

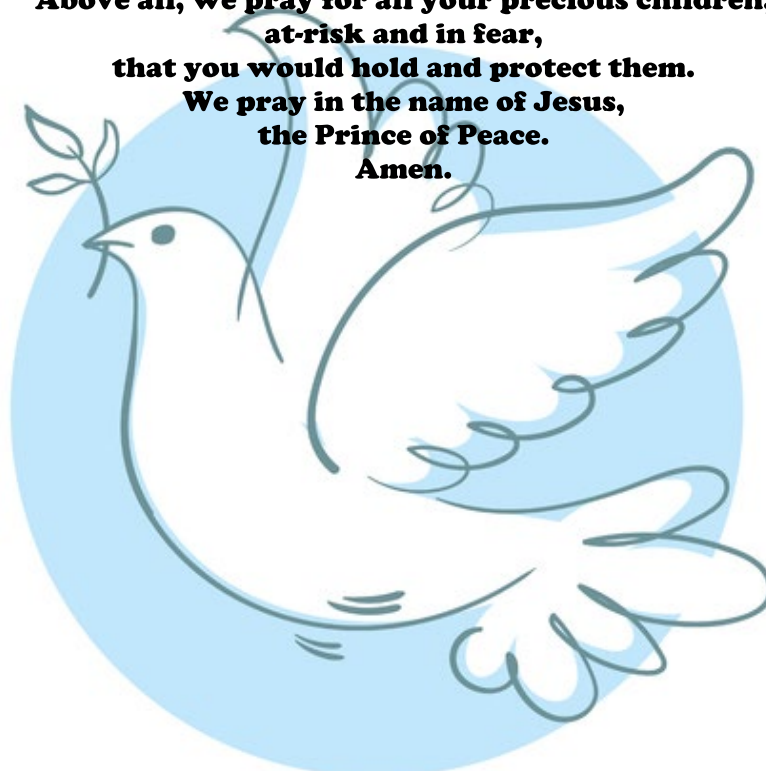
The Church of St Francis
THE FIRST SUNDAY OF LENT
6th March 2022



Today we hear how Jesus spent forty days and forty nights, alone in the wilderness – as we listen we might ask ourselves what does that mean for us?

As we face difficult days of uncertainty in the world around us it is important to remember that when we find ourselves in wilderness times, Jesus has been there before us. He knows our struggles and our fears; through his faithfulness and love we are never alone. Jesus is with us always and everywhere, and knows what we need.

**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.**



FOR OUR PRAYERS

We pray for those who have asked for prayer: Laura, Dawn and Carol; Alan; Maureen; Alex & Amanda.

Praying too for all those who are managing long term issues including: Shirley and Richard; Kathryn, Willow, & Edward; Martin & Margaret; Megan; 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, among them: Michael; Eileen; Edward, 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.**

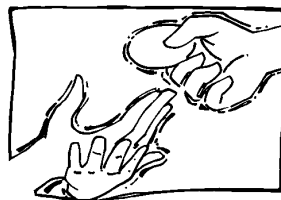
**Watch over us,
protect us from harm;
and keep in safety**

**all those who care for the sick
and attend to our needs,
in Jesus name we pray.**

Amen

COLLECTS FOR THE FIRST SUNDAY OF LENT

Almighty God, whose Son Jesus Christ fasted forty days in the wilderness, and was tempted as we are, yet without sin: give us grace to discipline ourselves in obedience to your Spirit; and, as you know our weakness, so may we know your power to save; 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
Heavenly Father,
your Son battled with the powers of darkness, and grew closer to you in the desert: help us to use these days to grow in wisdom and prayer that we may witness to your saving love in Jesus Christ our Lord. Amen



POST COMMUNION PRAYER FOR THE FIRST SUNDAY OF LENT

Lord God,
you have renewed us
with the living bread from heaven;
by it you nourish our faith, increase our hope,
and strengthen our love:
teach us always to hunger for him
who is the true and living bread,
and enable us to live by every word
that proceeds from out of your mouth;
through Jesus Christ our Lord. Amen

READINGS FOR THE FIRST SUNDAY OF LENT

**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.

Deuteronomy 26:1-11

When you have come into the land that the Lord your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the Lord your God is giving you, and you shall put it in a basket and go to the place that the Lord your God will choose as a dwelling for his name.

You shall go to the priest who is in office at that time, and say to him, 'Today I declare to the Lord your God that I have come into the land that the Lord swore to our ancestors to give us.'

When the priest takes the basket from your hand and sets it down before the altar of the Lord your God, you shall make this response before the Lord your God: 'A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous.

When the Egyptians treated us harshly and afflicted us, by imposing hard labour on us, we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppression.

The Lord brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey.

So now I bring the first of the fruit of the ground that you, O Lord, have given me.'

You shall set it down before the Lord your God and bow down before the Lord your God.

Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the Lord your God has given to you and to your house.

Psalm 91: 1 – 2, 9 - 16

¹ Whoever dwells in the shelter of the Most High ♦ and abides under the shadow of the Almighty,

² Shall say to the Lord, 'My refuge and my stronghold, ♦ my God, in whom I put my trust.'

⁹ Because you have made the Lord your refuge ♦. and the Most High your stronghold,

¹⁰ **There shall no evil happen to you, ♦ neither shall any plague come near your tent.**

¹¹ For he shall give his angels charge over you, ♦. to keep you in all your ways.

¹² **They shall bear you in their hands, ♦ lest you dash your foot against a stone.**

¹³ You shall tread upon the lion and adder; ♦ the young lion and the serpent you shall trample underfoot.

¹⁴ **Because they have set their love upon me, therefore will I deliver them; ♦ I will lift them up, because they know my name.**

¹⁵ They will call upon me and I will answer them; ♦. I am with them in trouble, I will deliver them and bring them to honour.

¹⁶ **With long life will I satisfy them ♦ and show them my salvation.**

**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**

ROMANS 10: 8b - 13

'The word is near you,
on your lips and in your heart'

(that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.

For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, 'No one who believes in him will be put to shame.' For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him.

For, 'Everyone who calls on the name of the Lord shall be saved.'

LUKE 4:1-13

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil.

He ate nothing at all during those days, and when they were over, he was famished.

The devil said to him, 'If you are the Son of God, command this stone to become a loaf of bread.'

Jesus answered him, 'It is written, "One does not live by bread alone."' '

Then the devil led him up and showed him in an instant all the kingdoms of the world.

And the devil said to him, 'To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please.

If you, then, will worship me, it will all be yours.' Jesus answered him, 'It is written, "Worship the Lord your God, and serve only him."' '

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down from here, for it is written,

"He will command his angels concerning you, to protect you", and "On their hands they will bear you up, so that you will not dash your foot against a stone."' '

Jesus answered him, 'It is said, "Do not put the Lord your God to the test."' '

When the devil had finished every test, he departed from him until an opportune time.



SERVICES NEXT WEEK ALL WELCOME

**Tues: Morning Prayer – 9am
Evening Prayer – 5pm**

**Weds: Morning Prayer – 9am
Evening Prayer – 5pm**

**Thurs: Morning Prayer – 9am
Evening Prayer – 5pm**

**Sun: Holy Communion for
The Second Sunday of Lent
10.30am**



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

THINKING ABOUT CONFIRMATION?

We will be 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 Revd Janet
ST FRANCIS NEWS...

ST FRANCIS NEWS

World Day Of Prayer

On Friday 4th March, St Francis hosted the Norwich East World Day of Prayer Service. We were delighted with the turnout and it was a joy to worship together with so many old friends from local churches.



The World Day of Prayer Team

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!

St Francis Church

is a drop off point for:
SUPPORT UKRAINE - UK (NORWICH)

WE ARE COLLECTING:

Medical Supplies: FIRST AID KITS, BANDAGES, STERILE DRESSINGS, SURGICAL TAPE, WOUND CLOSURE STRIPS, LOZENGES, PARACETEMOL, IBUPROFEN, COLD/FLU TREATMENT, ANTISEPTIC CREAM, MULTIVITAMINS, VAPOUR RUB, BARRIER CREAM, COUGH SYRUP

Personal Hygiene: SANITARY TOWELS, SHOWER GEL, TOOTHPASTE, TOOTH BRUSHES, WET WIPES, ANY SIZED NAPPIES.

Food/Drink: PROTEIN BARS, 3 IN ONE COFFEE SACHETS, SMALL PACKETS NUTS/RAISINS, CRUNCHY PEANUT BUTTER IN PLASTIC CONTAINERS (NOT GLASS) CUPPA SOUPS

Other: OPAQUE TIGHTS LARGE (FOR THE ARMY) FINGERLESS GLOVES (FOR ARMY AND HEALTH WORKERS)

NO CASH OR VOUCHERS ETC, CLOTHES OR TOYS OR ANYTHING THAT IS NOT ON THE LIST PLEASE

TUES: 10am – 12pm; WEDS: 12pm – 4pm;
THURS: 10am m- 12pm; FRI: 10am – 12pm;
SAT: 10am – 12pm

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**

**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**

**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

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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**



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