

St Gabriel's Church,
Aldersbrook
www.stgabrielsaldersbrook.org.uk

Weekly Newsletter
Sunday 16th March
2nd Sunday in Lent

10.00am Parish Eucharist
Celebrant: Rev. Canon Martyn
Hawkes
467, 626, 642, (931), 756

2-4pm Lego in Church
Do come along and enjoy the
meditative work of creating, or just
conversing and drinking tea.

This Week

Evening Prayer

5pm Monday to Thursday on
Zoom & in church.

Tuesday

10-12 Open Church
12.15-1.30pm Lent Course
1.30pm Afternoon Social Group

Wednesday

11am Holy Communion
12 noon The Preschool Play Group
3.30 After School club
7-8.30pm Lent Course

Thursday

10:00 - 11:45 am Open Church
10:15 - 11:15 am Tai Chi in church
11:45am – 1pm. Meditation and
Reflection in church
1 - 2.15pm Yoga class in church.

Lent Groups

The Lent course continues on
Tuesday lunchtimes in the
confirmed venue of Jan Smith's
home (see Martyn for details) and
Wednesday evenings in the choir
vestry.

A reminder of the Bible reading
group during the Lent season -
Henry has kindly arranged for us
to work through the Gospel of
Luke in Lent. Pick up a sheet at the
entrance.

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

The next Magazine is with us.

If you can help with delivering a
bundle, the sign up sheet will be
available in church with the
bundles. Many thanks as ever.

Saturday 22nd March

In the coming week we are
approaching the Ceilidh - do get
your tickets: Adults £15, Children
£5 From Sumup [https://st-gabriels-
church.sumupstore.com/product/st-
patrick-s-day-ceilidh](https://st-gabriels-church.sumupstore.com/product/st-patrick-s-day-ceilidh)

The event will include a blind
auction for 3 tickets to the West
Ham - Tottenham London derby
on 3rd May. If you'd like to bid for
those tickets please put your name
and a price into an envelope today.
The winner will be announced at
the ceilidh but you don't have to
be there to enter.

Next Saturday 29th March

10am to 12.30 Annual Charity
Coffee Morning in church with
many stalls, including bric a brac,
refreshments, pictures, books etc
Free entry with donations in aid of
Tin in a Bin. Any enquiries please
call Carol on 07811 662297.
We're still looking for bakers for
this event. Any offers most
welcome, let Martyn know.

Saturday 5th April

A Quiet Day at St Gabriel's with
an Environmental focus

Handyman Needed

Do you know of a handyman in the
Aldersbrook, Wanstead, Manor
Park, Forest Gate area? We need
someone that can undertake
regular small repair work in the
hall. Send all recommendations
with their contact number to
stgchurchmaintenance@gmail.com
Many thanks. Rusty

Foodbank Update

Spring seems to be finally here. If,
like me, you are starting to think
about planting seeds for a harvest
of fruit & veg, then please think
about what you can drop off in the
food bins around the area. Small
things can make a huge harvest for
those less fortunate. Thank you.
Helen & the team.

Next Sunday 23rd March

Jen & Martyn are heading off to
Reading to join old school friends
to 'run' a half marathon in memory
of lost buddy and raise funds for
the charity CALM (Campaign
against Living Miserably) to
support those struggling with
mental health issues. Revd Dr Liz
Howell will be covering the
Sunday service. There's a link if
you'd like to support the charity.
[https://www.justgiving.com/page/f
riends-running](https://www.justgiving.com/page/friends-running)

New Electoral Roll 2025

Don't forget to fill in your
Electoral Roll forms and
Stewardship offers - paper copies
in church, online also available.
Every 6 years we are required to
completely refresh our electoral
roll so everyone will need to
complete a new form and return
them to Sara Bertrand, Electoral
Roll Officer.

Tuesday 8th April

2pm Breast Cancer Awareness
talk. Please come along this affects
men & women and we are working
with The Aldersbrook Medical to
promote this. Refreshments
available. Any enquiries please
call Carol on 07811 662297

Saturday 3rd May

Sauga Plant Sale. A great
opportunity to get some expertly
grown plants into the garden,
whilst also supporting our Uniform
Groups. Time tbc.

For Our Prayers

For those who are sick:

Saadia Akmal, Martin Anderson,
Eva Baker, Michelle Baker, Ann
Brown, Ursula Christie, Joyce
Demetriou, Peter Ellis, Eileen
Galer, Martin Griffiths, Kelly
Harmsworth, Faye Jackman, Janis
Lalor, Jack Lewis, Olive
Macauley, Sue Maudsley, John
Mitchell, Marie Norman, Jan
Smith, William Starling, Anita
Watts, Mary Watts & those on the
Prayer Board