

**The Church of St Francis**  
**THE FOURTH SUNDAY OF LENT**  
**MOTHERING SUNDAY**  
**27<sup>th</sup> March 2022**



**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 FOURTH SUNDAY OF LENT- MOTHERING SUNDAY**

God of compassion,  
whose Son Jesus Christ, the child of Mary,  
shared the life of a home in Nazareth,  
and on the cross drew the whole human  
family to himself: strengthen us in our daily  
living  
that in joy and in sorrow we may know the  
power of your presence to bind together and  
to heal; 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  
God of love,  
passionate and strong,  
tender and careful:  
watch over us and hold us  
all the days of our life;  
through Jesus Christ our Lord. Amen



## **POST COMMUNION PRAYER FOR THE FOURTH SUNDAY OF LENT – MOTHERING SUNDAY**

Loving God,  
as a mother feeds her children at the breast  
you feed us in this sacrament  
with the food and drink of eternal life:  
help us who have tasted your goodness  
to grow in grace within the household of faith;  
through Jesus Christ our Lord. Amen

## **READINGS FOR THE FOURTH SUNDAY OF LENT – MOTHERING SUNDAY**

**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.

## EXODUS 2:1-10

Now a man from the house of Levi went and married a Levite woman.

The woman conceived and bore a son; and when she saw that he was a fine baby, she hid him for three months.

When she could hide him no longer she got a papyrus basket for him, and plastered it with bitumen and pitch; she put the child in it and placed it among the reeds on the bank of the river.

His sister stood at a distance, to see what would happen to him.

The daughter of Pharaoh came down to bathe at the river, while her attendants walked beside the river.

She saw the basket among the reeds and sent her maid to bring it.

When she opened it, she saw the child. He was crying, and she took pity on him.

'This must be one of the Hebrews' children,' she said.

Then his sister said to Pharaoh's daughter, 'Shall I go and get you a nurse from the Hebrew women to nurse the child for you?'

Pharaoh's daughter said to her, 'Yes.'

So the girl went and called the child's mother.

Pharaoh's daughter said to her, 'Take this child and nurse it for me, and I will give you your wages.'

So the woman took the child and nursed it.

When the child grew up, she brought him to Pharaoh's daughter, and she took him as her son.

She named him Moses, 'because', she said, 'I drew him out of the water.'

## A SONG OF ST ANSELM

Gather your little ones to you, O God,  
as a hen gathers her brood to protect them.

**Jesus, like a mother you gather your people to you; ♦ you are gentle with us as a mother with her children.**

Often you weep over our sins and our pride, ♦  
tenderly you draw us from hatred and judgement.

**You comfort us in sorrow and bind up our wounds, ♦ in sickness you nurse us, and with pure milk you feed us.**

Jesus, by your dying we are born to new life;  
♦ by your anguish and labour we come forth in joy.

**Despair turns to hope through your sweet goodness; ♦ through your gentleness we find comfort in fear.**

Your warmth gives life to the dead, ♦  
your touch makes sinners righteous.  
**Lord Jesus, in your mercy heal us; ♦  
in your love and tenderness remake us.**

In your compassion bring grace and forgiveness, ♦  
for the beauty of heaven may your love prepare us.

**Gather your little ones to you, O God,  
as a hen gathers her brood to protect them.**

**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.**

## 2 CORINTHIANS 1: 3 - 7

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all consolation, who consoles us in all our affliction, so that we may be able to console those who are in any affliction with the consolation with which we ourselves are consoled by God.

For just as the sufferings of Christ are abundant for us, so also our consolation is abundant through Christ. If we are being afflicted, it is for your consolation and salvation; if we are being consoled, it is for your consolation, which you experience when you patiently endure the same sufferings that we are also suffering.

Our hope for you is unshaken; for we know that as you share in our sufferings, so also you share in our consolation.

**JOHN 19: 25b - 27**

Standing near the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene.

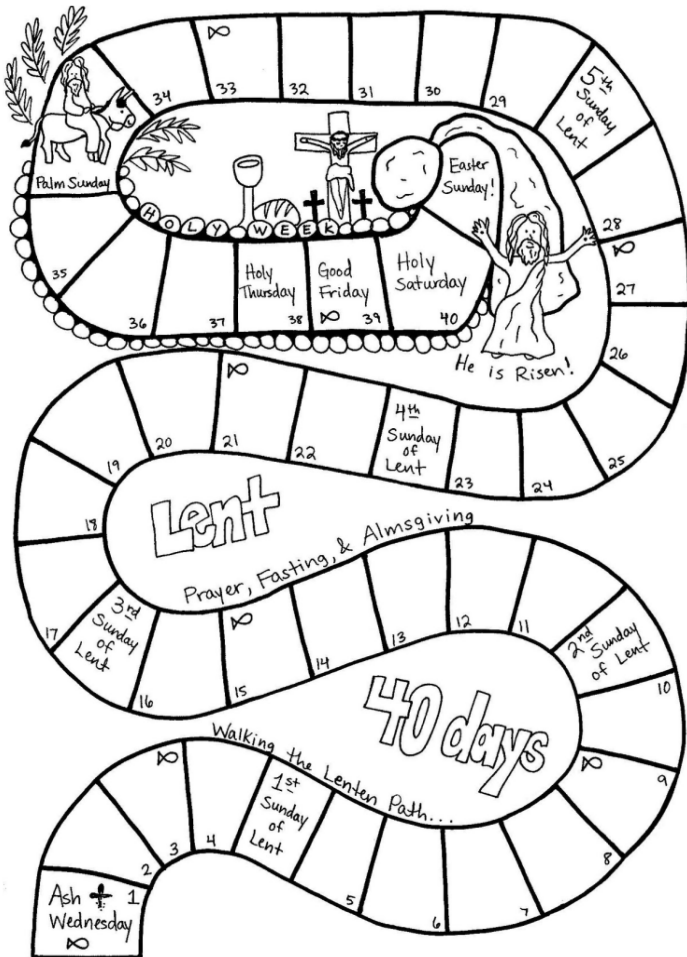
When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, 'Woman, here is your son.'

Then he said to the disciple, 'Here is your mother.'

And from that hour the disciple took her into his own home.



**WHERE WE ARE ON OUR LENTEN JOURNEY**



**SERVICES NEXT WEEK  
ALL WELCOME**

**Mon: Morning Prayer – 9am**

**Tues: Morning Prayer – 9am  
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 Fifth Sunday of Lent  
PASSIONTIDE BEGINS  
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

**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**

**'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**



**NOW OPEN!**

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

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

**FORTHCOMING DIARY DATES...**

**HOLY WEEK**

**Monday 11<sup>th</sup> April 11am –  
Norwich Cathedral**

**Diocesan Chrism Service  
All Welcome!**

**Maundy Thursday 14<sup>th</sup> April 7.30pm  
St Francis  
The Maundy Thursday Eucharist**

**Good Friday 15<sup>th</sup> April  
Witard Road Baptist Church  
[time tbc]  
Ecumenical Service with WRBC &  
Heartsease Lane Methodist Church**

**St Francis 12pm – 3.15pm  
Were You There?  
Hourly readings, prayers  
and meditations for Good Friday.  
Come for some or all.**



**Holy Week**

**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]**



**ST FRANCIS CONTACT DETAILS:**

**Vicar:** The Revd Janet Wyer  
07368 832294  
[revdjanetwyer@outlook.com](mailto:revdjanetwyer@outlook.com)

**Curate:** The Revd Tracy Williams  
07834 845623

**Churchwardens:** Mrs Diana Cooper  
01603 434753  
Mr John Cubitt  
01603 435996

**Church Office:** 01603 431259

**Email:** [stfheartsease@outlook.com](mailto:stfheartsease@outlook.com)

**Website:** [stfrancisheartsease.co.uk](http://stfrancisheartsease.co.uk)