

HOLY INNOCENTS FALLOWFIELD

EPIPHANY 2019

At the start of a new year, our thoughts turn to what this coming time might bring. We might have made resolutions related to our health or lifestyles, or decided that there is something we must try and do this year. The liturgical year offers us several opportunities for self-discipline and growth... .

As a parish, this year, we continue to pray for all those on our often lengthy sick list - a sign of our wider mission - holding them before God in times of need or pain. We pray for our friends in the Mar Thoma community, who are hoping to buy their own church building and take on that new responsibility. And we remember Caroline Hewitt, as she moves from Salford to a new ministry in Wythenshawe.

We hope to build the new path onto the car park, to update the kitchen, and to refurbish the chairs (they are well over thirty years old and showing increasing evidence of wear and tear). Watch these spaces...

For several of our congregation, their lives are still on hold. We do not need reminding that people do not leave their homes and families and culture easily. They do it because they are frightened or in danger. As recent news items have shown, being frightened makes people vulnerable

to exploitation, and putting themselves at huge risk. Our work with asylum seekers and refugees shows us the worst aspects of how and where things can go wrong for people who are drawn to faith or who get themselves in trouble for things that in most other countries would not be an issue. Their situations also show us what it is like to be homeless or destitute, and the effort involved to rebuild a life. This is a part of our current, ongoing mission and focus for prayer.

SUNDAYS AND FESTIVALS IN JANUARY

Sunday January 6th The Epiphany

President and Preacher: The Rector

Readings: Isaiah 60:1-6; Psalm 72; Ephesians 3:1-12; Matthew 2:1-12

Hymns: *Brightest and best; Gospel Acclamation; From the eastern mountains; Joy to the world*

Other music: *Wise men they came to look for wisdom; What shall we give to the child in the manger?*

Sunday January 13th The Baptism of the Lord, Epiphany 2

President: The Rector **Preacher:** The Revd Jane Walker

Readings: Isaiah 43:1-7; Psalm 29; Acts 8:14-17; Luke 3:15-17,21-22

Hymns: *The sinless one to Jordan came; Gospel Acclamation; Crown him with many crowns; O worship the Lord in the beauty of holiness*

Other music: *O breath of life*

Sunday January 20th Week of Prayer for Christian Unity, Epiphany 3

President and Preacher: The Rector

Readings: Isaiah 62:1-5, Psalm 36:5-10; 1 Corinthians 12:1-11; John 2:1-11

Hymns: *Take my life and let it be; Gospel Acclamation; Songs of thankfulness and praise; Christ from whom all blessings flow*

Other music: *O thou who camest from above; Christ is our light*

Sunday January 27th Epiphany 4

President and Preacher: The Revd Canon Michael Ainsworth

Readings: Nehemiah 8:1-3,5-6,8-10

Hymns: *Christ is the King, O friends rejoice; Gospel Acclamation; O for a thousand tongues to sing; Brother, sister, let me serve you*

Other music: *Like the murmur of the dove's song*

Mission and Action Planning

On 15th January, our PCC will be looking at our mission as a church. This builds on a very good discussion we had on this in November, when we agreed that we wanted to start with a commitment to build on the best of what we already do.

For the January discussion, we would like as many people as possible to be involved, by telling us your thoughts on the following questions:

“What do you love about this church?” and “What can we do to build on the best of Holy Innocents?”

You can tell us in one of three ways:

1. Come along on Tuesday, 15th January between 7.30 and 8.30pm. (The first hour of the PCC meeting will be open to all, to discuss mission).
2. Talk to Richard or any PCC member, let them know your thoughts and experiences.
3. Write on the large pieces of paper at the back of church - they will be available between the end of the service on 6th January and the meeting.

Receiving Holy Communion

Participating in the Eucharist, and being part of a worshipping community is a core part of our life together in this church. The practicalities of this are not something we go into very often, but with new members and visitors arriving regularly, now would seem like a good moment.

In this church, those who are baptised, and who wish to receive Holy Communion are welcome and invited to do so. Children who are old enough to understand what they are doing and why they are doing it, and have thought about it, are also welcome and invited. They may prefer to receive only the consecrated bread. If you are not baptised, but would like **to receive a blessing**, then please come forward to the sanctuary step. To show that you would just like a blessing, please stand with your arms crossed.

We are also aware that some people may be intolerant of gluten. If this is the case, please speak to a sidesperson when you arrive in church, so that an appropriate wafer can be provided. When you go out for communion, please go forward and take your leaflet with you, to indicate that you need a gluten-free host. Gluten free wafers are placed in a separate small container in the main ciborium, so that they do not come into contact with the other wafers.

Receiving the consecrated wine is normally done by **drinking a small sip from the chalice**. The chalice is wiped after each sip, and turned. It is, as they say, ‘impossible to catch anything from a chalice!’ **Please take the**

chalice carefully or guide it towards you to help the person administering it if necessary.

If for some physical or medical reason you cannot drink from the chalice, then there are two options: just receive the consecrated bread, or very carefully dip **a corner** of the wafer into the wine (it's not hummus!).

Although people believe that this is somehow a way of avoiding infection, in fact, hand harbour far more germs.

To receive Holy Communion:

1. As you leave your seat you may wish to genuflect or bow towards the altar to acknowledge the presence of Christ in the Sacrament and among us.
2. As the priest approaches with the bread, or the person administering the wine, you may wish to make the sign of the cross, as a sign of preparation to receive communion prayerfully. Some receive the bread directly into their mouth, others cross their hands right over left and receive from their hand.
3. After receiving the chalice, bow or genuflect again, moving only after the person to the right of you has moved (This is for safety).
4. On returning to your seat, this is the chance to spend some time in quiet prayer (apart from the choir, who pray by singing!)