

The Church of St Francis



Third Sunday of Epiphany 23rd January 2022



**‘The Spirit of the Lord is upon me,
because he has anointed me to bring
good news to the poor’**

NEW WAYS OF WORSHIPPING TOGETHER SAFELY

The emergence of the omicron Covid variant has meant the reintroduction of mandatory face coverings in places of worship. Therefore, we respectfully ask that you wear a face covering throughout the service. Some people are exempt, eg children under the age of 11 and those with medical conditions. Face coverings are not mandatory for those leading the service and when giving a reading.

Please feel free to sing along with the hymns, Sanctus and Agnus Dei, and to participate in whatever way feels comfortable for you.

When we come to receive Holy Communion we will not be sharing the common chalice and so Holy Communion will continue to be shared in one kind only by the receiving of the Bread of Heaven at the chancel step. Please wait in your seat until the welcomer indicates it is your turn to go forward. Once you have received the bread in your hand, please return to your seat to consume.



If you require a gluten free wafer please ask your welcomer who will advise the clergy

SERVICES THROUGH THE WEEK – ALL ARE WELCOME!

Mon:	Morning Prayer	9am	Thurs:	Morning Prayer	9am
				Evening Prayer	5pm
Tues:	Morning Prayer	9am	Sun:	Celebrating Together	10.30
	Evening Prayer	5pm		(Holy Communion)	am
Weds:	Morning Prayer	9am			
	BCP Eucharist	11.30am			
	Evening Prayer	5pm			

If you live in the parish of St Francis and would like to receive the Sacrament at home because you cannot get in to church, please contact Fr Tracy, 07834 845623

FOR OUR PRAYERS

We pray for those who are in acute need of prayer at this time: Charles Reed; Stephen; Jason; Maureen; Natalie; Richard; Margaret & Martin; Hayley; Ivan and Peter; Audrey; Sheila; Megan; Riley & his mum and family; David M; Alex and Amanda; Kathryn, Willow and Edward.

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

We pray for Eileen; and all who mourn the loss of a loved one or a friend, and at this time we remember Bert Ross; Victor Smith; Joan Smith.

**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

COLLECT FOR THE THIRD SUNDAY OF EPIPHANY

Almighty God,
whose Son revealed in signs and miracles
the wonder of your saving presence:
renew your people with your heavenly grace,
and in all our weakness
sustain us by your mighty power;
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**

POST COMMUNION PRAYER

Almighty Father,
whose Son our Saviour Jesus Christ is the light of the world:
may your people,
illuminated by your word and sacraments,
shine with the radiance of his glory,
that he may be known, worshipped, and obeyed
to the ends of the earth;
for he is alive and reigns, now and for ever. **Amen**

READINGS FOR THE THIRD SUNDAY OF EPIPHANY

NEHEMIAH 8:1-3, 5-6, 8-10

all the people gathered together into the square before the Water Gate. They told the scribe Ezra to bring the book of the law of Moses, which the LORD had given to Israel. Accordingly, the priest Ezra brought the law before the assembly, both men and women and all who could hear with understanding. This was on the first day of the seventh month. He read from it facing the square before the Water Gate from early morning until midday, in the presence of the men and the women and those who could understand; and the ears of all the people were attentive to the book of the law. And Ezra opened the book in the sight of all the people, for he was standing above all the people; and when he opened it, all the people stood up. Then Ezra blessed the LORD, the great God, and

all the people answered, "Amen, Amen," lifting up their hands. Then they bowed their heads and worshipped the LORD with their faces to the ground. So they read from the book, from the law of God, with interpretation. They gave the sense, so that the people understood the reading. And Nehemiah, who was the governor, and Ezra the priest and scribe, and the Levites who taught the people said to all the people, "This day is holy to the LORD your God; do not mourn or weep." For all the people wept when they heard the words of the law. Then he said to them, "Go your way, eat the fat and drink sweet wine and send portions of them to those for whom nothing is prepared, for this day is holy to our LORD; and do not be grieved, for the joy of the LORD is your strength."

PSALM 19

✧ The heavens are telling the glory of God; and the firmament proclaims his handiwork.

✧ **Day to day pours forth speech, and night to night declares knowledge.**

✧ There is no speech, nor are there words; their voice is not heard;

✧ **yet their voice goes out through all the earth, and their words to the end of the world. In the heavens he has set a tent for the sun,**

✧ which comes out like a bridegroom from his wedding canopy, and like a strong man runs its course with joy.

✧ **Its rising is from the end of the heavens, and its circuit to the end of them; and nothing is hid from its heat.**

✧ The law of the LORD is perfect, reviving the soul; the decrees of the LORD are sure, making wise the simple;

✧ **the precepts of the LORD are right, rejoicing the heart; the commandment of the LORD is clear, enlightening the eyes;**

✧ the fear of the LORD is pure, enduring forever; the ordinances of the LORD are true and righteous altogether.

✧ **More to be desired are they than gold, even much fine gold; sweeter also than honey, and drippings of the honeycomb.**

✧ Moreover by them is your servant warned; in keeping them there is great reward.

✧ **But who can detect their errors? Clear me from hidden faults.**

✕ Keep back your servant also from the insolent; do not let them have dominion over me. Then I shall be blameless, and innocent of great transgression.

✕ **Let the words of my mouth and the meditation of my heart be acceptable to you, O LORD, my rock and my redeemer.**

**Glory be to the father and to the son, and to the Holy Spirit;
As it was in the beginning and shall be for ever. Amen**

1 CORINTHIANS 12:12-31a

For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in the one Spirit we were all baptized into one body-- Jews or Greeks, slaves or free--and we were all made to drink of one Spirit. Indeed, the body does not consist of one member but of many. If the foot would say, "Because I am not a hand, I do not belong to the body," that would not make it any less a part of the body. And if the ear would say, "Because I am not an eye, I do not belong to the body," that would not make it any less a part of the body. If the whole body were an eye, where would the hearing be? If the whole body were hearing, where would the sense of smell be? But as it is, God arranged the members in the body, each one of them, as he chose. If all were a single member, where would the body be? As it is, there are many members, yet one body. The eye cannot say to the hand, "I have no need of you," nor again the head to the feet, "I have no need of you." On the contrary, the members of the body that seem to be weaker are indispensable, and those members of the body that we think less honourable we clothe with greater honour, and our less respectable members are treated with greater respect; whereas our more respectable members do not need this. But God has so arranged the body, giving the greater honour to the inferior member, that there may be no dissension within the body, but the members may have the same care for one another. If one member suffers, all suffer together with it; if one member is honoured, all rejoice together with it. Now you are the body of Christ and individually members of it. And God has appointed in the church first apostles, second prophets, third teachers; then deeds of power, then gifts of healing, forms of assistance, forms of leadership, various kinds of tongues. Are all

apostles? Are all prophets? Are all teachers? Do all work miracles? Do all possess gifts of healing? Do all speak in tongues? Do all interpret? But strive for the greater gifts.

LUKE 4:14-21

Then Jesus, filled with the power of the Spirit, returned to Galilee, and a report about him spread through all the surrounding country. He began to teach in their synagogues and was praised by everyone. When he came to Nazareth, where he had been brought up, he went to the synagogue on the sabbath day, as was his custom. He stood up to read, and the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written: "The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, to proclaim the year of the Lord's favour." And he rolled up the scroll, gave it back to the attendant, and sat down. The eyes of all in the synagogue were fixed on him. Then he began to say to them, "Today this scripture has been fulfilled in your hearing.

WHAT'S HAPPENING @ ST FRANCIS

You may recall that in 2020 Fr Tracy led a teaching session on the San Damiano Cross, a replica of which hangs above the chancel step.

For those who were fortunate enough to take part at the time, Fr Tracy's teaching about the symbolism of the various motifs on the cross opened up a whole new world of opportunity in terms of using that beautiful twelfth century icon as an aid to prayer and contemplation.

We are, therefore, delighted to be able to invite all-comers to take part in two further teaching sessions led by Fr Tracy. On two evenings on 2nd and 9th of February at 7.30pm, he will be using the imagery and story as portrayed in our beautiful twentieth century stained glass window to lead us into a deeper understanding of what Jesus did for us when he surrendered himself to the cruelty of the cross. Both sessions will take place in the church nave.

**NextDoor@St Francis
GOOD NEWS CAFÉ**



NOW OPEN!

Coffee Express Latte, Cappuccino, flat white,
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Find us in 'Next Door @ St Francis'
94 Rider Haggard Road. NR7 9UQ

**St Francis Church
Heartsease**

96 – 98 Rider Haggard Road



ST FRANCIS FREE FOOD

A discreet and confidential
source of assistance supported by and offered to
the Heartsease Community

**IF YOU OR SOMEONE YOU KNOW
IS IN NEED OF FOOD OR ESSENTIALS**

WE ARE ABLE TO HELP

24HR ANSWERPHONE:

01603 431259

Call or Text: 07368 832294

[Mon – Thur 10am – 5pm]

Or call in most mornings

10am – 12pm

THINKING ABOUT CONFIRMATION?



**The New Year will
see us beginning
another round of
preparation for
confirmation
sessions with a
view to candidates**

**being presented to the Bishop for
confirmation at Easter.**

**If you are interested and would like
to know more, please contact the
Vicar or Fr Tracy who will be
delighted to hear from you.**

ST FRANCIS CONTACT DETAILS:

**Please note the Vicar will be
taking a break between 15 – 29
January. Please refer all queries
etc. to Fr Tracy in the meantime.**

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