

A warm welcome to

The Parish of Christ Church, Lancaster

Sunday 26th January - *Third Sunday of Epiphany*



Vicar: Revd Carol Backhouse 01524 942105
1 East Road, Lancaster, LA1 3EE

a vibrant, inclusive
worshipping
community

www.christchurchlancaster.org.uk Facebook: @ChristChurchLancaster

Everyone is welcome to join us in worship this week:

Today - 26th January

8.30am *Holy Communion*

10.30am *Parish Eucharist*

4pm *Messy Church (Hall)*

6pm *Pilgrim Evening Prayer*

Tuesday

5pm *Evening Prayer via Zoom*

Wednesday

5.30pm *Meditation*

6pm *Evening Prayer*

Friday

9.30am *Holy Communion*

Sunday 2nd February - Candlemas

8.30am *Holy Communion*

10.30am *Festal Eucharist*

6pm *Taizé Eucharist*

Prayer for this week

Almighty God,

whose Son revealed in signs and miracles the wonder of your saving presence: renew your people with your heavenly grace, and in all our weakness sustain us by your mighty power; 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**

Children's Church

welcomes primary-aged children during the 10.30am service during term time. Parents/guardians are welcome to join in.

Godly Play - 9th February

Every 3rd Sunday of the month at 4pm in Church for KS1/2 children.

Messy Church - 26th January

Every 4th Sunday of the month at 4pm in the Hall for KS1/2 children



Please ask the Stewards for directions and assistance.

Please send items for inclusion in this newsletter to Jacqueline Stamper by Thursday lunchtime. Many thanks.

Please remember in your prayers:



Those who are sick:

Youngblood McCray, Thomas Platt, Yan Connell, David Foster, Lucas Calvert, Ron Holmes, Ann Boss, Geoffrey Heywood, Christine McCrann, Richard Jones, Rev'd Kaarina, Ruby Rodrigues, Marlene Phillips, Cathy Picken

that God's healing, wholeness and peace are with them.

Those who have died recently:

Wendy (Clementine) Allen-Eliis, Barbara Gibson

may they rest in peace and rise in glory.

In our parish, we ask God to bless and provide:

For those who live and work on Lyth Road, Cartmel Road.

For our sides team and welcomers.

For preparations for our School's 150th celebrations and the guests we welcome.

that God's loving kindness is found and shared.

Tuesday Evening Prayer

At 5pm each Tuesday, the clergy say Evening Prayer over Zoom. If you'd like to join them to give thanks for the day past, readings from the Scriptures and prayer, the details are:

<https://us06web.zoom.us/j/81366929814?pwd=jTDuV7HO8IR7I0nQ9Jrm2BrMxjJqVS.I>.

Meeting Up.

The clergy are available for pastoral support and spiritual direction, so please don't hesitate to be in in contact. If you or someone you know is going through a difficult time or is seriously ill, please let us know as soon as possible, to arrange prayers, home communion, a hospital visit, or anointing of the sick. If you would like us to pray for you, or for someone you know, for any reason, please email your request to

prayer@christchurchlancaster.org.uk or text the Prayer Chain on 07980 351855. Please ask the person's permission if you'd like them included in the weekly notices.

Rev'd Kaarina's News

Rev'd Kaarina has had surgery recently, and we keep her in our prayers as she recovers. Please direct any enquiries or pastoral conversations to Rev'd Carol in the first instance.

Holding Hope in Her Hands: Christian Aid Update Event:

Zoë Abernethy from Christian Aid will be speaking about the work of Christian Aid in Latin America and the Caribbean, and specifically about the work in Guatemala, the focus of Christian Aid Week 2025. All welcome – come along and be inspired! Tues Feb 11th 2025 at 7 pm Lancaster Methodist Church, Scotforth Road, Lancaster.

In Other News...

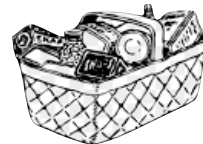
Book Group



The church book group will meet on the first Friday of next month (7th February) at 4 pm in the church hall. Anyone who enjoys reading and discussion is very welcome to join us. You can just turn up on the day, speak to Joyce, or send an email to joycelynch1946@gmail.com

The Olive Branch Foodbank

The Olive Branch badly needs the following: tinned curry, chilli con carne, pies, spaghetti/macaroni cheese/ravioli, meatballs, hotdogs, stewed steak, tuna, salmon, pork, corned beef, ham, fruit, rice pudding, custard, tomatoes, sweetcorn, carrots, peas, potatoes, beans, chickpeas; biscuits, crisps, multipacks (biscuit/cake bars), cereal, jam, peanut butter, basmati/long-grain rice, pasta, pasta sauce jars, cooking oil; coffee, tea, hot chocolate, cordial, juice (long-life/non-fridge), long-life milk; and various toiletries. You can also give money for them to buy what people need: <https://www.the-olivebranch.org.uk/donate/>



Eco-Group Thought/Action for the Week



Resolve to buy loose whenever you can, and refill your bottles of shampoo and washing-up liquid at a growing number of retail outlets.

Recycling at Christ Church - update from the Eco Group

On the first Sunday of the month, we collect medical blister packs and some dental care products. We are now adding some personal care items such as soft plastic tubes used for hand creams, wet wipe packaging and used make-up such as lipsticks, eyeshadow and mascara to our monthly collection. Please look carefully at the information provided on and close to the collection boxes to ensure that you only bring what can be recycled by our local Terracycle volunteers. **No bottle tops or toothpaste tubes, please.**

Thought for the Week

Not all of us can do great things. But we can do small things with great love.

Mother Teresa

Hall for Hire

Don't forget that the Hall is available for hire, especially during the day and at weekends. £24/first hour and £12 for each subsequent hour/part-hour. Please contact Pat on hall@christchurchlancaster.org.uk 07980 351855 for more information.

Scripture Readings for our Worship today:



Nehemiah 8.1–3, 5–6, 8–10

All the people gathered together into the square before the Water Gate. They told the scribe Ezra to bring the book of the law of Moses, which the Lord had given to Israel. Accordingly, the priest Ezra brought the law before the assembly, both men and women and all who could hear with understanding. This was on the first day of the seventh month. He read from it facing the square before the Water Gate from early morning until midday, in the presence of the men and the women and those who could understand; and the ears of all the people were attentive to the book of the law. And Ezra opened the book in the sight of all the people, for he was standing above all the people; and when he opened it, all the people stood up. Then Ezra blessed the Lord, the great God, and all the people answered, Amen, Amen, lifting up their hands. Then they bowed their heads and worshipped the Lord with their faces to the ground. So they read from the book, from the law of God, with interpretation. They gave the sense, so that the people understood the reading. And Nehemiah, who was the governor, and Ezra the priest and scribe, and the Levites who taught the people said to all the people, This day is holy to the Lord your God; do not mourn or weep. For all the people wept when they heard the words of the law. Then he said to them, Go your way, eat the fat and drink sweet wine and send portions of them to those for whom nothing is prepared, for this day is holy to our Lord; and do not be grieved, for the joy of the Lord is your strength.

*This is the word of the Lord. **Thanks be to God.***

I Corinthians 12.12–31a

For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in the one Spirit we were all baptized into one body—Jews or Greeks, slaves or free—and we were all made to drink of one Spirit. Indeed, the body does not consist of one member but of many. If the foot were to say, Because I am not a hand, I do not belong to the body, that would not make it any less a part of the body. And if the ear were to say, Because I am not an eye, I do not belong to the body, that would not make it any less a part of the body. If the whole body were an eye, where would the hearing be? If the whole body were hearing, where would the sense of smell be? But as it is, God arranged the members in the body, each one of them, as he chose. If all were a single member, where would the body be? As it is, there are many members, yet one body. The eye cannot say to the hand, I have no need of you, nor

again the head to the feet, I have no need of you. On the contrary, the members of the body that seem to be weaker are indispensable, and those members of the body that we think less honourable we clothe with greater honour, and our less respectable members are treated with greater respect; whereas our more respectable members do not need this. But God has so arranged the body, giving the greater honour to the inferior member, that there may be no dissension within the body, but the members may have the same care for one another. If one member suffers, all suffer together with it; if one member is honoured, all rejoice together with it. Now you are the body of Christ and individually members of it. And God has appointed in the church first apostles, second prophets, third teachers; then deeds of power, then gifts of healing, forms of assistance, forms of leadership, various kinds of tongues. Are all apostles? Are all prophets? Are all teachers? Do all work miracles? Do all possess gifts of healing? Do all speak in tongues? Do all interpret? But strive for the greater gifts. And I will show you a still more excellent way.

*This is the word of the Lord. **Thanks be to God.***

*Hear the Gospel of our Lord Jesus Christ according to **Luke 4.14–21***

Glory to you, O Lord.

Then Jesus, filled with the power of the Spirit, returned to Galilee, and a report about him spread through all the surrounding country. He began to teach in their synagogues and was praised by everyone. When he came to Nazareth, where he had been brought up, he went to the synagogue on the sabbath day, as was his custom. He stood up to read and the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written: The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, to proclaim the year of the Lord's favour. And he rolled up the scroll, gave it back to the attendant, and sat down. The eyes of all in the synagogue were fixed on him. Then he began to say to them, Today this scripture has been fulfilled in your hearing.

*This is the Gospel of the Lord. **Praise to you, O Christ.***

Prayer after Communion:



Almighty Father, whose Son our Saviour Jesus Christ is the light of the world: may your people, illumined by your word and sacraments, shine with the radiance of his glory, that he may be known, worshipped, and obeyed to the ends of the earth; for he is alive and reigns, now and for ever. **Amen**

Community at Christ Church:

Monthly Lunch and Open Church

On the second Sunday of each month (February 9th) there will be a free soup, bread and cheese (or vegan alternative) lunch, and we shall be keeping the church open during the afternoon. Please sign up on the list at the back of church if you're able to help by making or serving soup, buying bread and cheese, etc. (*expenses will be reimbursed*), or welcoming visitors into church for a few hours in the afternoon - thank you!

Allergies at Christ Church

If you help with refreshments and serving food at Christ Church, please consider doing the Food Safety and Allergy training available here: <https://allergytraining.food.gov.uk/> It's free, and simply requires you to register through the website. Thank you!

Christ Church Choir

..... sings at the 10.30 service about once a month, plus other special occasions, and practises in church on Thursdays, 7-8:15 pm. New members always welcome; if you're not sure, come along and give it a try for a few weeks! Have a word with Clive or contact him via cliveshaw54@gmail.com



Craft Group

.... meets next in the Hall on January 28th at 11.30am. Everyone welcome - bring your own project, or share in one of the others on the go! No prior experience needed. The group is hoping to increase its frequency to alternate weeks - watch this space!

A Pint of Theology

On the second Tuesday of the month, at 7:30pm, starting 11th February, everyone is welcome in the Olive Bar at the Gregson for an hour's discussion (with or without a pint) on aspects of Christian theology and its place in our contemporary world. Please share with others who might be interested, and contact Innes if you'd like to know more.

Giggle (or Groan) of the week - *suggestions welcome!*

Q. Why did the children eat their homework?

A. Because their teacher told them it was a piece of cake!

Supporting Christ Church

Supporting Christ Church - One-Off Gifts

If you would like to make a one-off donation to the church as an offering, to pay a fee, or as a gift to regular funds, you can give through our 'Give a little' page: <https://givealittle.co/campaigns/f63a0655-b270-4d05-bf35-3994747785d0>



This will also give you the option to Gift Aid your donation (if you pay tax in the UK), enabling the church to get an extra 25p back from the taxman for every £1 you give.

Supporting Christ Church - Regularly

If you're able to support Christ Church via a direct debit donation, you can do this via the Parish Giving Scheme. Every penny goes to our church, and it's easy to review how much you give depending on circumstances. Online at www.parishgiving.org.uk Or by telephone 0333 002 1271 Monday to Friday between 9am and 5pm. For any of these methods our PGS code 030603240 ensures that your gift goes to our church.

EasyFundraising

Did you know you can support Christ Church when you shop online? Register using <https://www.easyfundraising.org.uk> and the brand's commission will go to church.

PCC

... met on the 15th January. We discussed an external defibrillator, plans for children's work, repairs to the roof, and our 2025 budget. If there are aspects of life and worship at Christ Church which you'd like discussing, please speak to Rev'd Carol, Julie Buckley, or one of the PCC members. We ask you to pray this prayer 'this time tomorrow' after a Sunday service - wherever you are. (Why not put a reminder in your phone?)

Lord God, Together with you by our side, we can bring growth to our Church. Send your Holy Spirit to give us good planning, wise actions, joy in worship and our welcome, the right words when we speak to others. Help our Church grow in numbers, in spiritual commitment to you, and in service to our local community, through Christ our Lord. Amen.

Sponsor a Hymn



If you'd like to suggest and sponsor a hymn to be sung within the 10.30am Eucharist, please fill in one of the blue forms from the noticeboard.

Epiphany Gifts

If you can make a donation towards the cost of candles, bread, wine, and other sacristy items used in worship, please sign up on the list at the back of church, and mark any cash donations as 'Epiphany Gift'. Thank you!

Key contacts:

Vicar:	Rev'd Carol Backhouse 01524 942105 revcarolbackhouse@gmail.com
Curate:	Rev'd Kaarina Leong (On Leave)
Children's Ministry Leader:	Innes Heron-Stamp 07853791776 children@christchurchlancaster.org.uk
Priest with PTO and Choir Contact:	Rev'd Clive Shaw cliveshaw54@gmail.com
Lay Reader:	Dr Pat Allen 01524 39552 reader@christchurchlancaster.org.uk
Notices:	Ms Jacqueline Stamper 01524 64083 churchwarden@christchurchlancaster.org.uk
Parish Safeguarding Officer:	Mrs Emma Muckalt & Ms Debbie Steele safeguarding@christchurchlancaster.org 07547 717060
Parish Secretary:	Mrs Julie Buckley buckleys@live.co.uk 07717824574
Hall Bookings:	hall@christchurchlancaster.org.uk 07980 351855
Christ Church School	Miss Emma Simpson 01524 60955

If you'd like to keep in touch with Christ Church news, events, services and prayer requests, please complete one of the contact cards in the pews and return to Rev'd Carol

Promoting a Safer Church

If you believe that someone is at risk of immediate harm please call emergency services on 999. Any safeguarding concerns in a parish should be brought to the attention of your Parish Safeguarding Officers, Debbie Steele and Emma Muckalt, who can be contacted as above. Concerns can also be raised directly with our Diocesan Team, Tel: 01254 503088 or email safeguarding@blackburn.anglican.org

Children's Church

... is an important part of our church life, and one of the ways children learn more about Christian faith. If you can offer one Sunday morning each a month (or more if possible) please have a word with Innes. An Enhanced DBS check will be arranged. *All children should be accompanied to church by a parent/guardian, please.*

Christ Church Primary School at 150!

A special welcome to everyone joining our 150th anniversary celebrations. There will be refreshments after the 10.30am Eucharist, and please enjoy the display of work produced by our Year 6 class, working with Dr Matt Cole from Lancaster's Regional Heritage Centre.

Save the Date!

Eyes down for a fun evening of Bingo, with prizes for all the family. Saturday 15th February in the Church Hall, from 5.30pm. Tickets £5 each or £10/family, price includes drinks and snacks.