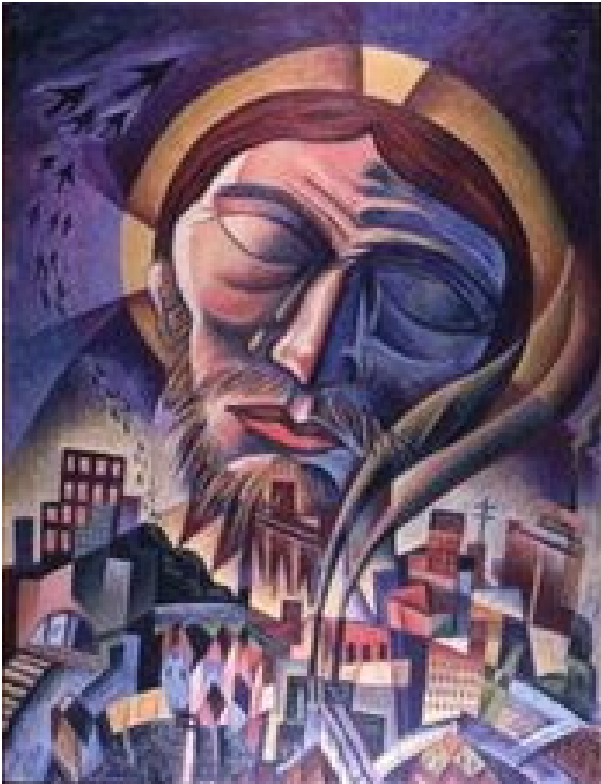


The Church of St Francis
THE SECOND SUNDAY OF LENT
13th March 2022



**'How often have I desired
to gather your children together
as a hen gathers her brood
under her wings'**

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: 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; 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 SECOND SUNDAY OF LENT

Almighty God,
you show to those who are in error the light of your truth, that they may return to the way of righteousness: grant to all those who are admitted into the fellowship of Christ's religion, that they may reject those things that are contrary to their profession, and follow all such things as are agreeable to the same; through our Lord Jesus Christ, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen
Almighty God,
by the prayer and discipline of Lent may we enter into the mystery of Christ's sufferings, and by following in his Way come to share in his glory; through Jesus Christ our Lord. Amen



POST COMMUNION PRAYER FOR THE SECOND SUNDAY OF LENT

Almighty God,
you see that we have no power of ourselves to help ourselves:
keep us both outwardly in our bodies,
and inwardly in our souls;
that we may be defended from all adversities which may happen to the body,
and from all evil thoughts which may assault and hurt the soul;
through Jesus Christ our Lord. Amen

READINGS FOR THE SECOND 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.

GENESIS 15:1-12, 17-18

After these things the word of the Lord came to Abram in a vision, 'Do not be afraid, Abram, I am your shield; your reward shall be very great.' But Abram said, 'O Lord God, what will you give me, for I continue childless, and the heir of my house is Eliezer of Damascus?' And Abram said, 'You have given me no offspring, and so a slave born in my house is to be my heir.' But the word of the Lord came to him, 'This man shall not be your heir; no one but your very own issue shall be your heir.' He brought him outside and said, 'Look towards heaven and count the stars, if you are able to count them.' Then he said to him, 'So shall your descendants be.' And he believed the Lord; and the Lord reckoned it to him as righteousness.

Then he said to him, 'I am the Lord who brought you from Ur of the Chaldeans, to give you this land to possess.' But he said, 'O Lord God, how am I to know that I shall possess it?' He said to him, 'Bring me a heifer three years old, a female goat three years old, a ram three years old, a turtle-dove, and a young pigeon.' He brought him all these and cut them in two, laying each half over against the other; but he did not cut the birds in two. And when birds of prey came down on the carcasses, Abram drove them away.

As the sun was going down, a deep sleep fell upon Abram, and a deep and terrifying darkness descended upon him.

When the sun had gone down and it was dark, a smoking fire-pot and a flaming torch passed between these pieces. On that day the Lord made a covenant with Abram, saying, 'To your descendants I give this land, from the river of Egypt to the great river, the river Euphrates.'

PSALM 27

¹ The Lord is my light and my salvation; whom then shall I fear? ♦ The Lord is the strength of my life; of whom then shall I be afraid?

² **When the wicked, even my enemies and my foes, came upon me to eat up my flesh, ♦ they stumbled and fell.**

³ Though a host encamp against me, my heart shall not be afraid, ♦ and though there rise up war against me, yet will I put my trust in him.

⁴ **One thing have I asked of the Lord and that alone I seek: ♦ that I may dwell in the house of the Lord all the days of my life,**

⁵ To behold the fair beauty of the Lord ♦ and to seek his will in his temple.

⁶ **For in the day of trouble he shall hide me in his shelter; ♦ in the secret place of his dwelling shall he hide me and set me high upon a rock.**

⁷ And now shall he lift up my head ♦ above my enemies round about me;

⁸ **Therefore will I offer in his dwelling an oblation with great gladness; ♦ I will sing and make music to the Lord.**

⁹ Hear my voice, O Lord, when I call; ♦ have mercy upon me and answer me.

¹⁰ **My heart tells of your word, 'Seek my face.' ♦ Your face, Lord, will I seek.**

¹¹ Hide not your face from me, ♦ nor cast your servant away in displeasure.

¹² **You have been my helper; ♦ leave me not, neither forsake me, O God of my salvation.**

¹³ Though my father and my mother forsake me, ♦ the Lord will take me up.

¹⁴ **Teach me your way, O Lord; ♦ lead me on a level path, because of those who lie in wait for me.**

¹⁵ Deliver me not into the will of my adversaries, ♦ for false witnesses have risen up against me, and those who breathe out violence.

¹⁶ **I believe that I shall see the goodness of the Lord ♦ in the land of the living.**

¹⁷ Wait for the Lord; be strong and he shall comfort your heart; ♦ wait patiently for the Lord.

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 3: 17 – 4: 1

Brothers and sisters, join in imitating me, and observe those who live according to the example you have in us.

For many live as enemies of the cross of Christ; I have often told you of them, and now I tell you even with tears. Their end is destruction; their god is the belly; and their glory is in their shame; their minds are set on earthly things.

But our citizenship is in heaven, and it is from there that we are expecting a Saviour, the Lord Jesus Christ. He will transform the body of our humiliation so that it may be conformed to the body of his glory, by the power that also enables him to make all things subject to himself.

Therefore, my brothers and sisters, whom I love and long for, my joy and crown, stand firm in the Lord in this way, my beloved.

LUKE 13:31- 35

At that very hour some Pharisees came and said to him, 'Get away from here, for Herod wants to kill you.'

He said to them, 'Go and tell that fox for me,

"Listen, I am casting out demons and performing cures today and tomorrow, and on the third day I finish my work. Yet today, tomorrow, and the next day I must be on my way, because it is impossible for a prophet to be killed away from Jerusalem."

Jerusalem, Jerusalem, the city that kills the prophets and stones those who are sent to it!

How often have I desired to gather your children together as a hen gathers her brood under her wings, and you were not willing!

See, your house is left to you. And I tell you, you will not see me until the time comes when you say, "Blessed is the one who comes in the name of the Lord." '

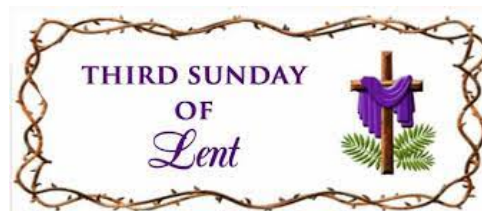
SERVICES NEXT WEEK ALL WELCOME

Please note there will be no Morning or Evening prayer on Tuesday 15th March

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

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

**Sun: Holy Communion for
The Third 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

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

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

YOUR HELP IS NEEDED!

If you can spare an hour or so and would like to be involved in receiving and boxing these vital supplies for Ukraine – please speak with Revd Janet

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 16th 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.

16th March
The Soldiers
23rd March
The Bystanders
30th March
The Criminals
6th 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**



NOW OPEN!

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

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

**'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**

**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



ST FRANCIS CONTACT DETAILS:

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