

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

Weekly Newsletter

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

10am Parish Eucharist  
*Celebrant* Fr. Martyn Hawkes  
Hymns in service book

Welcome to our Mothering Sunday celebration, especially to visitors & our friends from the uniform groups in Aldersbrook

After a busy & enjoyable couple of days for the church with the Friends' Ceilidh & the Messiah it is good to be together for a church service again.

#### This Week

#### Evening Prayer

5pm Monday to Thursday  
No evening prayer on Friday

#### Monday 20<sup>th</sup> March

11am Funeral of John Parkin, long-standing member of St Gabriel's. John left a request to invite any mourners to dress cheerfully. There will be a reception following the service at the Bull in Wanstead and all are welcome

#### Tuesday

10-12 Open Church  
1 30pm Knit and natter in church.

#### Wednesday

9.30am Prayer Hour  
11am Holy Communion  
12 noon Pre-school carers group  
3.30pm After-school club

7pm Growing Good Lent Course  
Session 4 - Upstairs in the Church Hall. All welcome

#### Thursday

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

1 - 2.15pm Yoga class in church.

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

#### Children's choir

It's lovely to have such a talented youth group singing for us today. We would love to grow this choir to sing on special occasions. If you'd like to join then the next block of rehearsals start on Sunday 14<sup>th</sup> May at 11.30am. Please speak to Fr Martyn or Heather W or email: [vicar@stgabrielsaldersbrook.org.uk](mailto:vicar@stgabrielsaldersbrook.org.uk)

#### Guest Organist

Thank you to Roger, who is playing for us today while John is away

#### Monday 20<sup>th</sup> March

7pm Christ Church: Wanstead Climate Action are hosting an evening for a talk and discussion about the climate crisis and an upcoming national gathering April 21-24th in Parliament Square. All are welcome.

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

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

#### Thursday 23<sup>rd</sup> March

Aldersbrook Medical Centre and PPG are running a coffee and chat morning between 11am -1pm. Come along for tea, coffee, cake and chat.

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

Valentine Singers concert

#### Sunday 26<sup>th</sup> March

Passiontide begins (& the clocks go forward). After church we have a Soup Lunch to raise funds for our link diocese in Kenya - there really is a sign up sheet this week for those who would like to provide a soup!

#### Sunday 26<sup>th</sup> March

At 5pm we welcome friends from across our MMU to a Taize service of healing as our monthly evening service, followed by refreshments.

#### Saturday 1<sup>st</sup> April

11am - 4.30pm - A Quiet Day in St Gabriel's. An oasis of peace when we all need it very much. Join for the whole day or a portion - speak to Lesley or Heather to find out more

#### Spiritual Book Club

Lent Book 'Women of Holy Week' by Paula Gooder. We are meeting in the Vicarage at 8pm on Tuesday 11<sup>th</sup> April to discuss it. All are welcome.

#### Easter Postcard

Our Holy Week and Easter services are now published in a handy card. Please do sign up to help deliver these to a street in the parish.

#### St Gabriel's PCC

Our AGM is on 30<sup>th</sup> April this year & we need new PCC members to join our team. It's a great way to get more involved & help shape our future. Speak to Fr Martyn, David or Rachel our churchwardens or any of the current PCC

#### Palm Sunday 2<sup>nd</sup> April

At 10am time we process from Wanstead Park by Ingatestone Road back to St Gabriel's for a special service to tell the story of the crucifixion. If you'd like to have a speaking part in the dramatic reading please let Martyn know.

#### Summer Club 2023

St. Gabriel's will be hosting our annual Summer Club again from Tuesday 25<sup>th</sup> to Friday 28<sup>th</sup> July. Range of activities for children from 9:00-12:30 each day. Please consider volunteering as an adult team leader & provide support the group leader. Alternatively, be part of the team making snacks & drinks for the children. Contact Anthony or Amelia for more details.

#### Foodbank Update

An amazing response to the fund raising effort to feed 200 Redbridge children over the Easter holidays means that more than 3k of the 4k target has been donated! Many thanks if this includes you. There are still tickets available for the Bingo night on 25<sup>th</sup> March at Christchurch. Email [TinaB.wanstead@gmail.com](mailto:TinaB.wanstead@gmail.com) Thanks. Helen and the team

#### 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 Lehreman, Patricia Lipman, Milosh, John Mitchell, Tony Nairn, Mary Watts & those on the Prayer Board

#### For the recently departed

John Parkin