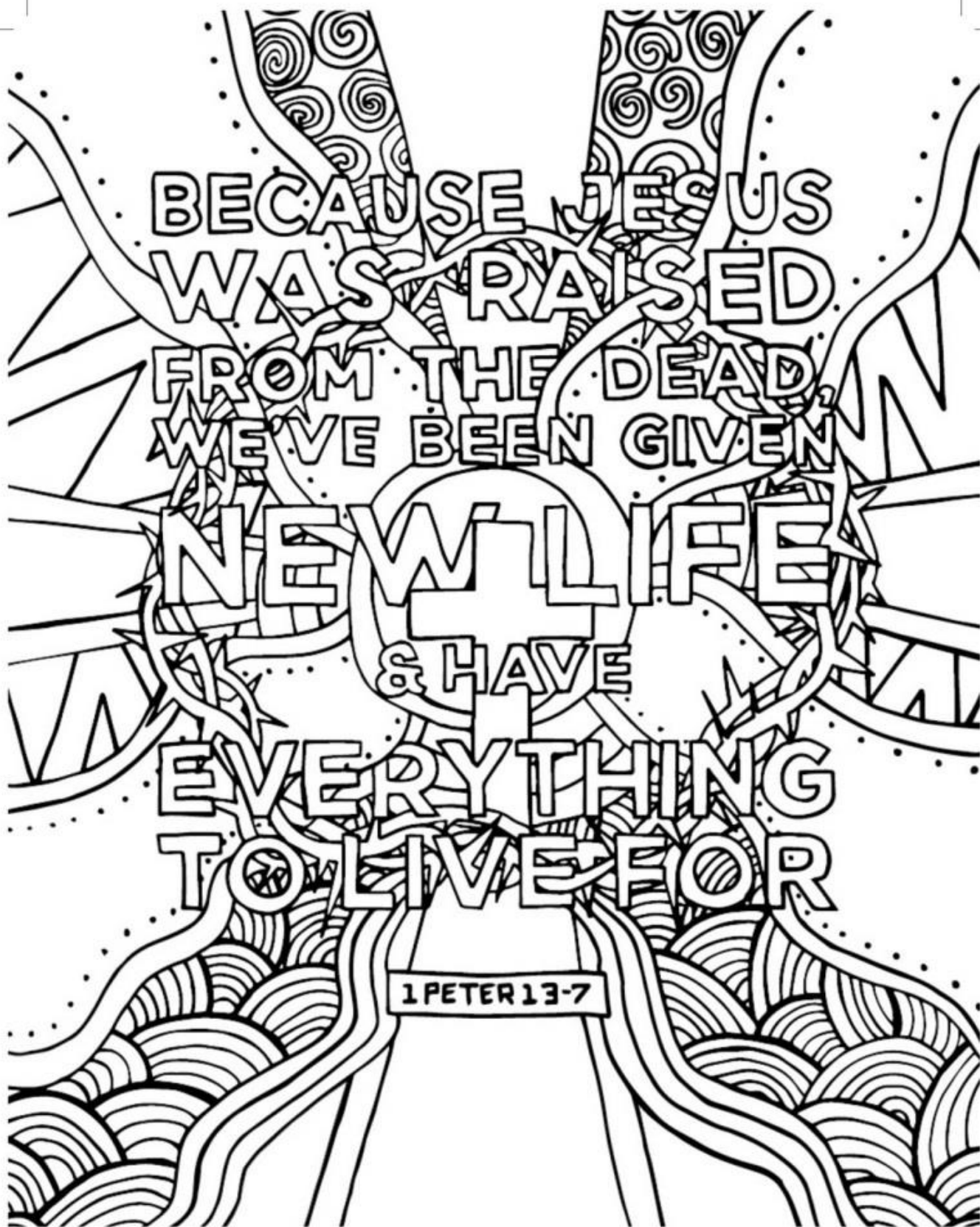
And would you like to hold out your hands and let Jesus give *you* some bread? Yes, this bread is for you. But it is also for you to give away.

So here is the last thing. Offer your hands to Jesus, offer them to ...whoever. Whoever you use your hands to email, whoever you phone; whoever you wave at, whoever you shop for. Whatever seed you plant, whatever plant you water. Whatever petition you sign.

And if you have people around you who you are able to touch, treasure them: touch them.

Touch them with the scarred hands of Jesus.





Available as posters up to A0 size from [cpo.org.uk](http://cpo.org.uk)  
For more resources visit [cpo.org.uk](http://cpo.org.uk) or call us on 01903 263354

Name.....



**Luke 24.13-35**

Jesus shows who he is by explaining the stories in the Bible and sharing food with his friends.



## Family time

**Talk** How have we shared in God's story today?

**Do** Spend time each night this week, before bed, taking time to share the stories of your day with each other and thanking God in prayer.

**Pray** Father God, thank you that you sent Jesus to this earth, to walk alongside us, and to share your story of love with each of us. Help us this week to share your story with our friends, and to share our stories with you. In Jesus' name. Amen.

## Activity time

# ROOTS children's Sheet

26 April - 2 May 2020



As Jesus told his story, his identity was revealed to the disciples. Draw Jesus in the middle of the picture, think about what details you can add to show his friends who he is.



Take some time to write a diary entry, as if you were one of the people who met Jesus in today's story. How would you be feeling at the end of such an amazing journey?



Can you fill in the gaps?

The men are walking along the road, when, all of a sudden, \_\_\_\_\_ joins them. As they journey together, Jesus \_\_\_\_\_ God's great story. At the end of the journey, one of the men invites Jesus into \_\_\_\_\_ house. As Jesus breaks the bread, the men realise, they are part of God's great \_\_\_\_\_ of love.

Now write the four words as a sentence to see the message at the heart of the Bible passage today.



Name .....

# ROOTS Colouring Sheet

26 April - 2 May 2020

## Colouring time

Jesus takes time to share his story with his friends.

