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La Crosse, WI

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| **The Belfry** |  **Christ Episcopal Church** | **January 2020** |

My hope for Christ Church in the new year will be a deeper quest for spirituality. Lack of spiritual depth in our daily lives, leaves us empty and our deepest needs unmet. Jesus said in his temptation dialogue with Satan “Man does not live by bread alone…” We need a new awareness of the Almighty, a new system of values, a new contact with the Transcendent needs to be made.

As civil-rights legend and Baptist Pastor, Rev. Dr. Samuel Proctor once said, “Real spirituality comes when our religion becomes imbued with moral content.” We are lifted and inspired by the lives of those who lived their lives in the present according to eternal truths. They are always ahead of their times. Their spirituality required a measure of self-sacrifice, and so will ours, if we follow their example. We must note however that even some animals exhibit a value system that show a willingness to sacrifice self for the benefit of others.

The yardstick for our spiritual growth will be, are we working toward building community to a greater degree than we have in the past and are we trying to be more inclusive?

***From the Narthex Prayer***

God our heavenly Father, make the door of our Parish Church wide enough to receive all who need human love, and fellowship and a father’s care; and narrow enough to shut out all envy, pride and uncharitableness.

Make its threshold smooth enough to be no stumblimg block to children, to weak or straying feet; but rugged and strong enough to turn back the tempter’s power.

May we continue to be thine forever and daily increase in thy Holy Spirit of love and sevice to others, through Jesus Christ our Lord, to whom with thee and the Holy Spirit, be all honor and glory, world without end. Amen

***Father Charles***

**The Belfry**

 ***From the Treasurer*** 2019 began with the prospect of a $40,000 deficit for the year. By the end of June, a $22,045 deficit had been realized. However, Fr Augustine’s decision to retire has allowed us to make up that deficit and, as I write on December 18, I now project a modest surplus for the year. Through the middle of December, 55 Pledge Cards have been returned and $159,165 pledged for 2020. However, it’s not too late to pledge! Additional Pledge Card**s** are available at the back of the church or in the church office (608.784.0697). Having an estimate of your giving goal for next year helps the vestry develop and manage the church’s budget. - Bob Weathers, Treasurer\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 ***How do I take Communion/Holy Eucharist/The Lord’s Supper?* Th**ose who desire to know Christ and are moved by the Holy Spirit to do so, are welcome to receive the Bread and Wine of Holy Communion, the sacrament of Christ's Body and Blood.  At communion, proceed to the altar rail, and take the next available spot. Our custom is to kneel but standing is fine if you are more comfortable that way. Fold your right hand on top of your left, palms facing up, and receive the wafer. You may immediately eat the wafer or wait to have it dipped into the wine.  To receive the wine, guide the chalice to your lips, if you prefer, you may hold the wafer up in the palm of your hand for the Eucharistic Minister or priest to dip the wafer into the wine. He or she will then place it on your tongue.  It is perfectly fine if you choose not to receive the wine.  You may simply return to your seat after receiving the wafer.

If you do not wish to receive Communion, we invite you to come forward to receive a Blessing from the priest.  Please indicate this by folding your arms across your chest. If you have a cold or the flu, we ask that you please use the intincting option if you wish to receive the wine. If you wish to participate in Communion but have a **gluten allergy**, please let one of the ushers know and we can accommodate you. All of our wafers are peanut or tree nut free.

**A word on dipping (intincting)** The use of the common cup is normative for the Episcopal Church, follows the practice of the universal church from its beginnings until well into the middle ages, and poses little hazard to health in normal circumstances with those that are not otherwise at high risk of infection. In fact, the consensus of the National Center for Infectious Diseases and the National Center for Human Immunodeficiency Virus, Sexually Transmitted Diseases, and Tuberculosis is that a theoretic risk of transmitting infectious diseases by using a common communion cup exists, but that the risk is so small that it is undetectable. (American Journal of Infection Control 10/98).

That said, should you prefer to receive the wine by dipping/ intinction, the preferred method for is to allow the Eucharistic Minister or Priest to intinct the wafer for you. From a purely hygienic standpoint, this is a much safer approach than to dip on your own. Hands, both children’s and adult’s, are at least as likely to be a source of infection as are lips. Because the Eucharistic Ministers have washed their hands prior to the service and have disinfected with hand sanitizer after The Peace, the risk of contamination is far lower than relying on the hygiene of the entire congregation. – John Elliott, Eucharistic Dir. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| ***Date*** | ***Acolytes*** | ***Celebrant*** | ***Altar Guild*** |
| Jan. 5 | 8:00  | Ella, Sid | 10:30  |  | Rev. Charles Granger | Jeanie, Kathy, Dani, Lora |
| Jan. 12 | 8:00 | Ben, Nate | 10:30 |  | Rev. Charles Granger | Susan, Cathy, Doug |
| Jan. 19 | 8:00 | Michael W., Sid | 10:30 |  | Rev. Charles Granger | Charlotte, Julie, Nancy |
| Jan. 26 | 8:008:00 | Timmy, Sherry | 10:3010:30 |  | Rev. Charles GrangerRev. Charles Granger | Mary, Sherry, Cindy |
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