

The Church of St Francis  
**THE SECOND SUNDAY OF ADVENT**  
5<sup>th</sup> December 2021



**Peace is like a light  
shining in a dark  
place. As we light the  
second Advent candle  
we celebrate the peace  
we find in our Saviour  
Jesus Christ.**

**The Church of St Francis  
Heartsease**

**FOR OUR PRAYERS**

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

**We continue to pray for Woodside House Care Home; Hebron House and all those who are managing long term issues including: 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.**

**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 SECOND SUNDAY OF ADVENT

O Lord, raise up, we pray, your power and come among us, and with great might succour us; that whereas, through our sins and wickedness we are grievously hindered in running the race that is set before us, your bountiful grace and mercy may speedily help and deliver us; through Jesus Christ your Son our Lord, to whom with you and the Holy Spirit, be honour and glory, now and for ever. Amen

Almighty God,  
give us grace to cast away  
the works of darkness  
and to put on the armour of light,  
now in the time of this mortal life,  
in which your Son Jesus Christ  
came to us in great humility;  
that on the last day,  
when he shall come again  
in his glorious majesty  
to judge the living and the dead,  
we may rise to the life immortal;  
through him who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever. Amen

Almighty God,  
purify our hearts and minds,  
that when your Son Jesus Christ  
comes again as  
judge and saviour  
we may be ready to receive him,  
who is our Lord and our God. Amen



## POST COMMUNION PRAYER FOR THE SECOND SUNDAY OF ADVENT

O Lord our God,  
make us watchful and keep us faithful  
as we await the coming of your Son our Lord;  
that, when he shall appear,  
he may not find us sleeping in sin  
but active in his service  
and joyful in his praise;  
through Jesus Christ our Lord. Amen

## READINGS FOR THE SECOND SUNDAY OF 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.**

### BARUCH 5

Take off the garment of your sorrow and affliction, O Jerusalem,  
and put on for ever the beauty of the glory from God.  
Put on the robe of the righteousness that comes from God;  
put on your head the diadem of the glory of the Everlasting;  
for God will show your splendour everywhere under heaven.  
For God will give you evermore the name, 'Righteous Peace, Godly Glory'.  
Arise, O Jerusalem, stand upon the height;  
look towards the east,  
and see your children gathered from west and east  
at the word of the Holy One,  
rejoicing that God has remembered them.  
For they went out from you on foot,  
led away by their enemies;  
but God will bring them back to you,  
carried in glory, as on a royal throne.  
For God has ordered that every high mountain and the everlasting hills be made low  
and the valleys filled up, to make level ground,  
so that Israel may walk safely in the glory of God.  
The woods and every fragrant tree  
have shaded Israel at God's command.  
For God will lead Israel with joy,  
in the light of his glory,  
with the mercy and righteousness that come from him.

### MALACHI 3:1 - 4

See, I am sending my messenger to prepare the way before me, and the Lord whom you

seek will suddenly come to his temple. The messenger of the covenant in whom you delight—indeed, he is coming, says the LORD of hosts. But who can endure the day of his coming, and who can stand when he appears?

For he is like a refiner's fire and like fullers' soap; he will sit as a refiner and purifier of silver, and he will purify the descendants of Levi and refine them like gold and silver, until they present offerings to the LORD in righteousness. Then the offering of Judah and Jerusalem will be pleasing to the LORD as in the days of old and as in former years.

### **CANTICLE – THE BENEDICTUS**

**1 Blessed be the Lord  
the God of Israel, ♦ who has come to his  
people and set them free.**

**2 He has raised up for us a mighty  
Saviour, ♦. born of the house of his  
servant David.**

**3 Through his holy prophets God  
promised of old ♦ to save us from our  
enemies,  
from the hands of all that hate us,**

**4 To show mercy to our ancestors, ♦  
and to remember his holy covenant.**

**5 This was the oath God swore  
to our father Abraham: ♦  
to set us free from the hands of our  
enemies,**

**6 Free to worship him without fear, ♦  
holy and righteous  
in his sight all the days of our life.**

**7 And you, child, shall be called the  
prophet of the Most High, ♦  
for you will go before the Lord to prepare  
his way,**

**8 To give his people knowledge of  
salvation ♦  
by the forgiveness of all their sins.**

**9 In the tender compassion of our God ♦  
the dawn from on high shall break upon  
us,**

**10 To shine on those who dwell in  
darkness and the shadow of death, ♦.  
and to guide our feet into the way of  
peace.**

**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.**

### **PHILIPPIANS 1: 3 - 11**

I thank my God every time I remember you, constantly praying with joy in every one of my prayers for all of you, because of your sharing in the gospel from the first day until now.

I am confident of this, that the one who began a good work among you will bring it to completion by the day of Jesus Christ. It is right for me to think this way about all of you, because you hold me in your heart, for all of you

share in God's grace with me, both in my imprisonment and in the defence and confirmation of the gospel. For God is my witness, how I long for all of you with the compassion of Christ Jesus. And this is my prayer, that your love may overflow more and more with knowledge and full insight to help you to determine what is best, so that on the day of Christ you may be pure and blameless, having produced the harvest of righteousness that comes through Jesus Christ for the glory and praise of God.

### **LUKE 3:1 - 6**

In the fifteenth year of the reign of Emperor Tiberius, when Pontius Pilate was governor of Judea, and Herod was ruler of Galilee, and his brother Philip ruler of the region of Iturea and Trachonitis, and Lysanias ruler of Abilene, during the high-priesthood of Annas and Caiaphas, the word of God came to John son of Zechariah in the wilderness. He went into all the region around the Jordan, proclaiming a baptism of repentance for the forgiveness of sins, as it is written in the book of the words of the prophet Isaiah,

'The voice of one crying out in the wilderness: "Prepare the way of the Lord, make his paths straight. Every valley shall be filled, and every mountain and hill shall be made low, and the crooked shall be made straight, and the rough ways made smooth; and all flesh shall see the salvation of God." '

**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**

**Sun: Holy Communion for  
THE THIRD SUNDAY OF ADVENT  
10.30am**



**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.

**WHAT'S HAPPENING AT ST FRANCIS**

**THE COLOUR PURPLE**

The church is looking very colourful dressed all in purple, the liturgical colour for Advent

Purple is the colour used to represent penitence - saying sorry to God, and it is also the colour of waiting on God.

In times long past, the dye used to create the colour purple was very expensive and really only affordable for Kings and rulers. Hence the use of purple to signify Jesus as ruler and judge of all the earth.

As Advent is a time of preparing ourselves for when Jesus our Prince of Peace will come again and making ourselves ready for the celebration of Jesus' birth among us – what better colour to remind us what the season of Advent is all about.

**The Church of St Francis  
Heartsease**



**THE  
LADIES HARMONY  
CHOIR**

**Annual  
Christmas Spectacular**

**Saturday 11<sup>th</sup>  
December**

**7.30pm**

**TICKETS £7.50  
INCLUDES REFRESHMENTS  
BUMPER RAFFLE**

**TICKETS ON SALE NOW!  
Please contact Diana or the  
Vicar.**

**If you are able to donate a  
raffle prize – it would be  
most gratefully received!**

**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!**

**THURSDAY MORNING  
 IS COFFEE MORNING**  
**In the Church Lounge**  
**10am – 12pm**  
**EVERY WEEK!**



**NextDoor@St Francis  
 GOOD NEWS CAFÉ**



**NOW OPEN!**

**Coffee Express Latte, Cappuccino, flat white,  
 Espresso, Hot Chocolate etc.**

**All £1.50 per cup**

**Open Afternoons every  
 Wednesday 2pm - 4pm**  
 (starting Wednesday 15 September)

**10am – 12pm**

**EVERY  
 FRIDAY**

**Come and meet the team &  
 Find out how we can help with debt, budgeting or benefits forms**

**Free tea/coffee/soft drinks and biscuits**

**Volunteers also welcomed**  
**Cup of Coffee [Latte, Cappuccino, flat white, Espresso etc.]**

**Nextdoor @ St Francis £1.50**

**94 Rider Haggard Road**

**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**

**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**

**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  
- 1hr Monday & Friday evening  
Other hours by Agreement  
Generous Hourly Rate**

**Please contact the Vicar  
via email:**

**[revdjanetwyer@outlook.com](mailto:revdjanetwyer@outlook.com)**

**or letter to:**

**The Revd Janet Wyer  
St Francis Vicarage  
100 Rider Haggard Rd  
Norwich NR7 9UQ**

**Please include names  
and contact details  
of two referees**

### **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)