

Open to God. Open to one another. Open to the community.

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Sunday 10 January
Baptism of Christ
1st Sunday in Epiphany

First Reading

Second Reading

Gospel

Genesis 1.1-5

Acts 19.1-7

Mark 1.4-11

**To phone in and listen to this week's 10am Sunday Service please call
01184 693023**

Week Commencing 11 January

Mon 11 January	Mark 1.14-20
Tues 12 January	Mark 1.21-28
Weds 13 January	Mark 1.29-39
Thurs 14 January	Mark 1.40-end
Fri 15 January	Mark 2.1-12
Sat 16 January	Mark 2.13-17

In those days, Jesus came from Nazareth of Galilee, and was baptized by John in the Jordan. Immediately coming up from the water, he saw the heavens parting, and the Spirit descending on him like a dove. A voice came out of the sky, "You are my beloved Son, in whom I am well pleased."

Mark 1:9-11

Notices:

Pastoral Care at St Nicolas

It is good to hear that some members of our church family have had their first covid vaccine Jab and that others have their appointments. There is light at the end of the lockdown tunnel! In the meantime, the next few weeks may be difficult for many of us and we may feel isolated and anxious. We are not alone, however, there is always someone at the end of a telephone!

Please remember:-

- If you need any help such as essential shopping, collecting prescriptions.
- If you feel like a chat on the phone or wish to pray with someone

Please contact **Jenny Bryce 01189268561** or **Parish Office 0118 966 9080**
or

April 07951119271. Of course, Homegroups will also be active and keeping in touch with members and the new programme is scheduled to start next week. St Nicolas Pastoral Care Team will continue with Keeping in Touch and their friendly telephone calls to church members who are not in home groups.

Earley Hub earleyhub@gmail.com 07493784091 is also there to offer help to the community -Collecting prescriptions and shopping, prayer, a listening ear and recommending other help. Best Wishes, Jenny Bryce

Daily online prayer, practicing contemplative ways to pray; April will be live at 8.30am Monday to Thursday, and after that the recordings will be available at any time. You can join me on our website, on Youtube, and on our Facebook page. I will be basing this on the Contemplative Toolkit, developed by Oxford Diocese. We will have a very short verse of scripture, a prayer for the day and include a simple prayer practices, with a weekly pattern to help us keep a rhythm. April would love you to join her so we may grow in our prayer life together.

We may be in another lock-down but we can still celebrate the unity we have in Christ. Last year we had a great service for the Week of Prayer for Christian Unity organised by Churches Together in Tilehurst and West Reading. This year we are having one on line with the theme of “Unity and Love”. This will take place at 6.30 p.m. on Sunday 17th January and the Zoom link is:

<https://us02web.zoom.us/j/83546265111?pwd=b0dXdGIQOVkk0TXZBWnU0NmE0dDdpUT09>

Every blessing in Christ Jesus our Saviour, Michael Penny

PRAYER

Collect: Heavenly Father, at the Jordan you revealed Jesus as your Son: may we recognize him as our Lord and know ourselves to be your beloved children; through Jesus Christ our Saviour.

***Keep us, good Lord,
under the shadow of your mercy.
Sustain and support the anxious,
be with those who care for the sick,
and lift up all who are brought low;
that we may find comfort
knowing that nothing can separate us from your love.
In Christ Jesus our Lord.
Amen.***

JPEG's Three Things

As we head into 2021 the chief focus for JPEG's (St Nicolas Justice, Peace and Environment Group) prayers is the environment. This is a key year in many ways so please join us this year in prayer and action. You can click on the links to find out more.

✚ The postponed UN summit on climate change, COP26, will take place this November, hosted by the UK. Pray for Alok Shama, MP for Reading West, who is tasked with making it happen and is working hard to get governments to make significant commitments. <https://ukcop26.org/>

✚ Many governments are focussed on trying to recover from the pandemic. Let's pray for leaders to embrace justice and the environment in all their plans. Some emerging and developing economies, such as China, have moved to ramp up their coal plans as part of their economic recovery plans. <https://www.businessgreen.com/news/4025154/iea-global-coal-demand-rise-2021-immediate-decline-sight>

✚ As we at St Nicolas complete our eco-church survey let us pray that as a church we would find ways to become more environmentally friendly in our church life and our individual lives. <https://ecochurch.arochoa.org.uk/>

Prayer Ministry Prayer Chain Requests
via Janice Williams, office@stnicolas.org.uk or 07453 859159

Notices cont..

The Church of England has some brilliant resources on their website. I found the following on their mental health resources:

Dealing with loneliness and isolation: five top tips. Find simple ways to deal with loneliness and isolation.

1. **Pray. Light a candle, if safe, and pray for hope, faith and strength to keep loving and caring for each other during this time of struggle.**
2. **Talk about how you feel.** This may be difficult if you are self-isolating, but do use the telephone, internet, and social media. If you need to contact a counsellor this can be arranged by your GP, or via local agencies, or privately. The [Samaritans are there](#) 24 hours a day, every day, and it's free to call them on 116 123.
3. **Focus on the things that you can change, not on the things you can't.**
4. **Look after yourself - physically, emotionally, spiritually.** Plan in things that you enjoy at regular intervals during the day – a TV programme, a phone call, a book, a favourite dish, a game.
5. **Look after others. Even if only in small ways, but do what you can:** a smile, a kind word, writing a letter or an email.



There is also a **Mental health reflections booklet** with new material to provide hope, reassurance and comfort. The 13 daily reflections are also available as a podcast series. Listen using this [link](#), or subscribe wherever you get your podcasts. Paper copies are also available so please let me know if you would like one.



*Time
to Pray*



Time to Pray presents everything you need for Prayer During the Day, with variations according to the day of the week and the season of the Church's year. **The app is compatible with smartphones and tablets and it's free.** You can use Prayer During the Day on its own, as your sole act of prayer and praise, or you can use it alongside Night Prayer – also provided – in a pattern of prayer at the beginning and end of the day. Give it a try.



ENGLAND LOCKDOWN

STAY AT HOME

**THE NEW VARIANT OF CORONAVIRUS IS SPREADING FAST.
WE ALL NEED TO PLAY OUR PART TO STOP THE SPREAD.**

▶ LEAVING HOME

You must not leave, or be outside of your home or garden, except for a very limited set of exemptions e.g. to shop for basic necessities, exercise, go to work if you cannot do so from home, or to escape risk of harm.

▶ MEETING OTHERS

You cannot leave your home to meet socially with anyone, except with your household or support bubble (if eligible to form one). Stay 2 metres apart from anyone not in your household or support bubble.

▶ EXERCISE

You may exercise on your own, with your household or support bubble, or with one person from another household (when on your own). Stay 2 metres apart from anyone not in your household or support bubble.

▶ BARS, PUBS AND RESTAURANTS

Hospitality closed aside from sales by takeaway (until 11pm), click-and-collect, drive-through or delivery. Alcohol cannot be purchased through takeaway or click-and-collect from hospitality venues.

▶ RETAIL

Essential shops can open. Non-essential retail must close and can only run click-and-collect and delivery.

▶ WORK AND BUSINESS

Everyone must work from home unless they are unable to do so.

▶ EDUCATION

Early years settings open. Primary and secondary schools and colleges move to remote provision except for vulnerable children and children of critical workers. Most university students to move to remote learning.

▶ LEISURE AND SPORTING FACILITIES

Closed, with limited exceptions.

▶ ACCOMMODATION

Closed, with limited exceptions.

▶ PERSONAL CARE

Closed.

▶ ENTERTAINMENT

Closed.

▶ OVERNIGHT STAYS

You must not stay overnight away from home. Limited exceptions apply e.g. to stay with your support bubble.

▶ WEDDINGS AND FUNERALS

Funerals of up to 30 people permitted. Weddings up to 6 people permitted in exceptional circumstances. Wakes and other linked ceremonial events of up to 6 permitted.

▶ PLACES OF WORSHIP

Places of worship can remain open and communal worship is permitted, but you must not mix with those outside your household or support bubble.

▶ TRAVELLING

You must stay at home. If you do leave home for a very limited set of exemptions, you should stay local in the village, town, or part of the city where you live where possible. Do not travel abroad unless an exemption applies.

▶ CLINICALLY EXTREMELY VULNERABLE

Shielding reintroduced across England. You should not travel to work, school, college or university and should limit the time you spend outside the home. You should only go out for medical appointments, exercise or if it is essential.

▶ CARE HOME VISITS

Visits can take place with arrangements such as substantial screens, visiting pods, or behind windows. Close-contact indoor visits are not allowed. No visits will be permitted in the event of an outbreak but end of life visits are permitted in all circumstances.

STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES

For more information go to:
[gov.uk/coronavirus](https://www.gov.uk/coronavirus)

Earley Help Hub

Earley Help Hub has been set up by some local churches with the support of Earley Town Council, to link volunteers with local needs in Earley.

We can offer to help, or direct you to others who can

All you need to do is call or email

07493 784091

earleyhelphub@gmail.com

or find us on Facebook

we can help with:

**Collecting shopping. A friendly chat. Prayer. A listening ear.
Recommending other help available.**

Earley Help Hub is a partnership between local Earley churches including Trinity, Brookside, Lower Earley Baptist, St.Nicolas, Bright Hope, Our Lady of Peace and Earley St.Peters.

All our volunteers follow up to date health and safeguarding procedures.

To volunteer or to access our services please get in touch.



DailyHOPE

A free phone line of hymns,
reflections and prayers

0800 804 8044

Are you in need of some daily
hope during this lockdown?

We have a new FREE telephone
line for you to ring to hear
comforting hymns, daily prayers
and reflections.



THE CHURCH
OF ENGLAND



Faith in Later Life

CONNECTIONS

Notices cont..

Reading Interfaith Group invite you to: Women's Coffee Morning Group Zoom Meeting Friday 15th January 11 to 11.30 am **How we Support our Family and Community in Challenging times.** Many people are likely to be feeling isolated and concerned about the future, so its good to know that there is the Women's Coffee Morning Group as a resource for bringing friends of many different faiths together. For those able to take half an hour off from other responsibilities, and can zoom (works better with a cup of coffee and a biscuit) it may be helpful to come together in this way. Please email rifginfo@gmail.com if you would like to attend and they can then send you the link.

