

**The Church of St Francis  
Heartsease**



**All Are Welcome Here**

**Sunday 3<sup>rd</sup> April**

**10.30am**

**THE FIFTH SUNDAY OF LENT**

**PASSIONTIDE BEGINS**

A painting depicting the biblical scene of Mary anointing Jesus' feet. Mary is shown in profile, kneeling and pouring oil from a jar onto Jesus' feet. Jesus is seated, and a single lit candle provides the light. The scene is set in a dark, intimate space.

**Mary anoints Jesus' feet with perfumed oil  
in anticipation of his death**

Gracious Father,  
you gave up your Son  
out of love for the world:  
lead us to ponder the mysteries of his passion,  
that we may know eternal peace  
through the shedding of our Saviour's blood,  
Jesus Christ our Lord. Amen

## **NEW WAYS OF WORSHIPPING TOGETHER SAFELY**

**Now that restrictions have lifted and folk are becoming more relaxed in terms of gathering together - we would ask that you show consideration for those who are continuing to wear face coverings and to practice social distancing to enable them to feel safe.**

**We will continue to remain seated throughout the service.**

**Today, as has been our recent practice, we will not be sharing the common chalice and Holy Communion will 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			

## **A PRAYER FOR UKRAINE**

God of Peace and Justice,  
we pray for the people of Ukraine.

We pray for peace and the laying down of weapons. We pray for all those who fear for tomorrow, that your Spirit of comfort would draw near to them.

We pray for those with power over war or peace, for wisdom, discernment  
and

compassion to guide their decisions.

Above all, we pray for all your precious children, at risk and in fear, that you would hold and protect them.

We pray in the name of Jesus,  
the Prince of Peace. Amen

## **UKRAINE LENT APPEAL**

**PLEASE LEAVE YOUR LENTEN OFFERING IN THE COLLECTING BUCKET SITUATED AT THE BACK OF THE CHURCH. ALL MONEY DONATED WILL BE SENT TO THE DEC UKRAINE APPEAL**

### **FOR OUR PRAYERS**

We pray for those who have asked for prayer: Janet and David; Joyce; Maureen; Alex & Amanda.

Praying too for all those who are managing long term issues including: Alan & Maureen; Shirley and Richard; Kathryn, Willow, & Edward; Martin & Margaret; Megan & Jeanette; Riley and his family; Sheila; Charlotte, Maegan & Carson; Tom; Rosemary; Cynthia & David; John and Jane; Rosie, and Pete; Shirley.

We continue to pray for Woodside House Care Home; Omnia; and Hebron House.

We remember those who have died in recent days, praying for those who loved them and for all who mourn the loss of a loved one or a friend.

## **COLLECT FOR PASSION SUNDAY**

Most merciful God, who by the death and resurrection of your Son Jesus Christ delivered and saved the world: grant that by faith in him who suffered on the cross we may triumph in the power of his victory; 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**

Lord Jesus Christ, you have taught us that what we do for the least of our brothers and sisters we do also for you: give us the will to be the servant of others as you were the servant of all, and gave up your life and died for us, but are alive and reign, now and for ever. **Amen**

## **READINGS FOR PASSION SUNDAY**

**ISAIAH 43:16-21** Thus says the LORD, who makes a way in the sea, a path in the mighty waters, who brings out chariot and horse, army and warrior; they lie down, they cannot rise, they are extinguished, quenched like a wick: Do not remember the former things, or consider the things of old. I am about to do a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert. The wild animals will honor me, the jackals and the ostriches; for I give water in the wilderness, rivers in the desert, to give drink to my chosen people, the people whom I formed for myself so that they might declare my praise.

## **PSALM 126**

✠ When the LORD restored the fortunes of Zion, we were like those who dream.

✠ **Then our mouth was filled with laughter, and our tongue with shouts of joy; then it was said among the nations, "The LORD has done great things for them."**

✠ The LORD has done great things for us, and we rejoiced.

✘ **Restore our fortunes, O LORD, like the watercourses in the desert.**

✘ May those who sow in tears reap with shouts of joy.

✘ **Those who go out weeping, bearing the seed for sowing, shall come home with shouts of joy, carrying their sheaves.**

**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**

**PHILIPPIANS 3:4b-14** If anyone else has reason to be confident in the flesh, I have more: circumcised on the eighth day, a member of the people of Israel, of the tribe of Benjamin, a Hebrew born of Hebrews; as to the law, a Pharisee; as to zeal, a persecutor of the church; as to righteousness under the law, blameless. Yet whatever gains I had, these I have come to regard as loss because of Christ. More than that, I regard everything as loss because of the surpassing value of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things, and I regard them as rubbish, in order that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but one that comes through faith in Christ, the righteousness from God based on faith. I want to know Christ and the power of his resurrection and the sharing of his sufferings by becoming like him in his death, if somehow I may attain the resurrection from the dead. Not that I have already obtained this or have already reached the goal; but I press on to make it my own, because Christ Jesus has made me his own. Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the heavenly call of God in Christ Jesus.

### **ROMANS 3:21-26 (Requested alternative)**

But now apart from the law the righteousness of God has been made known, to which the Law and the Prophets testify. This righteousness is given through faith in Jesus Christ to all who believe. There is no difference between Jew and Gentile, for all have sinned and fall short of the glory of God, and all are justified freely by his grace through the redemption that came by Christ Jesus. God presented Christ as a sacrifice of atonement, through the shedding of his blood—to be received by faith. He did this to demonstrate his righteousness, because in his forbearance he had left the sins committed beforehand unpunished—he did it to demonstrate his righteousness at the present time, so as to be just and the one who justifies those who have faith in Jesus.

### **JOHN 12:1-8**

Six days before the Passover Jesus came to Bethany, the home of Lazarus, whom he had raised from the dead. There they gave a dinner for him. Martha served, and Lazarus was one of those at the table with him. Mary took a pound of costly perfume made of pure nard, anointed Jesus' feet, and wiped them with her hair. The house was filled with the fragrance of the perfume. But Judas Iscariot, one of his disciples (the one who was about to betray him), said, "Why was this perfume not sold for three hundred denarii and the money given to the poor?" (He said this not because he cared about the poor, but because he was a thief; he kept the common purse and used to steal what was put into it.) Jesus said, "Leave her alone. She bought it so that she might keep it for the day of my burial. You always have the poor with you, but you do not always have me."



## **LENT COURSE**

Our Lenten study sessions continue on Wednesday 6<sup>th</sup> April, 7.30pm in St Francis Church Lounge. The course is entitled 'Were you There' and it explores the various groups of people who were assembled at the cross.

6<sup>th</sup> April The Criminals, 13<sup>th</sup> April The Women.  
Each week is led by St Francis Licensed Ministers and every session can 'stand alone' or be part of a five week Lenten discipline.

## **FORTHCOMING DIARY DATES...**

**HOLY WEEK Monday 11th April 11am** – Norwich Cathedral -

Diocesan Chrism Service - All Welcome!

**Maundy Thursday - 14th April 7.30pm** - St Francis -  
The Maundy Thursday Eucharist

**Good Friday 15th April** - Witard Road Baptist Church - [time tbc]

Ecumenical Service with WRBC & Heartsease Lane Methodist Church.

St Francis 12pm – 3.15pm - Were You There?  
Hourly readings, prayers and meditations for Good Friday. ***Come for some or all.***

## **WHAT'S ON @ ST FRANCIS**

**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**

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MODERN' @**



**Quality Vintage & Modern  
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**OPEN**

**EVERY  
FRIDAY & SATURDAY  
MORNING**

**10am – 12pm**

Find us in 'Next Door @ St Francis'  
94 Rider Haggard Road. NR7 9UQ

**LET IT GROW:** Every Wednesday 9am – 11.30am.  
**Weeding, Sowing, Planting & Tea and Cake Break.**  
**LOTS OF FRESH VEG TO BE PICKED!**

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

**Please note Revd Janet is away for a few days,  
please contact:**

**Curate:** The Revd Tracy Williams  
07834 845623

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