

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

Weekly Newsletter
11th February
Sunday before Lent

10am Parish Eucharist
Celebrant Fr Martyn Hawkes
105, 86, 221, (83), 534

After church today there's a gathering for those who would like to help with the next All-age service (March 2nd) Not to worry if you can't be there, just be in touch with Gigi or Fr. Martyn to be involved.

This Week

Evening Prayer

5pm Monday to Wednesday on Zoom & in church.
No evening prayer on Thursday or Friday this week.

Tuesday

10-12 Open Church
1.30pm-3.30pm Afternoon Social
Group in church

Tuesday 13th February

7- 7.30pm Adoration of the Blessed Sacrament
A time of quiet prayer in church

Wednesday

9.30am Prayer Group
12 noon The Preschool Play Group
3.30 After School club

Ash Wednesday 14th February

11am Holy Communion and imposition of ashes
8pm Sung Communion and imposition of ashes
Last call this morning for palm crosses for ashes.

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.

Saturday

12 - 1pm Open church Saturday

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

Lent

During Lent we are exploring wellbeing in a number of ways:

1. Lent groups - sign up to join one. First sessions are Tuesday 20th February 12 - 1.30 & Wednesday 21st February 7-8.30pm - both in church. All are welcome.

2. Sermons and personal sharing: We have a guest preacher next Sunday Revd Janet Buchan, Vicar of St Paul's Goodmayes, deanery wellbeing advocate and previously a palliative care nurse.

3. Sharing a meal together - Soup lunch on 17th March after church for the diocesan Lent appeal.

Tuesday 13th February

7.00pm Bereavement Group for those experiencing loss at Christ Church Wanstead.

Saturday 17th February

Redbridge Brass concert: - see fliers for details and tickets

Tuesday 20th February

7.45pm PCC meeting in church

Church hall painting weekend

10am-4pm Saturday 24th & Sunday 25th February . An opportunity to make further progress with our church hall transformation. To offer your services contact Rusty 07764650887 ruaty@livock.com

Saturday 16th March

St Patrick's Day Ceilidh
6-10.30pm - see poster for details. Tickets now available at £15 Adults/ £5 children over 5 years
<https://st-gabriels-church.sumupstore.com/products>

Foodbank Update

New Year, new challenges! The number of organisations that are supported by Tin in a Bin continues to grow as more people struggle. They have recently made connections with 2 toddler / baby banks, so are now accepting donations of good quality children's clothes and equipment (up to age 7). Add to the foodbank box, or pass them direct to Helen Bonnick. Thx!

Easter Quiet Day

Please note the date for this is Saturday 20th April, not 27th as advertised previously. More soon.

Saturday 2nd March

10 - 12.30am Charity & Community Coffee Morning. We welcome charities to raise profile & funds. St Gabriel's bakes cakes & serves tea & coffee to raise funds. Are you able to help bake, or serve on the day. Please let Fr Martyn know.

List of Church & Hall keyholders

We would like to create an up to date list of everyone who has keys to either the church and/or the hall in case of emergencies. Please let Rachel know any keys for either of these so we can compile the list.

Follow us on Instagram

www.instagram.com/stgaldersbrook/
All welcomed to follow and post to out Instagram page.

Health and Safety

We would like to invite any from the congregation to be responsible for health and safety in the church. It could be someone who already holds that additional responsibility in their place of work. Please speak to Martyn or Rachel for more details.

Prayer vigil for the planet

'No Faith in Fossil Fuels' prayer vigil taking place at the Houses of Parliament for 10 days, Ash Wednesday to 24th February. Essex & East London Christian Climate Action is joining on Sunday afternoon 18th February. See Fr Martyn or click here for details: <https://christianclimateaction.org/>

For Our Prayers

For those who are sick:

Mr Ali, Eva and Peter Baker, Kevin Brown, Elwin Cockett, Joyce Demetriou, Peter Ellis, Margaret Filer, Eileen Galer, Martin Griffiths, Kelly Harmsworth, Sylvia Hawkes, Faye Jackman, Janis Lalor, Jack Lewis, Milosh, John Mitchell, Bibi Rahman, Mary Watts & those on the Prayer Board

For those who have died:

Michael Wilcox

For those whose anniversaries occur at this time:

Ellen Galer, Elsie Collings