

St Gabriel's Aldersbrook

Parish Magazine - Summer 2024

Art Competition!
Design the next
magazine cover!
See page 8

A Church for the Heart of Aldersbrook

St Gabriel's Aldersbrook

Our Mission Statement

Inspired by the Archangel Gabriel:

Through our worship we draw closer to God. In our lives we are messengers of God's love for all, seeking to bring wholeness, hope and joy in the communities where we live and work.

Vicar: Reverend Canon Martyn Hawkes 0208 89890315 Email: stgabrielsvicar@icloud.com

Children and Families Coordinator : Clare Reeves Email: www.families@gmail.com

Parish Hall

For information and bookings contact Nick;
07828 582366, email aldersbrookstgabriels@gmail.com

Website <http://stgabrielsaldersbrook.org.uk/>

We are also on Facebook and Twitter

Regular Service Pattern:

1st Sunday of the Month: 8.30am Holy Communion
10.00am A shorter all-age Parish Eucharist
2nd, 3rd & 4th Sunday: 10am Parish Eucharist
4th Sunday: 5pm Evening Service
2nd & 4th Sunday: 10am Sunday School activities during Parish Eucharist
Wednesday 11am Holy Communion

Times for Prayer:

Evening prayer: Mon-Thu 5pm in church and on Zoom
Wednesday 9.30am Prayer group
2nd Tuesday 7.00pm Eucharistic Adoration
4th Tuesday 7.30pm Contemplative prayer

Other Regulars:

The church is open Tuesday and Thursday from 10.00 till noon and Saturday 12-1pm, with organ music
Spiritual Growth Group 7-8.30am 1st and 3rd Wednesdays
Tai Chi meditation 10.15-11.15am every Thursday
Pre-school Playgroup 12-1.30 every Wednesday
After school club 3.30pm Wednesdays during term time

St Gabriel's: Your Local

Certain As we celebrated our 110th anniversary on Sunday, we marked the truth that St Gabriel's church is more than just a building, but also a place of gathering and relationship with a history that makes it a living structure. Coincidentally, it was also a place this past weekend when about 300 people gathered in it to do other things as well as worship: an overnight camp for nearly 60 young people plus leaders on Friday became a venue for a packed Friends of St Gabriel's local history event on Saturday.



To be truthful the level of interest in local history has surprised even the ardent historians among the Friends of St Gabriel's. It seems that the local really matters to people, and is the arena where inaction can turn to engagement, and despair can become real agency. That has been seen in the recent campaign led by the Patient Participation Group in relation to Aldersbrook Medical Centre. Through local organising, lobbying, and key support from the community in the short-term the current service provision for the surgery has been secured. Those who engaged on our behalf made a real difference, and I for one am very grateful and encouraged to be part of the next chapter to secure what is needed here locally.

In a different way we're also seeking to harness that commitment to the local with St Gabriel's hall sustainability project, raising funds to keep it available and alive for future generations to enjoy. The hall is in use regularly for 80 hours a week, with church use for just 2 of those hours. It is genuinely a community resource, and its funding is entirely local. We are not funded by CofE PLC, or government, but like most charities must manage everything through our local trustees the PCC. Of course we have the role of making the finances work through use, but it's not for us a business venture, rather it is part of our mission to enable the local to be the place of learning, connecting, relating and celebrating for Aldersbrook and Lake House.

And we are getting there! With the help of our Friends, and those who value this wonderful, local place of community. As the centenary of our church hall approaches in 2027 we are reaching our goal through the valuing and support of the local. If you would wish to play a part either through the Church or the Friends of St Gabriel's we'd love to hear your ideas.

Martyn

Future Events

15th June - Aldersbrook Jumble Trail

22nd June - Open Garden Coffee morning
details mcarolineferguson@btinternet.com

7th July - Aldersbrook Community Choir
Concert

23rd - 26th July - St Gabriel's Holiday Club

27th July - St Gabriel's Family Fun Day

8th September - Charity Cream Teas

21st September - Messy Church 2-4pm

29th September - St Gabriel's Patronal
Festival with Bishop Guli

29th September - Forest Philharmonic
concert

Christian Aid

This year Christian Aid Week will focus on the cost of living. Christian Aid Week (CAW) is the perfect time for St Gabriel's Church community with friends in Aldersbrook and Lakehouse to come together to raise vital funds through your donations to support projects and help people in so many different communities.



Collecting for CAW in the community has been a bit different this year. All our designated volunteers delivered CAW envelopes as Deliver-only (no knocking on doors saying hello and donations being collected back). However we used the CAW Drop-back scheme and gave you an address on your CAW envelope where to drop-back donations in your red envelope.

If you missed seeing your red Christian Aid Week 12-18 May 2024 donation envelope, or it slipped into the recycling bin when tidying up, it's not too late to still donate, your gift is always welcome (and with Gift Aid on your donation if you can).

We set up a donation link and all donations made via this QR code will go directly to Christian Aid from St Gabriel's Church Aldersbrook



Thank you for your donations this CAW, your gift will ensure that people like Aline from Burundi, featured on the CAW envelopes and all National CAW advertising, get the skills and knowledge they need to push back against the inhumanity of poverty.

Thank you so much to all our volunteers for giving your time to support Christian Aid Week 2024.

Sue Mutter





Messy Church

Life at St Gabriel's

Children & Families

A very successful Messy Church afternoon was held on May 4th. The theme was Growing - taking inspiration from Spring, new life, plants and nature. The story focussed on the fruits of the spirit.



Aldersbrook & Wanstead Summer Holiday Club 2024

At St Gabriel's Church Hall E12 5HG



Tuesday 23rd July to Friday 26th July

Ages: Reception to Year 6

Tue – Thur 9:30am – 12:30pm

*Fri - All day outing with lunch and activities by coach to Chigwell Row campsite

Cost: £40 for the week inclusive

BOOKING ESSENTIAL

Return completed forms or email to
aldersbrookstgabriels@gmail.com

Places allocated on first come first served basis.



Wanstead Parish
St Mary with Christ Church

ART COMPETITION!

WOULD YOU LIKE TO HAVE YOUR PICTURE ON THE COVER OF THE NEXT PARISH MAGAZINE?

We are inviting the wonderfully artistic folk of Aldersbrook to create a picture of St Gabriel's Church to feature on the front cover of our next parish magazine.

Whatever your age, we would love to see your artwork!

The picture can be in any medium. The only restrictions are:

- It must include the image of the church building
- It must be A3 or smaller (in order to be scanned)
- No photographs - save these for a future competition!

So, grab your paintbrush, crayons or pencils and get creative.

Once you are done you can either scan and send your picture to tubawilcox@hotmail.com or drop off at the church (please don't leave anything of value!)

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ST GABRIEL'S CHURCH ALDERSBROOK

All-Age Bible Reading Group



All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work. (2 Timothy 3:16-17)

Date: 1st Sunday after All-Age Service 2024:



7th ~~January~~, 4th ~~February~~,
3rd ~~March~~, 7th ~~April~~,
5th ~~May~~, 2nd ~~June~~,
7th July, 4th August,
1st September, 6th October,
3rd November, 1st December.

Time: 11.30am – 12noon

Venue: Our Lady Chapel, St Gabriel's Church

For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. (Hebrew 4:12)

Please sign up to express interest, or speak to Henry for more information.

All-Age Bible Reading Group

*Your word is a lamp to my feet and a light to my path.
(Psalm 119:105)*

Our All-Age Bible Reading Group started in January 2024. Every 1st Sunday, after the All-Age Service at 11.30 am, a small group of Bible lovers gather in church to read the Bible and share. We have a daily reading plan to support us to read God's word, spend time with God, and get closer to God.

This year we set a SMART goal – to read all 27 books of the New Testament in 2024. By the end of May, we'll have read eleven of them.

This article is NOT a mid-term progress report, but an invitation: anytime - every time you read God's word, we pray and ask for the Holy Spirit to help you understand the word, and change you to become more like Christ. You're welcome to join us or drop in on 2nd June, 7th July, 4th August (11.30 am – 12 noon).

Heaven and earth will pass away, but my words will not pass away. (Matthew 24:35)

Henry Lau



Monday 830pm:
Vinyasa Flow -
St Gabriel's church
hall

Tuesday 930am:
Vinyasa Flow

Weds 645pm:
Prenatal yoga

Weds 8pm:
Vinyasa Flow

<https://www.momoyoga.com/yogaontheflats/>

YOGA IN ALDERS BROOK

Contact Gemma for
more info:

yogaontheflats@gmail.com

instagram @yogaontheflats

Saint Gabriel's Church Spirituality sessions

St Gabriel's has, over the years gathered people in smaller groups to discuss, reflect, pray and share during the week. This has most often been seasonal, particularly during Lent. In recent times a more regular group has formed, and after a well-attended Lent course that group met to discuss what would follow.

At that meeting a new pattern of monthly gatherings was established for the first Wednesday of the month beginning on June 5th from 7-8.30pm in the newly refurbished choir vestry. All are welcome to the group. It fosters friendships and is a safe place to talk combined with a renewal of our own spirituality.

The groups who attended the recent Lent course run by Martyn, will know that it aims to be a refreshment of our spirit. For those who have attended our occasional Quiet Days the content of the evenings will take on a similar style. This will include prayer; a short meditation; some one delivering a helpful input, and an opportunity to reflect and discuss together our personal reaction, and we will end with the Grace. There may be other inclusions, to be agreed, but the preferences of the attendees will emerge. The person delivering the input will be a volunteer of the group.

I believe these courses offer the renewal of our sense of belonging and refreshment to each other in the community and our own feelings of the spirit of Christian life. It is about who we are and how we are touched by the everyday happenings in our world. There will be some news about how we will proceed in the weekly newsletter and all are welcome.

Pat Pratley



Ever thought of trying Tai Chi?



Come and join us at the Connections Tai Chi Group on Thursday 10:15-11:15 at St. Gabriel's.

If you're looking to add more exercise into your lifestyle why not consider Tai Chi. It's an ancient Chinese martial art - it's sometimes called "meditation in motion". It's a series of different postures that gently flow into each other in slow movements. One of the big benefits of Tai Chi is that it can significantly enhance the activity of our immune system. And although it looks gentle, it can be a surprisingly good workout!

Not my words but those of Dr. Michael Mosley in his BBC radio 4 podcast 'Just One Thing'. <https://www.bbc.co.uk/programmes/m001hf9h>

Michael Mosley speaks to Dr. Parco Siu from the University of Hong Kong, who has been studying the health benefits of Tai Chi for over a decade. A snippet of what was said:

- Tai Chi can lead to faster brain benefits than other exercises.
- Tai Chi was as effective for weight loss as conventional exercise.
- A mix of exercise and meditation your brain gets a work out as well as your body.
- A study in Shanghai found that those who practiced Tai Chi lived significantly longer than those who didn't.
- Tai Chi burns similar calories as conventional exercise.
- When compared to brisk walking they found that Tai Chi was significantly better at reducing not only blood pressure but other risk factors for heart disease such as blood sugar levels and cholesterol.

It is also good fun and we are really lucky to have Sam Leon as our instructor. With his experience and knowledge of Tai Chi, he is skillful at teaching, encouraging and giving guidance with any aches and pains we may have. In some ways we are all beginners, so don't let a lack of experience put you off.

If you want some idea of the Tai Chi style we do, have a look at this YouTube video: Wu Style Tai Chi Chuan - 108 Movement Joint (standard) Form by Jacky Chan

Some comments from the Group:

'Relaxing, meditative and fun. Tai Chi is all these with a lovely group of people'.

'I always look forward to the next week'.

'The thought of my Tai Chi lessons wakes me up on Thursday morning with a warmth to the heart'.

Feel free to contact me about the Group: richard.pratley@icloud.com 07973 971165

Richard Pratley

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Tin in a Bin

First of all, a huge thank you to everyone who contributed food and chocolate treats to the foodbank in the run up to Easter! They were very much appreciated. It is good to be able to support families over festival times as they can be especially hard to negotiate when money is tight.



Now that things have settled down again for a while, we are asking everyone to think about how they can best support the Tin in a Bin network. Some people donate a large bag full of goods once a month, others give when they can or when there are special offers on at the shops. Perhaps this is something you haven't thought about up to now? Stocks are running low at present as everyone is feeling the squeeze, but if we were all to donate just one item a week – whether soup or tinned fruit for instance – that would make a huge difference. Think how many homes there are on Aldersbrook and how many tins that would be!

However you are able to support Tin in a Bin, we thank you again for all your donations and look forward to better times ahead.

Helen Bonnick

Shopping list for those who would like more guidance:

Packets of rice or pasta

Tinned fruit, custard, rice pudding

Tinned vegetables

Baby / toddler food

Jam, peanut butter and spread

Tinned meat or fish

Tea and coffee, sugar

Biscuits

Baby wipes

Toiletries

Congratulations to Reverend Canon Martyn Hawkes

On Sunday 28 April, people from across the Diocese gathered at Chelmsford Cathedral for the Installation of 33 Canons, including our own Fr Martyn.

The College of Canons are a group of clergy and lay people who have been recognised by the Bishop as people who have given distinguished service to the Diocese or to the Church of England. Canons have right to wear the coat of arms of the Diocese on their preaching scarf.



Happy 110th Birthday to us!

On 16 May 1914, the Bishop of Chelmsford dedicated our present church building and the Reverend Bertram Layton Hirst became the first vicar of the parish of Aldersbrook.

We give thanks for the faith of those who have gone before us, for all past worshippers, priests, people and benefactors. We pray for a vision of the future.



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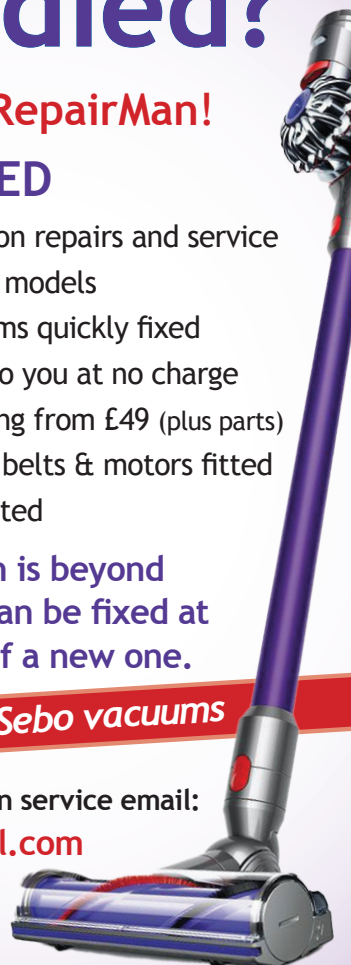
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Hall & Church Users. Most groups meet in Hall unless otherwise stated. Some groups run during term time only.

Group	Type	Day	Time	Contact Email
Wanstead Park Preschool	Pre-school	M→F	8am-3pm	manager@wansteadparkpreschool.omnicrosoft.com
Hot Shots Football	Children's Football (5-11 years)	M&Th	3.30-4.30 Mon & Thur	mcnike13@aol.com
Beavers	Children's Uniform Group	Mon	5.30-6.30pm	21stefs.beavers@gmail.com
Keep Fit with Tom	Adult Fitness	Mon	6.15-7.15pm	tmmdixon@hotmail.co.uk
Pilates	Adult Fitness	Mon	7-8pm	sesameseed@hotmail.co.uk
Yoga	Adult Fitness	Mon	8.30-9.30pm	yogaontheflats@gmail.com
Get Together Club	Adult's Art & Craft	Tue	1.30-3pm	ronfiler91@gmail.com
Dance	Children's Dance (2 1/2 years +)	Tue&F	4-7pm Tue & 3.30-6.30 Fri	sara@variationsdancestudio.co.uk
Scouts	Young People's Uniform Group	Tue	7.15-8.45pm	21stefs.scouts@gmail.com
Preschool Carers Group	Parent & Carer Children's group (up to 4 years) in Church	Wed	12-1.30pm	aldersbrookstgabriels@gmail.com
Art Club Project (Make it, Do it)	Children's Arts & Crafts Group (5-11) Upstairs Hall	W&Th	3-4.45pm	raquel@artclubproject.com@gmail.com
After School Club	Children's group (5-11). Held in the Church. Term time only	Wed	3.30-4.30pm	kevinoliver724@gmail.com
Rainbows	Children's Uniform Group	Wed	4.30-5.30pm	wansteadrainbows@hotmail.com
Brownies	Children's Uniform Group	Wed	5.45-7.15pm	4thwansteadbrownies@gmail.com
Karate	All Ages Martial Arts	Wed	7.30-8.30pm	carlaine1@btinternet.com
Tai Chi	Adult Fitness. Held in the Church	Thur	10.15-11.15am	richard.pratley@icloud.com
Mediation & Reflection	Adults: Spiritual Reflection	Thur	11.45-1pm	In Church
Yoga with Caroline	Adult Fitness. Held in the Church	Thur	1-2.15pm	redbridgeyoga@gmail.com
Guides	Children & Young People's Uniform Group	Thur	6.30-7.30pm	sarah_girlguidingwanstead@hotmail.com
Rangers	Young People's Uniform Group	Thur	7.30-8.30pm	sarah_girlguidingwanstead@hotmail.com
Cubs	Children's Uniform Group	Fri	7.15-8.45pm	ahamadur21efs@outlook.com
Babyballers	Toddler & Children's Football (16 Month-5years)	Sat	9.25am-11.30	https://babyballers4.class4kids.co.uk/ Sophie@babyballers.com