



Sunday 8th February 2026

The Second Sunday Before Lent

We are all one body, because we all share in one bread

(1 Corinthians 10.17)

The Eucharist, our principal service each Sunday, is at the heart of our shared worship here at St Helen's. St Paul writes a great deal about the shared meal of the Church in his first letter to the Corinthians, and one of the key points that he makes is that those participating shouldn't be excluded or made to feel second-class citizens within the Church. The verse quoted above explains why this is important: "we are one body, because we all share in one bread." We still use those words today in our Eucharistic liturgy.

Here at St Helen's, that oneness has been symbolically reinforced by the use of a loaf of bread for Communion. After prayerful consideration and discussion within the DCC, it has been decided to move from a loaf to using wafers for Communion. There are several reasons underlying this decision, not least that canon law specifies that unleavened bread is to be used for Communion. There are also practical reasons, such as the person who used to provide the bread has now moved away, it is not always easy to distribute bread from a loaf, compared with using wafers, a loaf has a greater risk of cross-contamination with gluten-free wafers, and with wafers, it is easier to adjust quantities if we have more or fewer people at church than usual on a given Sunday. Sharing one bread is still important, as is having something that symbolises this reality. We have therefore decided to use 'concelebration' wafers – large discs that break into several wafers. We are planning to introduce the new wafers at Easter.

I and the DCC are aware that, for some in the congregation, the use of a loaf of bread has been important as a symbol of unity. We hope that sharing from the large 'concelebration' wafers will continue to symbolise our unity in sharing one bread. I am also very aware that the congregation is being asked to adapt to several changes as I settle into the role of Rector, and I am grateful to you all for your graciousness in this. I hope that we can continue to move forward prayerfully, discerning how God is encouraging us to grow together as his Church in this place.

The Revd Dr Jen Brown, Rector

WELCOME to St Helen's this Sunday. 10.30 am *Sung Eucharist*. 5.30 pm *Taizé Prayer*. The 10.30 am service at St Helen's today can be accessed on Zoom from 10.15 am on: Meeting ID: 865 5159 6523; Passcode: 626891.

FOR TODAY'S SERVICE

Readings: Genesis 1.1-23; Romans 8.18-25; Matthew 6.25-end

Service Setting: Aston

Hymns:

Processional: 250 All creatures of our God and King

Gradual: 453 Great is thy faithfulness

Offertory: 263 O Lord of every shining constellation

Anthem: Haydn, The heavens are telling

Post Communion: 267 Thou, whose almighty word

Collect:

Almighty God, you have created the heavens and the earth and made us in your own image: teach us to discern your hand in all your works and your likeness in all your children; through Jesus Christ your Son our Lord, who with you and the Holy Spirit reigns supreme over all things, now and for ever. **Amen.**

Psalm: 136

Response: For his mercy endures for ever.

Give thanks to the Lord, for he is gracious,
for his mercy endures for ever.

Give thanks to the God of Gods,
for his mercy endures for ever.

Give thanks to the Lord of Lords,
for his mercy endures for ever.

Who alone does great wonders,
for his mercy endures for ever.

Who by wisdom made the heavens,
for his mercy endures for ever.

Who laid out the earth upon the waters,
for his mercy endures for ever.

Who made the great lights,
for his mercy endures for ever.

The sun to rule the day,
for his mercy endures for ever.

The moon and the stars to govern the night,
for his mercy endures for ever.

Who smote the first born of Egypt,
for his mercy endures for ever.

And brought out Israel from among them,
for his mercy endures for ever.

With a mighty hand and outstretched arm,
for his mercy endures for ever.

Who divided the Red Sea in two,
for his mercy endures for ever.

And made Israel to pass through the midst of it,
for his mercy endures for ever.

But Pharaoh and his host he overthrew in the Red Sea,
for his mercy endures for ever.

Who led his people through the wilderness,
for his mercy endures for ever.

Who smote great kings,
for his mercy endures for ever.

And slew mighty kings,
for his mercy endures for ever.

Sihon, king of the Amorites,
for his mercy endures for ever.

And Og, the king of Bashan,
for his mercy endures for ever.

And gave away their land for a heritage,
for his mercy endures for ever.

A heritage for Israel his servant,
for his mercy endures for ever.

Who remembered us when we were in trouble,
for his mercy endures for ever.

And delivered us from our enemies,
for his mercy endures for ever.

Who gives food to all creatures,
for his mercy endures for ever.

Give thanks to the God of heaven,
for his mercy endures for ever.

THE COMING WEEK AT ST HELEN'S

ON WEEKDAYS 9.10 am *Morning Prayer*.

ON MONDAY 9.30 am *Baby and Toddler Group* in the Parish Centre Hall. 7.00 pm *Circle Dancing* in the Parish Centre Hall. 7.00 pm *DCC Standing Committee* in the Parish Centre Lounge.

ON TUESDAY 2.15 pm *Desiring Life Group* in the Parish Centre Lounge.

ON WEDNESDAY 10.30 am *Holy Communion*. 1.00 pm *Preaching Group Meeting* in the Parish Centre Hall. 7.30 pm *Section 11 Meeting* in the Parish Centre Lounge.

ON THURSDAY 6.30 pm *Life Drawing Class* in the Parish Centre Hall.

ON FRIDAY 4.00 pm *Abingdon School Bell Club* in the church. 5.00 pm *Young Ringer's Practice* in the church. 5.30 pm *Choir Practice* in the church.

ON SATURDAY 10 am *Private Party* in the Parish Centre Hall.

ON SUNDAY 8.00 *Holy Communion*. 10.30 am *Sung Eucharist*. 5.30 pm *Choral Evensong*.

PROGRAMMES, EVENTS & NOTICES

AKMA will be giving four brief **Spiritual Snacks** on 'Inside the Liturgy: Action and Meaning' after the 10.30 am service on each of the first four Sundays of Lent.

Shrove Tuesday. We are having a pancake party on 17th Feb at 6pm in the Church Centre, All welcome. Pancakes, choice of toppings, tea/coffee/squash and very friendly company. For tickets (so we know how many pancakes to cook) contact Pat Hudson, patricia.a.hudson16@gmail.com.

StHelens@lunch - Thursday 19th February 12.30pm at Peachcroft Farm. If you need or can offer a lift pleaser contact Susan Scott 01235 522960.

Faith Forum: Our February Faith Forum will be on Sunday 22nd February in the parish centre. Continuing our series on liturgy, the Revd Dr Phil Cooke will be speaking on How Music Works in Worship.

Photos for 2027 calendar: Take a snap of St Helens' church and send with a suggested caption to Mary Anderson at Mary.fulani@gmail.com by the end of the month.

The February edition of the Parish Magazine will be available to download on Sunday 8th Feb from https://abingdonparish.org.uk/P_window.php

Some paper copies will be available but download it if you can - to save money!

- For the Church in every land – all those who share the 'one bread' of the Eucharist
- For those who are without daily bread to eat
- For all who feel themselves to be on the margins or excluded from parts of society, including church
- For all who minister and volunteer in a variety of roles within our parish churches

Please pray for the residents of Schongau Close, Shepherd Gardens, Sherwood Avenue, Sint Niklaas Close.

Intercessory prayer requests to clairembolton@googlemail.com.

For health, consolation & wellbeing: Sarah Stevens, Katie Stuart, Alli, David, Anne Smithson, Loelia Lyon, Vanessa Madden.

Next week's readings: Exodus 24.12-end; 2 Peter 1.16-end; Matthew 17.1-9

Team Rector	The Revd Dr Jennifer Brown jennifer.brown@sthelens-abingdon.org.uk
Team Vicar	Vacant
Associate Priest	The Revd Dr A. K. M. Adam (AKMA) akma@sthelens-abingdon.org.uk
Wardens	Ms Margaret Horton and Mr David Pope
Director of Music	Dr Peter Foster
Assistant Organist	Mr Andrew Shouler
Parish Administrator	Mrs Jackie Cunningham
Caretaker	Mr Robin Day
Parish Safeguarding	Mrs Pat Hudson safeguarding@abingdonparish.org.uk
St Helen's Safeguarding	Mr Emmanuel Chukwuma

The Parish Office is open Monday – Thursday, 10.00 am to 1.00 pm (closed on Fridays).

Phone: 01235 520144. Checked on Fridays, morning and afternoon.

E-mail: administrator@sthelens-abingdon.org.uk; Website: abingdonparish.org.uk/StH

A copy of this Newsletter is posted regularly on our website.