

**St Francis Weekly News for
EASTER DAY
4th April 2021**



ALLELUIA!

He
is
Risen

A black silhouette of a cross is centered in the image. Behind the cross, there are several curved, light blue brushstroke-like lines that sweep upwards and to the right, creating a sense of movement and light.

**Wishing you a Blessed
and Peaceful Easter**

WHAT'S HAPPENING IN ST FRANCIS CHURCH?

Easter Greetings...

**Alleluia Christ is Risen.
He is Risen indeed. Alleluia!**

Give thanks that as from Easter Day, we will once more be opening the doors of St Francis for Sunday and weekly worship.

The special Easter Day service will begin as always at 10.30am and all are welcome to attend.

We will, of course, be following all the recommended hygiene practices relating to keeping everyone safe and would therefore respectfully ask that if you are planning to attend this or any other service that you bring a suitable face covering with you [if you are able to wear one].

We have a great supply of hand sanitiser, we are diligent in disinfecting all hard surfaces and most importantly we will be keeping the doors open to ensure optimum ventilation. Bearing that in mind – if you are planning to attend, wrap up warmly, because even though the building will be heated, it

can be draughty; and if the weather permits I'm considering inviting everyone outside after the service to sing a couple of Easter Hymns – you have been warned!



NEW WEBSITE

Many thanks to Deborah Lechmere who has been working very hard to produce a new website for St Francis.

We are delighted to announce that this became live on Easter Saturday [very apt...] and not only is this a wonderful signpost facility for all things St Francis, we are hoping that it will be a place where visitors and congregation alike can find out all they want to know about the church and the welcome we offer.

As a very special opening event Deborah has planned an amazing interactive feature designed with Easter in mind – Throughout the website we have hidden easter eggs like this. Please go to www.stfrancisheartsease.co.uk. Follow the link to let us know how many eggs you find and win a chocolate egg.



ST FRANCIS WINDOW

It's been another busy week for Revd Winnie, Brother Eeyore and Piglet...



Although we were not able to include footwashing in our main Maundy Thursday service, our trio very clearly had no such issues!



And I see that Easter Day treats have arrived.

EASTER WEEK OPENING

The church will be closed on Bank Holiday Monday [5th April] but will reopen again on Tuesday 6th April.

As has been the custom, during the week folk will be on hand between 10am and 12pm to offer support and assistance should you need it.

There will be a service of Holy Communion [BCP] on Wednesday 7th April at 11.30am and you are welcome to call in any weekday morning for your own private prayer time.

As from Sunday 10th April will no longer be livestreaming the 10.30am service via the St Francis Heartsease YouTube channel. We will instead be inviting those unable to attend the service in person to contact us for a Zoom Room Link. This will enable us to offer more interaction with folk who would otherwise be with us.

HOME GROUP

Jim Green will continue to offer folk the opportunity to get together via a Zoom Room every fortnight on a Wednesday evening.

The forthcoming dates are:

April 14, 28

May 12, 26

Joining Jim and the group who meet regularly is an ideal opportunity to try something different in terms of deepening bonds of Christian fellowship, worship and learning.

As ever the times are 7- 8pm, and the format is very simple: chat, catch up with each other, read a Bible passage, pray for each other.

Please email Jim for further details and he will be happy to make contact and pass on all you need to know, including the zoom link address. His email is as follows: jimpiecrust@gmail.com

JOY WILBY



It was with great sadness that we learned of the death of Joy Wilby just before last weeks newsletter was published. Joy was part of the St Francis family since the church opened and only stopped attending in the last couple of years when she had to move into Thomas Tawell House.

We send our condolences to her sons Tim & David and to her brother John.

Joy's funeral will be at Earlham Crematorium on Friday 16th April at 11am. Unfortunately due to coronavirus restrictions only those invited by the family may attend. However, we will be opening the Church during that time so we can draw together with the family in prayer, or perhaps lighting a candle.

Memories of Joy

Many of us will remember Joy fondly for all the interest she took in the lives of others. I know I never saw her without her asking after my children and always with an informed interest, having remembered what they were doing from the last time we spoke. [Deborah Lechmere]

LET IT GROW

To get this project started we are appealing for your help! Since harvesting the last crops the land has not lain dormant and there is now an amazing show of weeds, so please – we need your surplus cardboard to lay down to get rid of them in an eco-friendly way.

Any large pieces of flattened cardboard will be welcomed – please either leave them by the veg patch under the weights provided, or contact us to arrange a convenient time to collect.

We would also like to invite volunteers to join us on Tuesday 6 April at 2pm for an hour to help position and weight down the cardboard.

BOOKS FOR CHILDREN

Do you know a little one who might like a Bible?

Margaret has three children's Bibles that she would like to give away.



If you would like one, please contact her on (01603) 433449

PASTORAL CARE MATTERS

Please remember you are not alone, if you would like a chat or if you need some assistance of any kind, please do not hesitate to get in touch.

Our contact details are as follows:

Revd Janet: 07368 832294

Fr Tracy: 07834 845623

24/7 Answerphone: 01603 431259

[checked daily]

There is also someone available in church weekday mornings if you would prefer to talk to someone face to face.

PROFESSIONAL ASSISTANCE

If you are feeling overwhelmed, low, stressed or anxious – Norfolk and Suffolk Foundation Trust have launched a self-referral service available online:

www.wellbeingnands.co.uk/get-support/selfreferral

or by phone: 03300 123 1503

[Mon – Fri 8am – 8pm]

wellbeing

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HELP AND SUPPORT IN TIMES OF NEED



USEFUL CONTACT NUMBERS

Childline: 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

Norfolk Assistance Scheme: 01603 223392



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THE CURATES'S CORNER

Hare we are at Easter – the greatest festival of the church year!



I don't see much evidence in Edith Chadwick's illustration of Easter eggs and bunnies... but do read on.

A few people have asked this week about what on earth eggs and bunnies have to do with the risen Lord Jesus. The answer lies in the dim and distant past, and the imagination of our forebears.

Hares – those most mysterious and magical of country creatures – have a tendency to appear in the spring, or about the time of Easter. In the world of our distant ancestors, no-one seems to have ever observed the reproductive habits of this animal. Now hares, unlike rabbits who live in holes, have been observed both then and now to live in nest-like structures on the surface of the ground, called a 'form'.



As a result, it was believed that hares laid eggs, from which the young hares called leverets hatched. Before you get too eggcited about this, can I emphasise that this is NOT the case! However – hares became associated with the coming of the spring, along with hare's eggs, which were represented by the infinitely easier to find chicken variety. Since Easter commemorates a Jewish Passover meal that took place on a full moon in the spring, there is an obvious connection.

Hence: (no pun intended) Easter eggs, and Easter 'bunnies'! I'm not sure if there is anything peculiarly English about this, but I do know that Pope Pius V wrote a blessing especially for the English in the 16th century. Here it is: "We pray Thee, O Lord, may the grace of thy benediction come down upon these eggs, that they may be healthful food for Thy people who eat them in thanksgiving for the Resurrection of Our Lord Jesus Christ, who liveth with Thee and ruleth for all eternity. Amen."

So Easter eggs are a very old tradition, and in times gone past, a simple egg would be boiled in dye, and then the surface would be engraved with pretty designs. Some can still be seen from way back in the eighteenth century, and surely the custom was not recent in those days.



Going back to Edith's picture at the start of this article, I suppose the rock rolled away from the entrance to the tomb looks a little like an egg. In fact, I'm told by several children, all much wiser than I, that the egg is a symbol of the empty tomb. I'm overjoyed to hear it! An empty tomb tells us that Christ is risen! He is risen indeed! Alleluia!

May I wish you all a very happy Easter – it also marks the start of our church services beginning again, and I hope you will come and join us. It also marks this as the last newsletter, but do pop in and see us if you have any questions about Christ and His church – you will be made very welcome.

Every Blessing

Fr Tracy

A WORD FROM THE VICAR

New beginnings...

Easter Day marks the reopening of St Francis Church for public worship.

It seems that it has been a very long time since we were able to gather for our usual weekly and Sunday services, but at last the day has arrived when we can safely meet again in God's house of prayer to rejoice together, to give thanks for all that is good in life and to bring before God all the things that are not so good.

This past year has been a year of great difficulty, but throughout all the hardships and trials many good and blessed things have emerged.

We have learned the value of friendship, fellowship and just what it means to follow Jesus when the going gets hard for everyone.

Here at St Francis we have always endeavoured to be a source of God's love, peace and hope – and a place of care and support, and we hope that the community has found us to be so.

As we journey on into a brighter future and look to new beginnings it is our prayer that we will continue to be all these things – but by God's grace in a more visible and active way!

As it is usually the case, new beginnings often signify an ending of one kind or another. So, with the opening of the church for worship and people on hand to offer in person support and assistance we have taken the decision to no longer print and distribute the weekly newsletter.

It has been a joy and privilege to have been able to place the word of God, prayer resources and church fellowship directly into the hands and homes of those who have grown to be a valued part of our church family just when all those things were needed the most.

But the time has come to move and, to allow all those involved in the compilation and distribution of the newsletter to have a well-earned break, this will be our last issue.

I would very much like to take this opportunity to thank the willing hands that have made the newsletter possible over the past year – it could not have happened without you. Thank you! X

As we move on together into a new way of living, may you and yours know a blessed, joyful and peaceful Easter. God bless our new beginnings!

Revd Janet.

FOR OUR PRAYERS

We continue to pray for Woodside House Care Home who are finding these times particularly difficult. Please ask that they know that God's love is with them as they continue to adjust to the current restrictions.

We pray too for those who are in need of prayer at this time: Carson W; Lorna; Evie; Rodrigo; Huggy; Megan; Christine; Stephen C; Margaret T; David & Cynthia; Maegan; Tom; Riley & his mum and family; Jeanette, David & Grace; Paula.

We continue to pray for all those in our Church, friends and family who are managing long term health issues including Pete; Doreen; Rosemary; Sheila; John; Shirley; Fr Brian, Hazel;

We pray too for all NHS and NSFT Staff.

We remember with love Joy Wilby and 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 feeling isolated. 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 EASTER DAY

Lord of all life and power,
who through the mighty resurrection of your Son
overcame the old order of sin and death
to make all things new in him:
grant that we, being dead to sin
and alive to you in Jesus Christ,
may reign with him in glory;
to whom with you and the Holy Spirit
be praise and honour, glory and might,
now and in all eternity. Amen

God of glory, by the raising of your Son
you have broken the chains of death and hell:
fill your Church with faith and hope;
for a new day has dawned
and the way to life stands open
in our Saviour Jesus Christ. Amen

God of Life, who for our redemption gave your only-
begotten Son
to the death of the cross, and by his glorious
resurrection
have delivered us from the power of our enemy:
grant us so to die daily to sin, that we may
evermore live with him in the joy of his risen life;
through Jesus Christ our Lord. Amen

READINGS FOR EASTER DAY

PSALM 118: 14 – 24



This is the day that the Lord has made.
Let us rejoice and be glad in it!

The Lord gives me strength and makes me sing.
He has saved me.

Shouts of joy and victory
come from the tents of those who do right:

“The Lord has done powerful things.”
The power of the Lord has won the victory.
With his power the Lord has done mighty things.

I will not die, but live.

And I will tell what the Lord has done.

The Lord has taught me a hard lesson.

But he did not let me die.

Open for me the Temple gates.

Then I will come in and thank the Lord.

This is the Lord's gate.

Only those who are good may enter it.

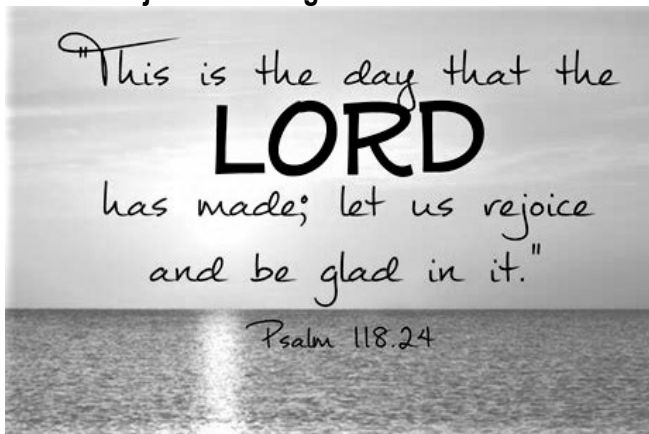
Lord, I thank you for answering me.

You have saved me.

The stone that the builders did not want
became the cornerstone.

The Lord did this,
and it is wonderful to us.

This is the day that the Lord has made.
Let us rejoice and be glad in it!



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.

ACTS 10: 34 – 43.

Peter began to speak: "I really understand now that to God every person is the same. God accepts anyone who worships him and does what is right. It is not important what country a person comes from.

You know that God has sent his message to the people of Israel.

That message is the Good News that peace has come through Jesus Christ. Jesus is the Lord of all people!

You know what has happened all over Judea. It began in Galilee after John preached to the people about baptism.

You know about Jesus from Nazareth.

God made him the Christ by giving him the Holy Spirit and power.

You know how Jesus went everywhere doing good. He healed those who were ruled by the devil, for God was with Jesus. We saw all the things that Jesus did in Judea and in Jerusalem.



But they killed him by nailing him to a cross.

Yet, on the third day, God raised Jesus to life and caused him to be seen.

But he was not seen by all the people. Only the witnesses that God had already chosen saw him, and we are those witnesses.

We ate and drank with him after he was raised from death. He told us to preach to the people and to tell them that he is the one whom God chose to be the judge of the living and the dead.



Everyone who believes in Jesus will be forgiven. God will forgive their sins through Jesus. All the prophets say this is true."

MARK 16: 1 - 8

When the sabbath was over, Mary Magdalene, and Mary the mother of James, and Salome bought spices, so that they might go and anoint him.

And very early on the first day of the week, when the sun had risen, they went to the tomb.

They had been saying to one another, 'Who will roll away the stone for us from the entrance to the tomb?'

When they looked up, they saw that the stone, which was very large, had already been rolled back.

As they entered the tomb, they saw a young man, dressed in a white robe, sitting on the right side; and they were alarmed.

But he said to them, 'Do not be alarmed; you are looking for Jesus of Nazareth, who was crucified.

He has been raised; he is not here.

Look, there is the place they laid him.



But go, tell his disciples and Peter that he is going ahead of you to Galilee; there you will see him, just as he told you.'

So they went out and fled from the tomb, for terror and amazement had seized them; and they said nothing to anyone, for they were afraid.

REFLECTION FOR EASTER DAY

It is very early in the morning - in the thin cold light of dawn, the women, with heads bowed and faces coved with their shawls, and clutching their precious pots and jars - they hurry to the place.

They know where they are going because they had followed him there, or rather they had followed

Joseph and the others who had carried him there - those long, long, hours past.

An age ago - a day, a Sabbath ago; A Sabbath marked not by ease and rest but by grief and desolation of heart and soul.

But now - hurrying along with a labour of love ahead - now there was at least a little meaning, something to focus on, one last act of love to perform for the one who was their life.

The dawning of a new day, still, quiet - a cool mist perfuming the air and lacing the earth - a small thread of birdsong carried on a gentle breeze,

Barely a sound, just the soft padding of their footsteps - matching almost the pounding of their hearts - the palpitating proof of their fear and trepidation of the awfulness of what lies ahead for them.

There it is - the place.

They stop, look at one another in anxious puzzlement

Is this the place? Is this the one? As one they move closer

Almost overwhelmed with terror, they peer straight into the dark emptiness of the tomb - the stone has been rolled away; Silence - darkness,

They look at one another, 'Where is he?'

The question is unspoken, but suddenly they receive the answer

In dazzling whiteness, illuminated by the light of the glory of God, a messenger of heaven gives them the good news of Easter

'Do not be alarmed; you are looking for Jesus of Nazareth, who was crucified.

He has been raised; he is not here...'

God's Kingdom has broken forth into the world - God's surprising, awe-full, amazing love has been unleashed and nothing and no one will ever be the same again

The angel proclaims that Jesus is alive - He is here with us; all you have to do is go and tell those who want to see him as much as you do.

They turn. They run, in their haste they drop the precious pots and jars, the shawls fall from their faces - faces that are filled with shock and fear...

Eventually, of course they speak; the unexpected news is shared and the world is never the same again

Two thousand or so years later, we gather as the church of God to celebrate the Easter story, we gather to praise and worship our God who loved us enough to come to us, live among us and die for us.

Two thousand years later we still thrill at the wonder and the mystery of the resurrection of our Lord Jesus Christ – Two thousand years on our hearts still leap in awe within us at the realisation that Christ lives.

He is alive – and he is with us. Changing lives, transforming hearts and bringing hope where there once was despair, desolation and darkness

Jesus lives, in the world, in our community and in us – that is the miracle of Easter Day, that is the good news that we celebrate today.

Today we put the dark past behind us, gather in love and hope and pledge ourselves to him once more; we give him our hearts, our souls and our lives. Because that is what he asks of us

Jesus is saying to us, each and every one of us: If you believe the good news of the empty tomb, if you believe that I have risen from the dead to set you and the world free from guilt, regret and death – go and tell others all about it

Especially the ones who are sitting in dark places, sorrowing, grieving or hurting, because they're the ones who need to hear it.

There is no doubt that the world is a hurting, frightened place – and far too many are sitting in darkness unaware that the light of God's love is very close to them

The joy of Easter day is meant for them as well as us, and we are the ones who Jesus calls to share it.

A scary task – it might seem an impossible task...

But just think - those women who ran away in awe and fear did eventually share the news that had been given to them – and very soon Jesus himself appeared – a complete affirmation of what they had seen.

So, guess what, I have some more unexpected good news - It's not our job to make people believe.

What we are called to do is share is our awe, our faith that Jesus lives – share the deep, deep love that we have for God and for one another

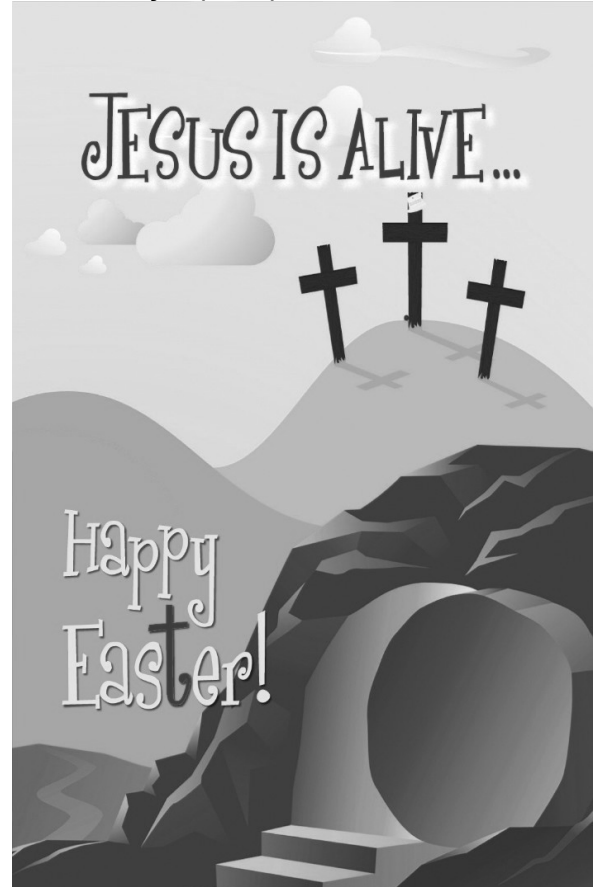
That's what we are called to do, and that's enough – God will do the rest.

After all this is our God who made the world, who raised Jesus from the dead, who answers when someone asks 'where is he, where is Jesus?'

If we play our part, no matter how daunting the task seems to be – I think we can safely leave the rest to God.

Alleluia Christ is risen
He is risen indeed. Alleluia

Revd Janet Wyer (Vicar)







By the time she reached Peter and John, Mary was out of breath and very upset. She'd been running. 'They've taken Jesus,' she announced. 'I went to the tomb, but the stone's been moved from the entrance and the Lord's gone.' Distressed, Peter and John went running to the tomb. John got there first and saw the cloth that Jesus' body had been wrapped in, abandoned inside.

Peter rushed past John into the tomb. He saw the wrappings, but noticed that the cloth that had been on Jesus' head was rolled up and placed on its own. John came in and saw it too. Neither of them understood the Scripture saying that Jesus must rise from the dead. Having seen the empty tomb, they went home. Mary, who had followed after them, was too sad to go home. She stayed there, crying.

Through her tears, Mary could see into the tomb. She was shocked. There were angels in there now, sitting where Jesus' body had been, one at the head and one at the feet. The angels spoke: 'Why are you crying?' 'They've taken away my Lord,' said Mary. 'I don't know where they've put him.' Mary glanced away from the tomb and saw another man standing there. 'Why are you crying?' the man asked her. 'Who are you looking for?' Thinking he was a gardener, Mary said, 'If you've taken him away, please tell me where he is.' The man replied with a single word: 'Mary!' As soon as he'd spoken it, Mary saw that the man was Jesus.

'Don't hold onto me, Mary,' Jesus said. 'Go and tell my brothers that I'm going up to my Father, to my God and your God.' And so Mary went running off again – this time to tell the disciples that she'd seen the Lord. **John 20.1-18**

Name _____

ROOTS Activity Sheet

4-10 April 2021
Easter Day



John 20.1-18

When Mary finds the tomb empty, she is very upset but doesn't go away like the other disciples. She meets Jesus and although she doesn't understand at first, the mystery is revealed to her.

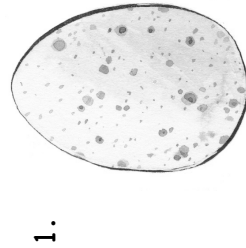


You are invited to enter into the mystery of the Easter story.

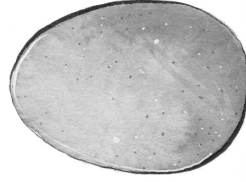


Puzzle

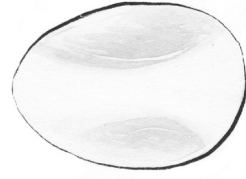
Whose egg? Can you solve the mystery of which animals these eggs belong to? Draw a line to match the egg to the animal it comes from.



1.



2.



3.

mongoose

snake

owl

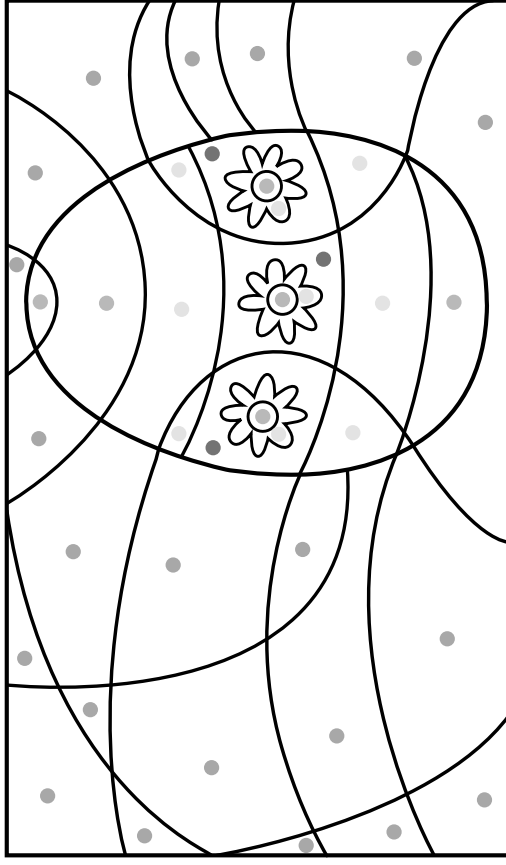
hen

goose

duck



Colour in the shapes according to the coloured dots, to see what this picture reveals.



Can you write an acrostic poem about Easter? An acrostic poem is where you use the letters of the word to start each line.

E
a
s
t
e
r

