

On the mind of the Rev. Adrian Dannhauser

January 1 is not only New Year's Day. It is also the Feast of the Holy Name of our Lord Jesus Christ. It's a time to remember that there is power in the name of Jesus – both in terms of what we can accomplish in his name, and in terms of what we can receive.

We know that Jesus' name comes from on high. He was not named for his father or for an ancestor, but according to the angel Gabriel's instruction to his parents. In Hebrew, Jesus is pronounced *Yeshua*, which means "YHWH saves." God saves. Jesus' name describes his very purpose, which is to bring salvation to God's people.

A few years ago, I started using the name *Yeshua* in prayer at the suggestion of a fellow priest. He said to spend some time each day in contemplative prayer, eyes closed, focused on your breath. With each breath in, say to yourself, *Ye*. With each breath out, say to yourself *shua*. *Ye* on the way in, *shua* on the way out.

So I tried it. After doing this for a few weeks, my seventh grade science teacher came to mind. I remembered one day in class when she was explaining atoms. She said there are a finite number of atoms in the universe. There always have been the same number of atoms, and there always will be the same number of atoms. These atoms just take on different forms depending on what kind of matter they make up. It's possible, therefore, that the atoms we are breathing in now are the same atoms that made up Jesus' body when he was on earth. And then she said, "It makes you want to breathe as deeply as you can, doesn't it?!"

I don't know how likely it is that we might breathe in an atom that was part of Jesus. But I love the concept, nevertheless, especially when praying Jesus' name and connecting it to my breath. I breathe with Jesus, I walk with Jesus, I express my intention to be near to Jesus – to expand and amplify his presence that is already within me. *Ye...shua*.

The collect appointed for the Feast of the Holy Name includes this line: "Plant in every heart, we beseech thee, the love of him who is the Savior of the world." Praying the holy name of Jesus is a way of planting his love in your heart. So I commend this practice to you. Perhaps it can be a New Year's resolution. Like all spiritual practices, it will strengthen your ministry and maturity. It will soften the soil of your heart. It will bring healing. And, most importantly, it will take you deeper into God's love for you.

COMING UP AT INCARNATION

Tuesday, January 4

7:00 to 8:30 Sacred Ground Group meets on Zoom.

Thursday, January 6

6:15 p.m. Celebrate the Feast of the Epiphany at Candlelight Communion! Epiphany marks the end of Christmastide and the beginning of "the season of light," with the arrival of the Three Kings.

Sunday, January 9

6:00 p.m. 8th Grade Confirmation Class meets on Zoom.

Wednesday, January 19

7:00 to 8:30 p.m. Vestry meets on Zoom.

Thursday, January 20

7:00 p.m. 20s/30s outing following Candlelight Communion. Details to come!

Sunday, January 23

6:00 to 7:00 p.m. Annual Meeting of the Parish held on Zoom. The Annual Meeting features brief reports from parish leadership as well as voting for the 2022 Vestry Election. All parishioners are invited and encouraged to attend.

OFFERING ENVELOPES AND ONLINE GIVING

Offering envelopes are available to all parishioners who prefer to make their Sunday offering in the form of cash or check. If you requested offering envelopes when making your financial pledge for 2022, you can pick them up from the ushers at the entrance to the church. If you need to request envelopes, please email office@churchoftheincarnation.org, call the church office at 212-689-6350 ext. 2, or fill out a 2022 Commitment Card found in your pew.

For those who prefer to make their offering online, remember to pick up a green "I Give Online" card at the back of the church and place it in the offering plate.

HOW DO I JOIN?

To become a member of the Church of the Incarnation, you may transfer from another Episcopal parish or a Lutheran church. Or you may take our Spring Confirmation and Inquirers' Class, a six-week series that will help you explore the basics of Christian faith as experienced in the Episcopal tradition. The next Confirmation and Inquirers' Class will begin in March 2022. Contact the Rev. Adrian Dannhauser at adannhauser@churchoftheincarnation.org for more information.

EVERY WEEK AT INCARNATION

Sunday Bible Study: Bible Study is held in the Parish House on Sundays from 10:00 to 10:30 a.m. (Masks are required.) We generally follow the Yale Bible Study program, which offers course materials on select books of the Bible, deepened by insights from Yale Divinity School professors.

Sunday School for Children: During the 11:00 a.m. service, children ages 3 to 10 depart the service with their teachers for Sunday School in the Parish House. (Masks are required, and all teachers have been vaccinated.) They return before the end of worship. Please note that there will be no Sunday School on January 2. See our website, churchoftheincarnation.org for more information on Children and Family Ministries.

Wednesday Holy Eucharist: Join us each Wednesday at 12:15 p.m. for this Rite I spoken service of Holy Eucharist, which includes a brief homily and organ music.

Thursday Candlelight Communion: Join us each Thursday at 6:15 p.m. for Candlelight Communion, a service of Holy Eucharist that incorporates chant and silence as well as elements of contemporary worship. This service is informal and contemplative, with music led by a Cantor and a brief reflection by one of the clergy. You can also stream this service on our YouTube channel, youtube.com/churchoftheincarnation.

Daily Office: Services of Morning Prayer, Noonday Prayer and Compline are held via Zoom. Join our email distribution list, by filling out the yellow Connect Card found in your pew, to view the weekly schedule and receive Zoom access information.