

**The Church of St Francis  
WEEKLY BULLETIN FOR  
THE TWELFTH SUNDAY OF TRINITY  
22<sup>nd</sup> August 2021**



***“O thou, who at thy Eucharist didst pray  
that all thy Church might be for ever one,  
grant us at every Eucharist to say  
with longing heart and soul,  
“thy will be done.”  
O may we all one Bread, one Body be,  
through this blest Sacrament of unity.”***

***Those who eat my flesh  
and drink my blood abide in me***

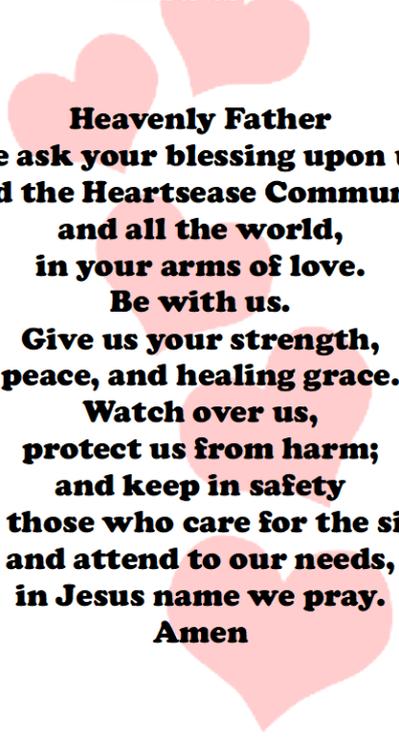
Today we listen in as Jesus offers his disciples the opportunity to leave him and return to their old lives. Others who have been following him have found his teaching too difficult and have drifted away – eating the bread of life and drinking the cup of salvation is not for them, they do not want what Jesus is offering them. The cost is way too high...

**FOR OUR PRAYERS**

We pray for those who are in need of prayer at this time: Jean; Gudrun; Rob, Rosie and Pete; Donna; Megan; Riley & his mum and family; Jeanette, David & Grace.

We continue to pray for Woodside House Care Home and all those in our Church, friends and family who are managing long term health issues including: Linda R; Maegan; Carson; Janet; Tom; Rosemary; David & Cynthia; Doreen; Sheila; John and Jane; Shirley.

We pray for those who have died in recent days among them Paula; Michael Thompson; Tom Knott remembering also their families. We pray 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 TWELFTH SUNDAY AFTER TRINITY**

Almighty and everlasting God,  
you are always more ready to hear  
than we to pray and to give more  
than either we desire or deserve:  
pour down upon us the abundance  
of your mercy, forgiving us those things  
of which our conscience is afraid  
and giving us those good things  
which we are not worthy to ask  
but through the merits and mediation  
of 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  
God of constant mercy,  
who sent your Son to save us:  
remind us of your goodness,  
increase your grace within us,  
that our thankfulness may grow,  
through Jesus Christ our Lord. Amen

#### **POST COMMUNION PRAYER**

God of all mercy,  
in this eucharist you have set aside our sins  
and given us your healing:  
grant that we who are made whole in Christ  
may bring that healing to this broken world,  
in the name of Jesus Christ our Lord. Amen

#### **READINGS FOR THE TWELFTH SUNDAY AFTER TRINITY**

##### **JOSHUA 24: 1, 2a, 14 - 18**

Then Joshua gathered all the tribes of Israel to Shechem, and summoned the elders, the heads, the judges, and the officers of Israel; and they presented themselves before God. And Joshua said to all the people,

‘Now therefore revere the Lord, and serve him in sincerity and in faithfulness; put away the gods that your ancestors served beyond the River and in Egypt, and serve the Lord. Now if you are unwilling to serve the Lord, choose this day whom you will serve, whether the gods your ancestors served in the region beyond the River or the gods of the Amorites in whose land you are living; but as for me and my household, we will serve the Lord.’

Then the people answered, ‘Far be it from us that we should forsake the Lord to serve other gods; for it is the Lord our God who brought us and our ancestors up from the land of Egypt, out of the house of slavery, and who did those great signs in our sight. He protected us along all the way that we went, and among all the peoples through whom we passed; and the Lord drove out before us all the peoples, the Amorites who lived in the land. Therefore we also will serve the Lord, for he is our God.’

##### **PSALM 34: 15 - END**

<sup>15</sup> The eyes of the Lord are upon the righteous ♦  
and his ears are open to their cry.

<sup>16</sup> **The face of the Lord is against those who do evil, ♦  
to root out the remembrance of them from the earth.**

<sup>17</sup> The righteous cry and the Lord hears them ♦  
and delivers them out of all their troubles.

<sup>18</sup> **The Lord is near to the brokenhearted ♦  
and will save those who are crushed in spirit.**

<sup>19</sup> Many are the troubles of the righteous; ♦  
from them all will the Lord deliver them.

<sup>20</sup> **He keeps all their bones, ♦  
so that not one of them is broken.**

<sup>21</sup> But evil shall slay the wicked ♦  
and those who hate the righteous will be  
condemned.

<sup>22</sup> **The Lord ransoms the life of his  
servants ♦  
and will condemn none who seek refuge  
in him.**

**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**

### **EPHESIANS 6:10 - 20**

Finally, be strong in the Lord and in the strength of his power. Put on the whole armour of God, so that you may be able to stand against the wiles of the devil. For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places.

Therefore take up the whole armour of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm.

Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness.

As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. Take the helmet of salvation, and the sword of the Spirit, which is the word of God.

Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints.

Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

### **JOHN 6:56 - 69**

Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.' He said these things while he was teaching in the synagogue at Capernaum.

When many of his disciples heard it, they said, 'This teaching is difficult; who can accept it?' But Jesus, being aware that his disciples were complaining about it, said to them, 'Does this offend you? Then what if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. But among you there are some who do not believe.' For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. And he said, 'For this reason I have told you that no one can come to me unless it is granted by the Father.'

Because of this many of his disciples turned back and no longer went about with him. So Jesus asked the twelve, 'Do you also wish to go away?' Simon Peter answered him, 'Lord, to whom can we go? You have the words of eternal life. We have come to believe and know that you are the Holy One of God.'

### **SERVICES THROUGH THE WEEK ALL WELCOME**

**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: Celebrating Together – 10.30am  
[Holy Communion]**

## 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.

## ST FRANCIS NEWS

### PAULA

It was with deep sadness that we learned of the death of Paula Pantry on Thursday 19<sup>th</sup> August. Paula was a much loved and valued member of the Community Fridge Team and often worshipped here with us at St Francis. A good friend and neighbour to many – she will be sadly missed but remembered always. Our prayers are with her family and friends as they mourn her loss.



## LUNCHTIME ORGAN RECITALS

We extend our thanks to all who helped make our very first lunchtime organ recital a resounding success!

Firstly, and most especially, we thank our guest organist, Rebekah Oktopi, for very generously sharing her musical gifts with us.

We are also deeply grateful to Jason Davis of **Ivan Fisher Funeral Care** for their generous support and sponsorship which enabled us to provide a lovely array of refreshments after the recital.

The recital was a real treat and it was a delight to listen to the carefully chosen programme of music that Rebekah had put together for the occasion.

The range of pieces she performed not only thrilled the heart but also showcased the depth and range of the gem of an instrument that is St Francis Church organ.



Rebekah was so impressed with the organ that she has offered to visit us again next year! However, before we start thinking about 2022 the next lunchtime recital date for the diary:

**THURSDAY 23<sup>rd</sup> SEPTEMBER**

**1.00pm**

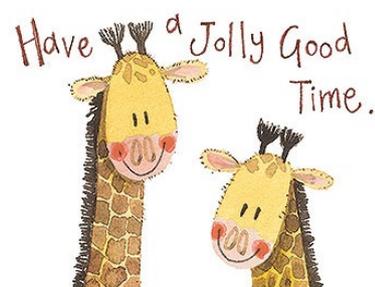
**Dr Andrew Hayden**



## FATHER TRACY

As from Monday 23<sup>rd</sup> August Fr Tracy will be undertaking a two weeks placement at Norwich Cathedral – and following on from that he will be taking a two weeks staycation holiday.

We look forward to welcoming Fr Tracy back on Tuesday 21<sup>st</sup> September and wish him a blessed time away!



## **ANOTHER WEDDING...**

Congratulations to **Mark Lovett and Michelle Whiting** who were married in St Francis yesterday. We hold them in our prayers and wish them every happiness in the years to come.



### **'LET IT GROW'**

**WEDNESDAYS @ 9am – 11.30am**

**Weeding, Sowing, Planting, &  
10.15 am Tea And Cake Break**

**LOTS OF FRESH VEG TO BE PICKED  
COME AND GET IT!**



### **ST FRANCIS CONTACT DETAILS:**

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