

**The Church of St Francis**  
**THE SUNDAY AFTER ASCENSION DAY**  
**[THE SEVENTH SUNDAY OF EASTER]**  
**29<sup>th</sup> May 2022**



As we celebrate the Ascension of Jesus into heaven, we listen to the prayer that Jesus prayed for his followers the night before he was taken from them by the earthly powers that were intent on his destruction.

His prayer for unity, that 'they may all be one' is a prayer that echoes down the ages. As we take up that same prayer in this season of 'Thy Kingdom Come' it is good, and comforting, to know that seated at The Father's right hand Jesus prays for us as well. The earthly powers did not prevail, Jesus is King – the Lord of All, and we are his kingdom people. Alleluia, may we be as one!



## FOR OUR PRAYERS

We pray for those who have asked for prayer: Huggy; Gloria; Sharon; Joyce; Maureen; Alex & Amanda; Richard & Shirley.

Praying too for all those who are managing long term issues including: Alan & Maureen; Kathryn, Willow, & Edward; Megan & Jeanette; Sheila W; Charlotte, Maegan & Carson; 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, among them: Ann; praying for those who loved them and for all who mourn the loss of a loved one or a friend.

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

## A PRAYER FOR PEACE IN UKRAINE & THE WORLD

God of Peace and Justice,  
we pray for the people of Ukraine and all those other places in the world torn apart by war, terrorism and violence. 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



## COLLECTS FOR THE SUNDAY AFTER ASCENSION DAY

O God the King of glory,  
you have exalted your only Son Jesus Christ  
with great triumph to your kingdom in heaven:  
we beseech you, leave us not comfortless,  
but send your Holy Spirit to strengthen us  
and exalt us to the place  
where our Saviour Christ is gone before,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever. Amen

Risen, ascended Lord,  
as we rejoice at your triumph, fill your Church  
on earth with power and compassion,  
that all who are estranged by sin  
may find forgiveness and know your peace,  
to the glory of God the Father. Amen



## POST COMMUNION PRAYER FOR THE SUNDAY AFTER ASCENSION DAY

Eternal God, giver of love and power,  
your Son Jesus Christ  
has sent us into all the world  
to preach the gospel of his kingdom:  
confirm us in this mission,  
and help us to live  
the good news we proclaim;  
through Jesus Christ our Lord. Amen

## READINGS FOR THE SUNDAY AFTER ASCENSION DAY

# THE WORD OF GOD

**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.**

### EZEKIEL 36:24 - 28

I will take you from the nations, and gather you from all the countries, and bring you into your own land.

I will sprinkle clean water upon you, and you shall be clean from all your uncleannesses, and from all your idols I will cleanse you.

A new heart I will give you, and a new spirit I will put within you; and I will remove from your body the heart of stone and give you a heart of flesh.

I will put my spirit within you, and make you follow my statutes and be careful to observe my ordinances.

Then you shall live in the land that I gave to your ancestors; and you shall be my people, and I will be your God.

## PSALM 97

**1** The Lord is king: let the earth rejoice; ♦ let the multitude of the isles be glad.

**2** **Clouds and darkness are round about him; ♦ righteousness and justice are the foundation of his throne.**

**3** Fire goes before him ♦ and burns up his enemies on every side.

**4** **His lightnings lit up the world; ♦ the earth saw it and trembled.**

**5** The mountains melted like wax at the presence of the Lord, ♦ at the presence of the Lord of the whole earth.

**6** **The heavens declared his righteousness, ♦ and all the peoples have seen his glory.**

**7** Confounded be all who worship carved images and delight in mere idols. ♦ Bow down before him, all you gods.

**8** **Zion heard and was glad, and the daughters of Judah rejoiced, ♦ because of your judgements, O Lord.**

**9** For you, Lord, are most high over all the earth; ♦ you are exalted far above all gods.

**10** **The Lord loves those who hate evil; ♦ he preserves the lives of his faithful and delivers them from the hand of the wicked.**

**11** Light has sprung up for the righteous ♦ and joy for the true of heart.

**12** **Rejoice in the Lord, you righteous, ♦ and give thanks to his holy name.**

**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 16:16-34

One day, as we were going to the place of prayer, we met a slave-girl who had a spirit of divination and brought her owners a great deal of money by fortune-telling.

While she followed Paul and us, she would cry out, 'These men are slaves of the Most High God, who proclaim to you a way of salvation.' She kept doing this for many days.

But Paul, very much annoyed, turned and said to the spirit, 'I order you in the name of Jesus Christ to come out of her.' And it came out that very hour. But when her owners saw that their hope of making money was gone, they seized Paul and Silas and dragged them into the market-place before the authorities. When they had brought them before the magistrates, they said, 'These men are disturbing our city; they are Jews and are advocating customs that are not lawful for us as Romans to adopt or observe.'

The crowd joined in attacking them, and the magistrates had them stripped of their clothing and ordered them to be beaten with rods. After they had given them a severe flogging, they threw them into prison and ordered the jailer to keep them securely. Following these instructions, he put them in the innermost cell and fastened their feet in the stocks.

About midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them. Suddenly there was an earthquake, so violent that the foundations of the prison were shaken; and immediately all the doors were opened and everyone's chains were unfastened. When the jailer woke up and saw the prison doors wide open, he drew his sword and was about to kill himself, since he supposed that the prisoners had escaped. But Paul shouted in a loud voice, 'Do not harm yourself, for we are all here.' The jailer called for lights, and rushing in, he fell down trembling before Paul and Silas. Then he brought them outside and said, 'Sirs, what must I do to be saved?' They answered, 'Believe on the Lord Jesus, and you will be saved, you and your household.' They spoke the word of the Lord to him and to all who were in his house.

At the same hour of the night he took them and washed their wounds; then he and his entire family were baptized without delay.

He brought them up into the house and set food before them; and he and his entire household rejoiced that he had become a believer in God.



## JOHN 17:20-end

'I ask not only on behalf of these, but also on behalf of those who will believe in me through their word, that they may all be one.

As you, Father, are in me and I am in you, may they also be in us, so that the world may believe that you have sent me.

The glory that you have given me I have given them, so that they may be one, as we are one, I in them and you in me, that they may become completely one, so that the world may know that you have sent me and have loved them even as you have loved me.

Father, I desire that those also, whom you have given me, may be with me where I am, to see my glory, which you have given me because you loved me before the foundation of the world.

'Righteous Father, the world does not know you, but I know you; and these know that you have sent me.

I made your name known to them, and I will make it known, so that the love with which you have loved me may be in them, and I in them.'

## SERVICES NEXT WEEK

ALL WELCOME

THY KINGDOM COME

**Mon: Morning Prayer - 9am**

**Thy Kingdom Come Compline - 8.30pm**

**Tues: Morning Prayer - 9am**

**Evening Prayer - 5pm**

**Thy Kingdom Come Compline - 8.30pm**

**Weds: Morning Prayer - 9am**

**Holy Communion [BCP] - 11.30am**

**Evening prayer - 5pm**

**Thy Kingdom Come Compline - 8.30pm**

**Thurs: Thy Kingdom Come Compline**

**8.30pm**

**Fri: Thy Kingdom Come Compline**

**8.30pm**

**Sat: Thy Kingdom Come Compline**

**8.30pm**

**Sunday: Holy Communion for Pentecost  
with prayers to mark  
Her Majesty The Queen's 70 year reign**



## THY KINGDOM COME

Please consider joining us for Compline each evening between Ascension Day and Pentecost to play our part in praying in the Kingdom. Encouraged and led by Ashley Williams, we have undertaken to support the Archbishop's global prayer initiative 'Thy Kingdom Come', by aligning ourselves with the worldwide community of prayer during these nine evenings.

Compline is, by its nature, a reflective service that traditionally would be the last activity before retiring to bed and is a beautiful way to end the day.

If you would like further details or the zoomlink please speak with Ashley, Fr Tracy, or Revd Janet.



## HOME COMMUNION



If you or someone you know lives in the parish of St Francis and would like to receive the Sacrament at home because of illness or mobility difficulties, please contact Revd Janet. Tel: 07368 832294

## WHAT'S ON AT ST FRANCIS NEXT 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**



**ALL WELCOME**  
**Why not pop in and catch up with  
some old friends – and maybe  
even make some new ones!**

# 'ANCIENT & MODERN' @



**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**

## **NextDoor@St Francis GOOD NEWS CAFÉ**



**Every Friday is  
PUSHCHAIR CAFE  
9am - 12pm**

**Every Saturday is  
GOOD NEWS CAFE  
10am - 12pm**



## **ALL WELCOME**

### **NextDoor@StFrancis BRING & SHARE PARTY**

**Sunday 5<sup>th</sup> June**  
**2.30pm - 4.30pm**  
**Come & Celebrate  
The Queen's Platinum  
Jubilee**



Community Money Advice

Find out how we can help you with:

- Debt
- Budgeting
- Benefits
- Phone calls & online access

All services are free

Book an appointment 07765 739987  
Or [heartseasecmacentre@outlook.com](mailto:heartseasecmacentre@outlook.com)

Nextdoor @ St Francis  
94 Rider Haggard Road

Volunteers also welcomed

Supported by:

- Company of Actuaries Charitable Trust Fund
- Paul Bassham Charitable Trust
- CINNAMON NETWORK
- NORWICH CONSOLIDATED CHARITIES
- THE CHURCH OF ENGLAND Diocese of Norwich



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