

**The Church of St Francis
Weekly Bulletin for Kingdom Season
The Third Sunday before Advent
7th November 2021**



"Follow me."

**Lord your summons echoes true
when you but call my name.
Let me turn and follow you and
never be the same.
In Your company I'll go where
Your love and footsteps show.
Thus I'll move and live and
grow in you and you in me.**

After rejoicing in being a part of the communion of Saints and giving thanks for the lives of the faithful departed last week – this week we turn our attention to thinking about our commitment to following Jesus into the way of his kingdom of peace.

As we listen again to the calling of the first disciples what better time to revisit the first time we heard Jesus calling us – and to ask ourselves are we still listening and following?

FOR OUR PRAYERS

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

We continue to pray for Woodside House Care Home; Hebron House and all those in our Church, our friends and our family who are managing long term health issues including: Gayle; 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.

**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 THIRD SUNDAY
BEFORE ADVENT**

Heavenly Father,
whose blessed Son was revealed
to destroy the works of the devil
and to make us the children of God
and heirs of eternal life:
grant that we, having this hope,
may purify ourselves even as he is pure;
that when he shall appear in power
and great glory we may be made like him
in his eternal and glorious kingdom;
where he is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. Amen

Heavenly Lord,
you long for the world's salvation:
stir us from apathy,
restrain us from excess
and revive in us new hope
that all creation will one day be healed
in Jesus Christ our Lord. Amen



POST COMMUNION PRAYER

Gracious Lord,
in this holy sacrament
you give substance to our hope:
bring us at the last
to that fullness of life for which we long;
through Jesus Christ our Saviour. Amen

**READINGS FOR THE THIRD SUNDAY
BEFORE 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.**

JONAH 3:1-5, 10

The word of the Lord came to Jonah a
second time, saying, 'Get up, go to Nineveh,
that great city, and proclaim to it the message
that I tell you.'

So Jonah set out and went to Nineveh,
according to the word of the Lord. Now
Nineveh was an exceedingly large city, a
three days' walk across. Jonah began to go
into the city, going a day's walk.

And he cried out, 'Forty days more, and
Nineveh shall be overthrown!
And the people of Nineveh believed God;
they proclaimed a fast, and everyone, great
and small, put on sackcloth.

When God saw what they did, how they
turned from their evil ways, God changed his

mind about the calamity that he had said he would bring upon them; and he did not do it.

PSALM 62: 5 – end

⁵ Wait on God alone in stillness, O my soul; ♦ for in him is my hope.

⁶ **He alone is my rock and my salvation, ♦ my stronghold, so that I shall not be shaken.**

⁷ In God is my strength and my glory; ♦ God is my strong rock; in him is my refuge.

⁸ **Put your trust in him always, my people; ♦ pour out your hearts before him, for God is our refuge.**

⁹ The peoples are but a breath, the whole human race a deceit; ♦ on the scales they are altogether lighter than air.

¹⁰ **Put no trust in oppression; in robbery take no empty pride; ♦ though wealth increase, set not your heart upon it.**

¹¹ God spoke once, and twice have I heard the same, ♦ that power belongs to God.

¹² **Steadfast love belongs to you, O Lord, ♦ for you repay everyone according to their deeds.**

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

HEBREWS 9: 24 - end

For Christ did not enter a sanctuary made by human hands, a mere copy of the true one, but he entered into heaven itself, now to appear in the presence of God on our behalf. Nor was it to offer himself again and again, as the high priest enters the Holy Place year after year with blood that is not his own; for then he would have had to suffer again and again since the foundation of the world.

But as it is, he has appeared once for all at the end of the age to remove sin by the sacrifice of himself.

And just as it is appointed for mortals to die once, and after that the judgement, so Christ, having been offered once to bear the sins of many, will appear a second time, not to deal with sin, but to save those who are eagerly waiting for him.

MARK 1:14-20

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, 'The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.'

As Jesus passed along the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the lake—for they were fishermen. And Jesus said to them, 'Follow me and I will make you fish for people.' And immediately they left their nets and followed him. As he went a little farther, he saw James son of Zebedee and his brother John, who were in their boat mending the nets. Immediately he called them; and they left their father Zebedee in the boat with the hired men, and followed him.



Lord Jesus Christ, alive and at large in the world, help me to follow and find you there today, in the places where I work, meet people, spend money, and make plans. Take me as a disciple of your kingdom, to see through your eyes, and here the questions you are asking, to welcome all others with your trust and truth, and to change the things that contradict God's love, by the power of the cross and the freedom of your spirit. Amen.

(John V Taylor)

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.

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

Sunday 14th NOVEMBER
A SERVICE OF HOLY COMMUNION
FOR
REMEMBRANCE SUNDAY
10.30am



WITH
OUTSIDE ACT OF REMEMBRANCE
& TWO MINUTES SILENCE AT
11.00AM

WHAT'S HAPPENING AT ST FRANCIS

VERY GOOD NEWS!

We are delighted to announce that, all being well, Pete will be joining us for worship as from Sunday 14th November [Remembrance Sunday]. Mindful of his and Rosie's

vulnerabilities we have pledged to keep him as covid safe as possible. This will mean a rearranging of the Nave – and asking you good folk to give him plenty of space. Can't wait to welcome him back!



WHAT'S HAPPENING AT ST FRANCIS

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 – Monday & Friday
Hourly rate by agreement**

**Please contact the Vicar
via email:**

revdjanetwyer@outlook.com
please include current cv



The
BIG BIKE
Revival

Come to our
Fix Ya Bike Cafe

**Tuesday evenings from
October 5th 6.30 – 8.30pm**

A free bicycle workshop with a cafe at

Nextdoor@St Francis Church on Rider Haggard Road

*where you can get your bike fixed by Awesome Sean
our expert mechanic, or fix it yourself*

Under sixteens must be accompanied by an adult

*These sessions are held on a first come first served basis,
but why not pop in for a coffee and have a look!*

Contact fathertracy@mail.com
for more details

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!**



cma
 Heartsease

Community Money Advice

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

Come and meet the team
 Find out how we can help you
 with debt, budgeting or benefit
 forms
 Free tea/coffee/soft drinks and
 biscuits

Volunteers also welcomed

Nextdoor @ St Francis
94 Rider Haggard Road

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



Meaningful Chocolate
'Real Advent Calendars' are now
available in church and in our
'Good News Café' NextDoor. £5
each – hurry, stocks are limited...

NextDoor@St Francis
GOOD NEWS CAFÉ



NOW OPEN!

**Coffee Express Latte, Cappuccino, flat white,
 Espresso, Hot Chocolate etc.**
All £1.50 per cup

10am – 12pm
EVERY
FRIDAY
&
SATURDAY
MORNING

GOOD NEWS CAFÉ

Mug of Tea
£1.00

Cup of Coffee
**[Latte, Cappuccino, flat white,
 Espresso etc.]**
£1.50

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**

ST FRANCIS CONTACT DETAILS:

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Website: stfrancisheartsease.co.uk

**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 2nd 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
for more details**