

Children's Groups

at Holy Cross

mainly music Pre school and Parents/Carers

Our next term starts on Wednesday February 5th at 10.30am. New volunteer helpers are always welcome to join our faithful friendly dedicated team for setting up, clearing away and baking/making sandwiches. All you need is a heart to serve and a friendly welcoming nature, please let Revd. Debbie know if you would like to join our new roster, your help will be very welcome.

KidsPlus+ Ages 4 -10

Kids Plus+ starts back on Thursday February 6th at 4.00pm. We are looking forward to welcoming a number of new children to this group as well as welcoming back our current members. Please pray for the leaders as they write the new exciting programme and continue to

Readings

5th January
Isaiah 60: 1-6, Ephesians 3:1-12,
Matthew 2:1-12

12th January
Isaiah 42:1-9, Acts 10:34-43,
Matthew 3:13-17

19th January
Isaiah 49:1-7, 1 Corinthians 1:1-9, John 1:29-42

26th January
Isaiah 9:1-4, 1 Corinthians 1:10-18, Matthew 4:12-23

2nd February
Malachi 3:1-5, Hebrews 2:14-18, Luke 2:22-40

A Message from the Rector

Thank you to all who attended our Christmas services. The Christmas Eve Crib service was once more a delight and a joy to be a part of.

Maurice the Mule who graced our Nativity Scene was a huge success with adults and children alike and the retelling of the Christmas story from another angle was inspirational and also very funny.

We were delighted to have record number of children who wanted to dress up and be a part of the story that at one point we were wondering if we would have enough costumes.

*"There's a mouse
in your manger"*

-

*"A mouse in my
manger?"*



Thanks to Betty, Emma and the teams creativity we just managed it this time but I think our wardrobe department may need to do a little sewing this year if the numbers are to continue rising. If you are able to help sew or put together one or two very simple robes for next year please have a word with Betty Rushforth or Revd Debbie.

I am pleased to report that the numbers of attendees at Holy Cross Christmas services increased from last year. Well done to all who offered invitations to family and friends and for being such a welcoming church community to all.

Revd. Debbie



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January 2014

The Anglican Church of the Holy Cross Melville

The Naming of Jesus

It is Matthew and Luke who tell the story of how the angel instructed that Mary's baby was to be named Jesus - a common name meaning 'saviour'. The Church recalls the naming of Jesus on 1 January - eight days after 25 December (by the Jewish way of reckoning days). For in Jewish tradition, the male babies were circumcised and named on their eighth day of life.

For early Christians, the name of Jesus held a special significance. In Jewish tradition, names expressed aspects of personality. Jesus' name permeated his ministry, and it does so today: we are baptised in the name of Jesus (Acts 2:38), we are justified through the name of Jesus (1 Cor 6:11); and God the Father has given Jesus a name above all others (Phil 2:9). All Christian prayer is through 'Jesus Christ our Lord', and it is 'at the

name of Jesus' that one day every knee shall bow.

The name Jesus is a transliteration of a name that occurs in several languages. It is of Hebrew origin, 'Yehosua', or Joshua. Or there is the Hebrew-Aramaic form, 'Yesua'. In Greek, it became 'Ἰησοῦς' (Iēsoûs), and in Latin it became 'Iesus'.

The meaning of the name is 'Yahweh delivers' or 'Yahweh rescues', or 'Yahweh is salvation'. No wonder the angel Gabriel in Luke 1:26-33 told Mary to name her baby Jesus: "because he will save his people from their sins".

In Loving Memory

Joan Smith
Arthur Young Smith

Services

5th Jan 9.00am Holy Communion
12th Jan 9.00am Holy Communion
19th Jan 9.00am Holy Communion
26th Jan 9.00am Holy Communion
2nd Feb 9.00am Holy Communion



The Conversion of St Paul & Epiphany

January is a month of the beginning of great things!

On 6 January we celebrate Epiphany - the visit of the wise men to the baby Jesus. But who were these wise men? No one knows for sure. Matthew calls them 'Magi', and that was the name of an ancient caste of a priestly kind from Persia.

It wasn't until the third century that they were called kings - by a church father, Tertullian. Another church father, Origin, assumed there were three - to correspond with the gifts given.

Later Christian interpretation came to understand gold as a symbol of wisdom and wealth, incense as a symbol of worship and sacrifice, and myrrh as a symbol of healing - and even embalming.

Certainly Jesus challenged and set aright the way in which the world handled all three of these things. Since the eighth century, the magi have had the names Balthasar, Caspar and Melchior.

January really is a month of the beginning of great things!

As well as the naming of the Son of God, we celebrate the conversion of the greatest ever apostle of the Christian faith. Many books have been written on Paul, and here is the briefest of introductions.

He was a Jew, born as 'Saul' at Tarsus, and brought up by the rabbi Gamaliel as a Pharisee. A devout, fanatical Jew, Saul persecuted the Christians, and watched with satisfaction the first Christian martyrdom, the stoning of Stephen.

Then on his way to Damascus Saul had a vision of Christ that stopped him, literally, in his tracks. He realised that this Jesus whom he was persecuting was in fact the Messiah for whom he had longed.

Saul changed overnight. He took a new name, Paul, and became an evangelist for the cause of Christ. He became a leader in the early Church, and his special calling was as an apostle to the

the Gentiles. He wrote many epistles to the young churches he founded - and thus, inadvertently, wrote a great part of the New Testament.

Life as the greatest apostle was hardly full of perks: he was stoned, beaten, mobbed, homeless, hated, imprisoned, and finally martyred.

Tradition has it that he was beheaded in Rome during the persecution of Nero in AD 64, and buried where the basilica of St Paul 'outside the walls' now stands.

His mighty faith in Christ has kindled similar belief in many millions of people down the centuries.

100 Club

Congratulations to Alice Duncan who was our lucky winner of the December 100 Club.

Contacts

Rector
Revd Debbie May
0417 178 688
Email: revd.debbie@gmail.com

Church Warden
Mrs Jill Bowman
9330 9594

Hall Hire
Revd Debbie
0417 178 688

Tennis Court Hire
Mr Norm Kidd
9330 4506

Web page:
www.holycrossmelville.org

What will bring you happiness in 2014?

What do you currently have, or what could you get this year, that will be most likely to bring you happiness?

The answer? Increase and deepen your friendships. According to last year's official report on national well-being, having friends brings people far more happiness and well-being than simply owning things.

"Friends are more important and necessary than mere possessions. Rather than valuing that new car and the other trinkets and baubles you build up, the things that are important are the friends." So says Paul Green, of Saga.

The Office for National Statistics found that feeling part of a community was the key to happiness, and has a markedly positive impact on people's well-being and health. Proverbs agrees: "A friend loves at all times, and a brother is born for adversity." (Prov. 17:17)

Think happy thoughts – and help your immune system

A stressed mind can put your body at risk. If you constantly think about negative things, and dwell on stressful events in your life, you could weaken your immune system and make yourself more susceptible to illness.

A recent study has found that simply thinking about negative events, even if they are only imagined, can increase the levels of inflammation in your body. This inflammation, associated with the body's response to trauma and infection, can weaken the immune system and has been linked to a number of conditions such as heart disease, cancer and dementia.

St Paul urged a better way of coping with the threats in our lives: "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." (Phill. 4:6)

Why you should sing lullabies to your children

It shouldn't work, but it does: singing lullabies to your children when they are in pain really does help them. So practise your rendition of Twinkle Twinkle Little Star and Hushabye Baby! Singing lullabies calms children's heart rates and pain perception more than leaving them alone or even reading to them, according to research at Great Ormond Street Hospital. Prof Tim Griffiths, a neurologist, explained it this way to the BBC: "There's an ancient part of the brain in the limbic system which is responsible for the emotional responses to music.... What I think is happening here is that the emotional part of the brain is being stimulated by music."