



**St Francis of Assisi, Parkview**  
Diocese of Johannesburg  
Anglican Church of Southern Africa



**2 APRIL 2017**

**Fifth Sunday in Lent**

**Word Fast – The Outward Discipline of Solitude**

God of all consolation and hope:  
you breathe life into  
dry bones and weary souls:  
pour out your Spirit upon us,  
that we may face despair and death  
in the hope of resurrection;  
through Jesus Christ our Lord,  
who lives and reigns with you and the Holy Spirit,  
one God, now and for ever.  
Amen.



Solitude is inner fulfilment.  
Loneliness is inner emptiness.  
Solitude and silence are intimately related to trust.

**Pray for the Church:** Together with the worldwide Anglican Communion, we pray for the **Church in Mityana in Uganda** and for the **Rt Revd Stephen Kaziimba** and for **Justin**, Archbishop of Canterbury  
We pray for **Steve our Bishop** and for Liziwe and **Thabo our Archbishop** and Lungi.

**Prayer for the World:** Lord as we pray for our world which is your world, help us to stop talking and to listen. Help us to listen so that we hear, feel and appreciate all the pain and all the joy, all the strife and all the peace, all the ugliness and all the beauty. Help us to hear the cries of those who suffer and the laughter of children. Help us to feel the pain of the bereaved and the joy of a new birth. Help us to mourn the destruction of our environment and celebrate the wonder of mountains, trees and flowers. Help us to listen, hear and identify with ALL aspects of the world that you love. Through Christ our Lord, amen.

**Prayer for Education:** We pray for all schools and tertiary institutions in the country, particularly for UJ and Wits and the other universities that just and peaceful solutions will be found to the complex issues at stake.

**Prayer for Parishioners:**

**Birthdays: Sunday 2:** Chris Clayton, Jane Pryor, Lu Cele; **Monday 3:** Clive Banks; **Tuesday 4:** Phibion Makuwerere, Namanda Wanyama; **Wednesday 5:** Francis Callard; **Thursday 6:** Motshegwa Mgeyane; **Friday 7:** Sara Nieuwoudt

**Wedding Anniversaries: Monday 3:** Glen and Trish Nelson; **Wednesday 5:** Tony and Tsungi Ngwenya; **Thursday 6:** Ceri and Paul Yammin; **Saturday 8:** Robyn and Jonathan Whittaker, Kelly and Charles Leishman

**Families to be prayed for this week:** Graham and Anne Vos; Sarah Wainwright; Beverley Walker; Esther Malia and Namanda Wanyama; Craig, Zoe, Jack and William Waterston; Janette, Craig, Douglas and Dalton Webster

**Prayers for those in need of prayer:** Jeffery Gavin; Xenka Kinnaird; Ally Martin; Maria Miszti; Wendy Price

**Prayer for those who have a long term need:** Sonja Begg; Pat Cawthorn; Bill Currie; Tsungi Ngwenya; Val Robertson; Marlene Sterling; Desmond Tutu

**Give thanks for healing:** Michael Mothusi

**Years Mind:** Thora Coggin

#### READINGS THIS WEEK

Psalms 23: 1-6

Various Texts: Jesus in Solitude and Silence

#### HYMNS 07:30

244 Hark, my soul, it is the Lord  
115 Drop thy still dews of quietness  
(omit v 4 and 5)  
256 Let all mortal flesh keep silence  
(omit v 3)  
236 God be in my head

#### HYMNS 09:30

Hark, my soul, it is the Lord  
Silent, surrendered, calm and still,  
Let all mortal flesh keep silence,  
During Communion Silence is Kept  
God be in my head

**We invite you to come to the Lady Chapel during and after communion if you would like someone to pray for you or with you.**

#### Eucharist 07:30

#### Eucharist 09:30

<b>Celebrant</b>	Cynthia Botha	Paul Germond
<b>Preacher</b>	Paul Germond	Paul Germond
<b>Synaxis</b>	Chloe Heylen	Alison Chambers
<b>Prayers</b>	Yvette Angoma	Sue Jordaan
<b>Server</b>	Margi Strever	Clementine Nishimwe
<b>Eucharistic Prayer</b>	1	
<b>First Reader</b>	Mike Williams	David Butler
<b>Second Reader</b>	Not during Lent	Not during Lent
<b>Music</b>	Jonathan van Rensburg	Ruth Coggin
<b>Sides Person</b>	Ed Newton Alison Newton	Darryl McMullen Jason Reneke
<b>Chapel Prayer</b>	Anita Speedy	Jodi Botha
<b>Tea 09:30</b>	Sharon Botha and Mike Montgomery	
<b>Power Point</b>	Martyn Brooks	
<b>Keys Open</b>	Mike Williams	
<b>Keys Close</b>	Theo Coggin	
<b>Rock n' Roll</b>	Janet Wilson and Mike Montgomery	

## **Our Spiritual Discipline today is Solitude and Silence: A Word Fast**

Silence. Prayer and Meditation. A Sunday service stripped to its bones. Rock'nRoll shrouded in silence except for only the most necessary of words. Silence before the service and after the service. A cup of tea in silence. Silence at home. Not all of us can manage this. But even if we do this for part of the day that will be great. Talk encouraged over meals. But thought-filled talk. Find alone time. Go for a walk. Be in nature. Do crafting. Sit under a tree. Count leaves. Watch ants. Pray. Study.

### **Trust in God is the Heart of Spirituality**

An attitude of *trust* toward God is the foundation for healthy spirituality. *Trust is the heart of spirituality*. With an attitude of genuine trust, we will find ourselves, God, and life, lived creatively and hopefully; we let go of our human efforts and rely on God. *Without* trust, no techniques, disciplines, retreats or spiritual directors, or *any* other kind of effort or struggle will result in on-going encouragement and vitality. Because trust is relational, it can only grow in relationship. Trust in God grows when we dedicate time to our relationship with God. That happens when the spiritual disciplines become part of the fabric of our lives and we learn to trust the faithfulness of Christ.

### **Prayers during the Service**

Consistent with our theme Silence and Solitude our prayers today will be done slightly differently. The prayers will not be led by a Parish Minister. Instead we will remain in silence. We suggest you do one of three things. 1) Pray Form C of the prayers found on page 113 of the Prayer Book. 2) Pray through the Pew Leaflet (second page). 3) Spend the time in meditation or prayers of your own. Rest in trust.

## **NOTICES**

### **SUNDAY APRIL 9. PALM SUNDAY. WALK TO CHURCH**

Let this Sunday be slow Sunday. Do things slowly, meditatively, intentionally. Be peaceful and without hurry. Walk to church. Some of us won't be able to walk all the way. So, park at a friend's house. Walk together. Enjoy the walk and each other's company. Park on Dundalk Avenue. Or just a little further from church than you might otherwise. And as you walk remember that we will walk around the church waving palms and palm crosses making a joyful noise.

**PALM SUNDAY AND PALM CROSSES:** This will be a **COMBINED SERVICE** at **8:30** on 9 April.

We will be making palm crosses for Palm Sunday and we need your help! We will be making the crosses on **Saturday 8 April at 9:30** in the Ellis Herbert Hall. There will be someone to show you how to make the crosses. We also need palm branches to decorate the church. If you can help with the palms and making the crosses, please let the office know.

**VUKA CANDLEMAKERS:** Will be selling candles after the service on Sunday 9 April.

**EASTER SUNDAY TEA:** Please could each family bring some hot cross buns for tea after the service.

**OIL HEATER:** We would like to provide an oil heater for the Parish Cleaner, Eliza Manana, as we approach winter. If anyone can help her with this, please speak to Ceri.

**ADMISSION TO COMMUNION:** This will start on 23 April after the 09:30 service. If you would like your child to attend, please speak to Yvette our Youth Pastor.

**5<sup>TH</sup> ANNUAL GOLF DAY ON 12 MAY:** Please publicize this as widely as possible among your friends, business colleagues and relatives. We still need a number of 4-Ball entries, sponsorships and donations (cash of any value or other). Entry forms are available at the back of church or from Theo Coggin, theo@quo-vadis.co.za or 082 900 0168 or from Ceri in the Office or stfrancis@stfrancisparkview.co.za

**How to contact us at St Francis Parkview**

**46 Tyrone Avenue**

**Telephone: 011 646 2660**

**e-mail: [stfrancis@stfrancisparkview.co.za](mailto:stfrancis@stfrancisparkview.co.za) Web: <http://www.stfrancisparkview.com>**

<b>The Revd Paul Germond Rector</b>	072 397 2284 011 646 2660	paulgermond@gmail.com
<b>The Revd Cynthia Botha</b>	083 425 4833 011 375 2709	publish@anglicanchurchsa.org.za
<b>The Revd Prof Maria Frahm-Arp</b>	082 847 6793	mariafrahmarp@gmail.com
<b>The Revd Susan Alexander</b>	083 549 4345	sujohn@iafrica.com
<b>Yvette Angoma – Youth Pastor</b>	011 646 2660	vettiwils@gmail.com
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<b>Theo Coggin</b>	011 487 0026	theo@quo-vadis.co.za
<b>Patience Dlamini</b>	082 558 8547	dumisiled@gmail.com
<b>Mike Honnet (Alternate)</b>	082 414 3759	mh@mikehonnet.com
<b>Ceri Gunning – Parish Administrator</b>	011 646 2660	stfrancis@stfrancisparkview.co.za

**Our PRAYER CHAIN works for any need or emergency:**

Please phone Anita Speedy 011 678 4742 or Susan Alexander 011 486 3389 or 083 549 4345

**For counselling needs, please contact our Anglicare Counsellors:**

Val Archer 083 701 9443

Colleen Gordon 083 503 8187

Terri Miller 072 691 1484

**EVENTS THE WEEK:**

Monday 3 April	18:30 Lent Course with Cally Tuckey and Sue Jordaan
Tuesday 4 April	17:30 Eucharist 18:00 Worship Leaders Meeting
Wednesday 5 April	09:30 Eucharist with TEA! <b>ALL WELCOME.</b> 09:30 Office closed during the Eucharist 10:00 Knitting Circle 18:00 Choir Practise 18:30 Lent Course with Ann Pryor and Amanda van Ryneveld 19:00 Lent Course with Cynthia Botha and Patience Dlamini
Thursday 6 April	18:30 Young Adults Bible Study
Friday 7 April	07:00 Eucharist 10:00 Lent Course with Susan Alexander 18:00 S.P.A.R.K AND F.I.R.E Sleepover
Saturday 8 April	08:30 Lent Meditation in Assisi Room. All Welcome. 09:30 Palm Cross Making in Ellis Herbert Hall. All Welcome
Sunday 9 April	<b>08:30 PALM SUNDAY. COMBINED SERVICE</b> 11:00 Peanut Butter Sandwich Prep 11:00 Lent Course for Mother's Union with Patience Dlamini 11:00 Confirmation Classes 13:00 Lent Course with Clementine Nishimwe and Tongai Furusa