

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

Weekly Newsletter

Sunday 5th February

8.30am Holy Communion
Celebrant Fr. Martyn Hawkes

10am All - Age Eucharist
Celebrant Fr. Martyn Hawkes
Hymns in service book

There will be the opportunity to receive anointing at both services this morning and also prayer for healing at the 10am service.

Next Sunday: Fr Martyn will be away, covering a service in Ilford

This Week

Evening Prayer

5pm Monday to Thursday
No evening prayer on Friday

Monday 6th February

7.15pm Forest Philharmonic rehearsal

Tuesday

10-12 Open Church for private prayer
1 30pm Knit and natter in church.
Speak to Ron Filer for details.

Wednesday

9.30am Prayer Hour
11am Holy Communion

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 13th February
7.30pm PCC meeting in church

Children's Choir

Starting on Sunday 19th February a new children's choir project begins 11.30am - 12.15 preparing for Mothering Sunday.
Please spread the word - fliers are available to give to interested parents/carers.

Tuesday 21st February

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

Wednesday 22nd February

Ash Wednesday - services at 11.00am and 7.30pm

Spiritual Book Club

All are welcome to join us reading 'Eden' by Jim Crace. We are meeting at 8pm on Monday 6th March in the Vicarage to discuss it. 'Women of Holy Week' by Paula Gooder is our chosen book for Lent.

Friday 17th March

7pm - 11pm Friends of St Gabriel's Event: St Patrick's Day Ceilidh in Church Tickets £20.
If you enjoyed the wonderful Burns night dancing, this will be an evening full of sociable dance or chatting at the bar. Get your tickets quickly if you want to be there! <https://st-gabriels-church.sumupstore.com/product/st-patrick-s-day-ceilidh>

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.

Items for weekly notices need to submitted by Thursday evening.
[sarertrand47@gmail.com](mailto:sarabertrand47@gmail.com)

Next Edition of our Magazine
We need copy for the next magazine by 6th February Please send items to Teresa at teresasmith@me.com

Lent Course

We will be using a course called Growing Good, exploring how we can connect our faith with an outward focus to the wider community. The course will be inclusive, valuing all of our experiences. It will run for the 5 Wednesdays in March in the upstairs room in the hall from 7pm. All are very welcome to attend. A sixth session will take place in the Easter season, date to be agreed. Please sign up on the sheet to give an idea of numbers.

Flower Arranging

There is a list for flower arranging in the church entrance and it would be lovely to have more volunteers. Anyone can make a beautiful arrangement as a celebration, anniversary, thank you to God etc. Just choose a date and add your name If you want some help speak to Gaynor or Anita. Thank you

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, Ann Kirby, Phyllis Lehreman, Patricia Lipman, John Mitchell, Tony Nairn, Mariya Stoilova, Mary Watts & for all those named on the Prayer Board who wish for our prayers.

For the recently departed

Ray Bown, Eve Mendelson, Bryan Bonnick, Carol Winward

and those whose anniversaries occur at this time:

Frederick Adams, Phil Christie, Catherine Rhys, Elizabeth Allan, Olive Bidmead, Thomas Gasper, Oliver Joseph