

The Church of St Francis  
**THE THIRD SUNDAY OF LENT**  
20<sup>th</sup> March 2022



**This week the Gospel tells us of the occasion when Jesus used the story of a barren fig tree to tell his followers that God loves all people equally and unconditionally; and that with God, there is always time to turn away from wrong ways and begin again.**

**Just as the owner of the fig tree give the barren tree another year to fruit - so does God always give everyone another chance to turn away from sin and to turn to a new life in God through Jesus. Jesus.**

### **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**

## **FOR OUR PRAYERS**

**We pray for those who have asked for prayer: 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, among them: Kenneth; Michael; Eileen; 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 THIRD SUNDAY OF LENT**

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; 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

Eternal God,  
give us insight  
to discern your will for us,  
to give up what harms us,  
and to seek the perfection we are promised  
in Jesus Christ our Lord. Amen



## **POST COMMUNION PRAYER FOR THE THIRD SUNDAY OF LENT**

Merciful Lord,  
grant your people grace  
to withstand the temptations  
of the world, the flesh and the devil,  
and with pure hearts and minds to follow you,  
the only God; through Jesus Christ our Lord.  
Amen

## **READINGS FOR THE THIRD 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.

**ISAIAH 55:1-9**

Ho, everyone who thirsts,  
come to the waters;  
and you that have no money,  
come, buy and eat!  
Come, buy wine and milk  
without money and without price.  
Why do you spend your money for that which  
is not bread,  
and your labour for that which does not  
satisfy?  
Listen carefully to me, and eat what is good,  
and delight yourselves in rich food.

Incline your ear, and come to me;  
listen, so that you may live.  
I will make with you an everlasting covenant,  
my steadfast, sure love for David.  
See, I made him a witness to the peoples,  
a leader and commander for the peoples.  
See, you shall call nations that you do not  
know, and nations that do not know you shall  
run to you,  
because of the LORD your God, the Holy  
One of Israel, for he has glorified you.

Seek the LORD while he may be found,  
call upon him while he is near;  
let the wicked forsake their way,  
and the unrighteous their thoughts;  
let them return to the LORD, that he may  
have mercy on them, and to our God, for he  
will abundantly pardon.  
For my thoughts are not your thoughts,  
nor are your ways my ways, says the LORD.  
For as the heavens are higher than the earth,  
so are my ways higher than your ways  
and my thoughts than your thoughts.

### **PSALM 63: 1 - 9**

<sup>1</sup> O God, you are my God; eagerly I seek  
you; ♦  
my soul is athirst for you.

<sup>2</sup> **My flesh also faints for you, ♦  
as in a dry and thirsty land where there is  
no water.**

<sup>3</sup> So would I gaze upon you in your holy  
place, ♦  
that I might behold your power and your  
glory.

<sup>4</sup> **Your loving-kindness is better than life  
itself ♦ and so my lips shall praise you.**

<sup>5</sup> I will bless you as long as I live ♦  
and lift up my hands in your name.

<sup>6</sup> **My soul shall be satisfied, as with  
marrow and fatness, ♦. and my mouth  
shall praise you with joyful lips,**

<sup>7</sup> When I remember you upon my bed ♦  
and meditate on you in the watches of the  
night.

<sup>8</sup> **For you have been my helper ♦  
and under the shadow of your wings  
will I rejoice.**

<sup>9</sup> My soul clings to you; ♦  
your right hand shall hold me fast.

**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**

### **1 CORINTHIANS 10: 1 - 13**

I do not want you to be unaware, brothers  
and sisters, that our ancestors were all under  
the cloud, and all passed through the  
sea, and all were baptized into Moses in the  
cloud and in the sea, and all ate the same  
spiritual food, and all drank the same spiritual  
drink. For they drank from the spiritual rock  
that followed them, and the rock was Christ.

Nevertheless, God was not pleased with most  
of them, and they were struck down in the  
wilderness.

Now these things occurred as examples for  
us, so that we might not desire evil as they  
did. Do not become idolaters as some of  
them did; as it is written, 'The people sat  
down to eat and drink, and they rose up to  
play.' We must not indulge in sexual  
immorality as some of them did, and twenty-  
three thousand fell in a single day. We must  
not put Christ to the test, as some of them  
did, and were destroyed by serpents.

And do not complain as some of them did,  
and were destroyed by the destroyer. These  
things happened to them to serve as an  
example, and they were written down to  
instruct us, on whom the ends of the ages  
have come.

So if you think you are standing, watch out  
that you do not fall. No testing has overtaken  
you that is not common to everyone. God is  
faithful, and he will not let you be tested  
beyond your strength, but with the testing he  
will also provide the way out so that you may  
be able to endure it.

## LUKE 13:1-9

At that very time there were some present who told him about the Galileans whose blood Pilate had mingled with their sacrifices. He asked them, 'Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans? No, I tell you; but unless you repent, you will all perish as they did. Or those eighteen who were killed when the tower of Siloam fell on them—do you think that they were worse offenders than all the others living in Jerusalem? No, I tell you; but unless you repent, you will all perish just as they did.'

Then he told this parable: 'A man had a fig tree planted in his vineyard; and he came looking for fruit on it and found none. So he said to the gardener, "See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?" He replied, "Sir, let it alone for one more year, until I dig round it and put manure on it. If it bears fruit next year, well and good; but if not, you can cut it down."'



### SERVICES NEXT WEEK ALL WELCOME

**Please note that because of a school visit there will be no Morning Prayer on Tuesday 22<sup>nd</sup> March**  
**Evening Prayer – 5pm**

**Weds: Morning Prayer – 9am**  
**Holy Communion [BCP] – 11.30am**  
**Evening Prayer – 5pm**

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

**Sun: Holy Communion for  
The Fourth Sunday of Lent  
MOTHERING SUNDAY  
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 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**

## SUPPORT UKRAINE UK [NORWICH]

Over the past two weeks we have had two pick ups by the organisers and we are very grateful to have been able to send off over twenty boxes and bags of essential items. I can also confirm that having received a number of items that are not on our list these items of clothing etc have been passed to the Bessemer Rd collecting point being run by Norwich Homeless Support

### 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

## 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!

## WEDNESDAY LENT COURSE

Our Lenten study sessions continue on Wednesday 23<sup>rd</sup> March, 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.

23<sup>rd</sup> March  
The Bystanders

30<sup>th</sup> March  
The Criminals

6<sup>th</sup> April  
The Women

Each week will be led by one of St Francis Licensed Ministers and every session can 'stand alone' or be part of a five week course

**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**



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**10am – 12pm  
EVERY  
FRIDAY  
&  
SATURDAY  
MORNING**

**ST FRANCIS CHURCH  
HEARTSEASE  
96 – 98 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]**

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FRIDAY & SATURDAY  
MORNING**

**10am – 12pm**

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



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