

'Joy in the Lord is like a candle shining in a dark place. As we light this candle we celebrate the joy we find in Christ.'

FOR OUR PRAYERS

We pray for those who are in need of prayer at this time: Eileen; Hayley; Ivan and Peter; Audrey; Sheila; Megan; Riley & his mum and family; David M; Alex and Amanda; Kathryn, Willow, & Edward; Lucy.

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

We remember those who have died in recent days, among them Grace Moore; Andrew Bartley; praying too for all who mourn the loss of a loved one or a friend, especially Jill.

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 OF ADVENT

O Lord Jesus Christ, who at your first coming sent your messenger to prepare your way before you: grant that the ministers and stewards of your mysteries may likewise so prepare and make ready your way by turning the hearts of the disobedient to the wisdom of the just, that at your second coming to judge the world we may be found an acceptable people in your sight; for you are alive and reign with the Father in the unity of the Holy Spirit, one God, now and for ever. Amen God for whom we watch and wait. you sent John the Baptist to prepare the way of your Son: give us courage to speak the truth, to hunger for justice, and to suffer for the cause of right, with Jesus Christ our Lord. Amen



POST COMMUNION PRAYERS FOR THE THIRD SUNDAY OF ADVENT

We give you thanks, O Lord, for these heavenly gifts; kindle in us the fire of your Spirit that when your Christ comes again we may shine as lights before his face; who is alive and reigns now and for ever. Amen

Almighty God, give us grace to cast away the works of darkness and to put on the armour of light, now in the time of this mortal life, in which your Son Jesus Christ came to us in great humility; that on the last day, when he shall come again in his glorious majesty to judge the living and the dead, we may rise to the life immortal; through him who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen

READINGS FOR THE THIRD SUNDAY OF ADVENT



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.

ZEPHANIAH 3:14 - END

Sing aloud, O daughter Zion; shout, O Israel! Rejoice and exult with all your heart, O daughter Jerusalem! The LORD has taken away the judgements against you,

he has turned away your enemies.

The king of Israel, the LORD, is in your midst; you shall fear disaster no more.

On that day it shall be said to Jerusalem:

Do not fear, O Zion;

do not let your hands grow weak.

The LORD, your God, is in your midst, a warrior who gives victory;

he will rejoice over you with gladness, he will renew you in his love;

he will exult over you with loud singing as on a day of festival.

I will remove disaster from you, so that you will not bear reproach for it.

I will deal with all your oppressors at that time.

And I will save the lame and gather the outcast,

and I will change their shame into praise and renown in all the earth.

At that time I will bring you home, at the time when I gather you;

for I will make you renowned and praised among all the peoples of the earth, when I restore your fortunes

before your eyes, says the LORD.

PSALM 146: 4 - 10

⁴ Happy are those who have the God of Jacob for their help, ◆ whose hope is in the Lord their God;

⁹ The Lord watches over the stranger in the land; he upholds the orphan and widow; ◆ but the way of the wicked he turns upside down.

¹⁰ The Lord shall reign for ever, **♦** your God, O Zion, throughout all generations. Alleluia.

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

PHILIPPIANS 4: 4 - 7

Rejoice in the Lord always; again I will say, Rejoice.

Let your gentleness be known to everyone.

The Lord is near.

Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

'And we, what should we do?' He said to them, 'Do not extort money from anyone by threats or false accusation, and be satisfied with your wages.'

As the people were filled with expectation, and all were questioning in their hearts concerning John, whether he might be the Messiah, John answered all of them by saying, 'I baptize you with water; but one who is more powerful than I is coming; I am not worthy to untie the thong of his sandals.

He will baptize you with the Holy Spirit and fire. His winnowing-fork is in his hand, to clear his threshing-floor and to gather the wheat into his granary; but the chaff he will burn with unquenchable fire.'

So, with many other exhortations, he proclaimed the good news to the people.



A Visual Guide to Luke 3:1-22

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

Sun: Holy Communion for The Third Sunday of Advent 10.30am

CANDLELIT CAROL SERVICE
4pm



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





WHAT'S ON AT ST FRANCIS EVERY WEEK...

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!

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





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

> 10am - 12pm EVERY FRIDAY & SATURDAY MORNING

> > Mug of Tea £1.00

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

Cup of Hot Chocolate £1.50 Flapjacks £1.00



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

Check out our special Advent & Christmas goods now on sale!



ST FRANCIS CHURCH
HEARTSEASE
26 - 28 RIDER HAGGARD ROAD

IF YOU

OR SOMEONE YOU KNOW
IS IN NEED OF A HELPING
HAND WITH FOOD ETC.

WE WILL DO OUR BEST
TO HELP
CALL OUR 24HR
ANSWERPHONE
01603 431259
[or call/text
07368 832294
Mon - Thur 10am - 5pm]

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

- 1hr Monday & Friday evening
Other hours by Agreement
Generous Hourly Rate

Please contact the Vicar via email:

revdjanetwyer@outlook.com

or letter to:

The Revd Janet Wyer St Francis Vicarage 100 Rider Haggard Rd Norwich NR7 9UO

> Please include names and contact details of two referees

ST FRANCIS CONTACT DETAILS:

Vicar: The Revd Janet Wyer

07368 832294

revdjanetwyer@outlook.com

Curate: The Revd Tracy Williams

07834 845623

Church Office: 01603 431259

Email: stfheartsease@outlook.com stfrancisheartsease.co.uk