

St Gabriel's Church,  
Aldersbrook  
[www.stgabrielsaldersbrook.org.uk](http://www.stgabrielsaldersbrook.org.uk)

Weekly Newsletter

### Sunday 19<sup>th</sup> February

10am Parish Eucharist  
*Celebrant* Fr. Martyn Hawkes  
105, 86, 636, (114), 12

11.30am Children's Choir begins  
today in church.

#### This Week

#### Evening Prayer

5pm Monday to Thursday  
No evening prayer on Friday

#### Tuesday

10-12 Open Church for private  
prayer

1 30pm Knit and natter in church.  
Speak to Ron Filer for details.

### Ash Wednesday 22<sup>nd</sup> February

9.30am Prayer Hour

11.00am and 7.30pm  
Ash Wednesday services.  
Please bring your old palm crosses  
to church this Sunday to be made  
into ash for these services.

12 noon Pre-school carers group  
3.30pm After-school club

#### Thursday

10:00 - 11:45 am Open Church for  
private prayer

10:15 - 11:15 am Connection/Tai  
Chi. All are welcome.

11:45am – 1pm. Meditation and  
Reflection in church followed by  
tea and coffee. All welcome

1 - 2.15pm Yoga class in church.  
No other access during this time.

### Monday 6<sup>th</sup> March

8pm Spiritual Book Club meeting  
in the Vicarage to discuss 'Eden'  
by Jim Crace. All are welcome.  
'Women of Holy Week' by Paula  
Gooder is our chosen book for  
Lent.

### Today: Sunday 19<sup>th</sup> February

A short 5 min video at the end of  
the service will hopefully  
encourage you to join St Gabriel's  
Lent course this year.

#### Growing Good

Wednesdays in March, beginning  
on 1<sup>st</sup> March. A course to reflect  
on how outreach to the wider  
community grows our faith, and  
connects us in love to others.  
Sign up if you'd like to give it a  
try. For those who can't make  
Wednesdays, you can engage by  
signing up online and following  
the material week by week.

### Tuesday 21<sup>st</sup> February

10:30 - 11:30 am Bereavement  
Cafe for those experiencing loss at  
Christ Church Wanstead.

### Next Sunday 26<sup>th</sup> February

5pm Evening Service  
Divine Embrace: Encountering  
God Together  
You are invited to bring an object,  
a poem, a prayer that speaks of  
your relationship to God. Followed  
by sherry (even in Lent)!

### Foodbank Update

It is hard to avoid the daily  
reporting of the cost of living crisis  
and increasing foodbank use, and  
many people will be struggling  
even more at present in this  
freezing weather. Thank you for  
all you are doing to support local  
families at this time.  
Items that are particularly  
requested this week are as follows:  
cereals (no porridge), small bags  
of pasta and rice, tins of fruit,  
beans and veg (no peas), jam and  
spreads.  
Thank you. Helen and the team.

### Earthquake in Turkey & Syria

We are encouraging support  
through the DEC appeal at  
[www.dec.org.uk](http://www.dec.org.uk) but if you'd like  
to donate by cash (remember  
though that it won't be gift aided)  
you may leave a retiring donation  
either this week or next and we'll  
make sure it reaches them.

*Items for weekly notices need to  
submitted by Thursday evening.  
([sarabertrand47@gmail.com](mailto:sarabertrand47@gmail.com))*

### St Gabriel's PCC

Our annual meeting is on 30<sup>th</sup>  
April this year and we will need  
new PCC members to join our  
intrepid crew. It's a great way to  
get more involved, help shape our  
future and have your say.  
Speak to Fr Martyn, David or  
Rachel our churchwardens or any  
of the current PCC

### Musical March

#### Sunday 5<sup>th</sup> March

4pm Flute and Woodwind Concert  
with Kerry and John Light  
(Cinema organ). All proceeds to  
the church with a retiring  
collection. All welcome.

#### Saturday 11<sup>th</sup> March

2-4pm Messy Church:

#### Sunday 12<sup>th</sup> March

6.30pm Forest Philharmonic  
concert

#### Friday 17<sup>th</sup> March

7pm - 11pm Friends of St  
Gabriel's St Patrick's Day Ceilidh:  
Tickets from [https://st-gabriels-  
church.sumupstore.com/product/st-  
patrick-s-day-ceilidh](https://st-gabriels-church.sumupstore.com/product/st-patrick-s-day-ceilidh)

#### Saturday 18<sup>th</sup> March

All Saints' Chorus - The Messiah  
– see Lesley Bond for tickets

#### Saturday 25<sup>th</sup> March

Valentine Singers concert

### For Our Prayers

#### For those who are sick:

Aliandra Adelin, Frances Bonnick,  
Joyce Demetriou, Brenda Elliott,  
Peter Ellis, Margaret Filer, Eileen  
Galer, Ronney Glad, Ray Green,  
Martin Griffiths, Larry & Shaun  
Havens, Sylvia Hawkes, Phyllis  
Lehman, Patricia Lipman,  
Milosh, John Mitchell, Tony  
Nairn, Mary Watts & for all those  
named on the Prayer Board who  
wish for our prayers.

#### For the recently departed

Ann Kirby, Mariya Stoilova, Pen  
Garlick

#### and those whose anniversaries occur at this time:

Vera Parkin, Maurice Russell, Eva  
Joslin, Thomas Dady, Doris  
Manwaring, Edith Elliott, Barbara  
Brownfield, Vester Thomas, Ethel  
Burnett