

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

Weekly Newsletter  
6<sup>th</sup> August  
Transfiguration

No 8.30am service this morning  
for August

10am All-age Parish Eucharist  
*Celebrant* Rev. Dr Liz Horwell  
*Preacher* Henry Lau  
Hymns in service book

We welcome Revd Liz once again  
to lead our worship

### This Week

#### **Evening Prayer**

No evening prayer this week

No service of veneration in August  
due to holidays.

#### **Tuesday**

10-12 Open Church

No adoration prayer on Tuesday  
evening this week

#### **Wednesday**

11am Holy Communion  
*Celebrant* Fr Stephen Pugh

No Weekly Prayer Hour, Pre-  
school carers group or After-  
school club now until September

#### **Thursday**

10:00 - 11:45 am Open Church  
10:15 - 11:15 am Tai Chi in church

Our weekly Meditation and  
Reflection sessions will be paused  
now over the summer break and  
resume on 7<sup>th</sup> September

1 - 2.15pm Yoga class in church.

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

#### **Magazine**

We are collecting articles for the  
next parish magazine. Please send  
articles to [teresasmith@me.com](mailto:teresasmith@me.com).  
The closing date for articles is  
Sunday 13<sup>th</sup> August. Thank you  
Teresa Smith

#### **Tuesday 15<sup>th</sup> August**

10:30 - 11:30 am Bereavement  
Cafe in Christ Church Wanstead  
for all who experiencing loss.

#### **Spiritual Book Club**

Our next book is 'Our Lady the  
Lost and Found' by Dianne  
Schoemperlen. We will meet at  
8pm in the vicarage on Monday  
21<sup>st</sup> August to discuss it.  
All are welcome.

#### **Message from Sue Mutter**

The Christian Aid Week thank you  
Zoom was a good way to see  
everyone, meet our C.A area rep &  
be introduced to other volunteers  
in nearby areas. We are an  
amazing community at St  
Gabriel's. When I took on the  
Christian Aid rep role I didn't  
realize what a privilege it was  
going to be.

Celebrating Christian Aid Week  
and the impact of donations there  
is a short video from Christian Aid  
supporters at  
<https://fb.watch/IS5kLjH0az/>. It's  
good to hear these updates & know  
how our efforts are making such a  
difference for others.

#### **Foodbank Update**

The Office for National Statistics  
recently reported that 1 in 20  
adults ran out of food and were  
unable to buy more in the previous  
two weeks, and some groups of  
people were affected even worse.  
Thank you for your continued  
support for the foodbank and other  
local organisations working with  
those struggling to cope in the cost  
of living crisis.  
Helen and the team.

#### **Summer Fun Day:**

Final figures still to be confirmed  
but an early estimate is for around  
£1,900 raised for the Fun Day.  
Well done to everyone involved,  
especially Nanette & Nana.

#### **Music in September**

August is a quieter month, but  
September returns with a musical  
bang:

#### **Saturday 16<sup>th</sup> September**

A guitar concert as part of  
Wanstead Fringe to raise funds for  
the organ refurbishment Peter  
Black, with duets including Fr  
Martyn

Ticket details on poster  
([wansteadfringe.org/event/](http://wansteadfringe.org/event/))

#### **Saturday 23<sup>rd</sup> September**

Redbridge brass concert

#### **Saturday 30<sup>th</sup> September**

All Saints orchestra and chorus

#### **St Gabriel's Church Directory.**

We are offering parishioners the  
chance to share their details with  
each other in a list that will be sent  
to everyone who also shares their  
details. The aim is to encourage  
our community to connect & build  
relationships. More details are  
available on the form or contact Fr.  
Martyn or Clare Reeves.

#### **For Our Prayers**

##### **For those who are sick:**

Aliandra Adelin, Simon Ashburn,  
Frances Bonnick, Elwin Cockett,  
Joyce Demetriou, Peter Ellis,  
Margaret Filer, Eileen Galer,  
Martin Griffiths, Kelly  
Harmsworth, Sylvia Hawkes, Faye  
Jackman, Patricia Lipman, Milosh,  
John Mitchell, Mary Watts &  
those on the Prayer Board

##### **For those whose anniversaries occur at this time:**

Marian Newbold, Ronald Galliers,  
Beatrice Port