

St Gabriel's Aldersbrook

Parish Magazine - Spring 2024



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: Fr 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 7-8.30m 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

Drinking deep from the well of Wellbeing

Certain words and phrases become first a trendy term and then a cause for eye-rolling at meetings when they are used for the umpteenth time. Wellbeing could indeed be one of these, but nonetheless it's been chosen as a theme and priority for St Gabriel's in 2024. It's partly because, unlike many theological terms, it's instantly recognisable, and cliché or not, we all think we know roughly what it means.



For me, however, there's another purpose. I'm always curious to explore the intersection of common human experience, and religious or faith understanding. There are many habits and practices that can be seen through the lens of a secular worldview as 'good for wellbeing', that have their parallels in the world of Christian faith and vice-versa. For example, it is interesting (to me at least) to see that intermittent fasting has been recently recognised to have health and wellbeing benefits long after it was part of faithful practice in a number of religions. Similarly, mindfulness and meditation are practiced both with and without a faith dimension. The Sabbath principle of rest in Judaism and reframed in Christianity have their workplace equivalent now in the principle of work-life balance and protected times for employees when they shouldn't be expected to respond to email or messages.

So, there's much common ground to explore, and mutual learning about the ways in which we can flourish as human beings in an increasingly complex and confusing world. The church, despite her long and deep traditions is often slow to draw from them, and needs to be awakened by what the world around it has (re)discovered as good for us. So, I'm very much looking forward this Lent to our church course exploring aspects of wellbeing through the lens of our deep spiritual traditions and the teachings of Jesus.

It was Jesus who said 'I came that they may have life, and have it abundantly' (John 10.10), and a second century Christian disciple Irenaeus of Lyons who spoke in similar terms: 'the Glory of God is a human being fully alive'. Whilst we may not all share the same foundational beliefs to frame our search, I believe we can all say 'amen' to that vision, and encourage one another as we seek fullness of life. As ever at St Gabriel's we actively invite fellow pilgrims, explorers or the vaguely curious to find out more about what that means for us and to share their views on life's journey. Whether at a service, at preschool playgroup, meditation or Tuesday afternoon tea and conversation, you'd be very welcome.

Martyn

Services and Events

March 10th - 10am - Mothering Sunday

A family-friendly service with uniform groups invited as we give thanks for God's motherly love and our own reflection of human love in family and church.



March 17th - Soup Sunday

After church we share a soup lunch to raise funds for the diocesan Lent appeal for hospital care in Gaza through the Anglican diocese of Jerusalem

March 24th - 10am - Palm Sunday

We start our service on the corner of Ingatestone Road and Northumberland avenue in Wanstead Park for the blessing of palms, followed by procession to St Gabriel's

5pm - our monthly evening service will be special service for Holy Week telling the story of the passion.

March 26th - 7.30pm Tuesday service in the style of Tenebrae - readings, music, song, silence in candlelight



March 28th - 8pm - Maundy Thursday

The service of the last supper, foot washing and stripping of the altars - a dramatic engagement with self-giving love and the darkness.

March 29th - 10.30am - Good Friday

Walk of Witness from Wanstead United Reform Church to Our Lady of Lourdes Catholic Church and short service

11.30am - Children and Families service

1pm- 3pm - Stations of the Cross and the Good Friday Liturgy

March 31st - Easter Day

6am Easter Vigil and first mass of the dawn, followed by breakfast

10am Easter Day Family Eucharist followed by easter egg hunt



May 4th - 2-4pm - Messy Church

Our next edition of this craft-filled afternoon for all ages with song, story and food.

May 12th - St Gabriel's Dedication Festival

The anniversary of our church building celebrated in style, followed by festive refreshments

Other Events at St Gabriel's - March - May

Sunday 10th March, 6.30pm - Forest Philharmonic Concert

Programme includes works by Mozart, and Mahler's 4th Symphony.

Tickets at <https://forestphilharmonic.org.uk>



Saturday 16th March, 6 - 10.30pm St Patrick's Day Ceilidh

Hosted by Friends of St Gabriel's. Live music & Ceilidh calling by Pastiche Band. No experience necessary. Special family friendly Ceilidh between 6-7pm. Bar by St Gabri-Ales. Food available from the Deaf Chefs food truck.

Tickets £15 adults, £5 children over 5.

<https://st-gabriels-church.sumupstore.com/products>



Saturday 23rd March - 7pm - Ricardo Curbelo: Rhythms from Latin America

Travel through Latin America countries with Ricardo, who combines traditional pieces with his own spellbinding compositions on harp, cuatro, maracas + vocals. www.ricardocurbelo.com

Tickets: £12 advance/ £14 door. Under 18s £6

Phone: 07986 589 553 / 020 8539 0246 www.wegotickets.com/event/608827/



Sunday 28th April - 3pm - Brook Ensemble - Music for St Georges Day

Hear this brass quintet in a delightful afternoon concert. Music from celebrated English composers with the strident early brass of the 16th century balanced with evocative and romantic music of more modern times.

Admission is free with a retiring collection. www.facebook.com/thebrookensemble



Sunday 19th May, Woodford Singers

The Woodford Singers, with guests, The Heron Quartet, will be performing a delightful programme entitled LIVING LANDSCAPES.

Inspirations from the mountains to the sea including works by Bob Chilcott and Ola Gjeilo, plus the atmospheric SANCTUM, by our Patron, Sarah Quartel.

Tickets: £10, £5 for children under 12, available on the door, or by scanning the QR code...





Sesame Pilates and Yoga

Monday - St Gabriels Church Hall - 7pm-8pm

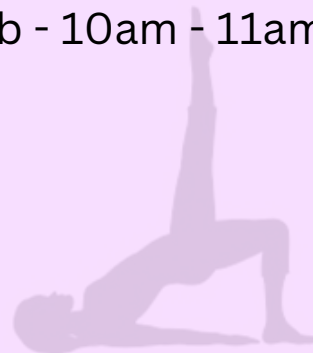
Thursday - Zoom Class- 11am-12pm

Friday - Aldersbrook Lawn Tennis Club - 10am - 11am

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Christian Aid Week 2024

Save the Date This year it is from 14th to 20th May.

This year Christian Aid Week will focus on the cost of living crisis faced by many people around the world.



What happens during Christian Aid Week?

Christian Aid Week is seven amazing days of fundraising, prayer and action against global poverty. During the week, Christian Aid asks supporters to give their time, money and voices to help bring lasting change to some of the world's poorest communities. For St Gabriel's Church and friends in Aldersbrook and Lakehouse communities this means volunteers will deliver Christian Aid envelopes house to house and then collect back envelope donations. Supporters can also donate online via our Aldersbrook St Gabriel's Christian Aid link.

When did Christian Aid Week start?

In 1957, Janet Lacey, the organisation's then director, decided to hold a "Christian Aid Week" to encourage public awareness. This first event mobilised residents in 200 towns and villages across Britain, collecting £26,000 for overseas development work. In 1964 the agency changed its name to Christian Aid. For over 70 years now Christian Aid has been standing with the poorest, and now works in 37 countries with people of all faiths and none, to stand up for dignity, equality and justice.

What is Christian Aid's motto?

We stand together. For dignity. For equality. For justice. Everyone is equal in the sight of God.

Christian Aid Week 2024 message

Everyone is equal in the sight of God. Yet we live in a world where poverty still persists. Poverty is an outrage against humanity. It robs people of their dignity and lets injustice thrive. But together we have the power to transform lives. Together we can create a world where everyone can live a full life, free from poverty. Our voices and actions are stronger together. And with your help, we can make an even bigger difference.

Thank you in advance, from St Gabriel's Church Christian Aid team, for supporting Christian Aid again this year.



All Age Service



Life at St Gabriel's

Children & Families



Sunday School





Messy Church

It was great to see children, families, and everyone in the communities joining our Messy Church, After School Club, Sunday School and All-Age Services. Thanks to the hard work and commitments of our church volunteers and also everyone who participated. Hope you all find God's love, hope and joy in St Gabriel's.



After School Club



Church hall refurbishment: progress

friends of



St Gabriel's Church Hall is a well-used and highly affordable space that provides for strong, intergenerational community use. 2023 saw the redoubling of efforts to improve the hall, with a target completion date of 2028. The work is led by Father Martyn and a group of 9 people, 4 from the congregation and 5 from the wider community.

In 2023, £16,000 was raised from a ceilidh, a local history event, a Big Give campaign, the selling of merchandise and a Friends' Scheme. Significant achievements have already included the installation of solar panels, the creation of a hospitable meeting space in the Choir Vestry, a clear-out of the upstairs area of the Hall, and a painting day involving 11 volunteers.

For 2024 the Parochial Church Council have authorised the spending of £40,000, and in the year ahead we want to pick up the pace. This is the timetable:

By the end of February half term.

1. Improve plumbing and repaint the Ladies loo in the Hall.
2. Repaint back of church loo. Paint lower walls, radiators and skirting in Hall.

By the end of the Easter Holidays

3. Cosmetically and functionally improve Gents loo. Put new flooring in Gents loo, upstairs loo and kitchen area.

By the end of The Summer holidays

4. Repair plasterwork and paint the upper walls in the Hall, and redecorate and reorganise the kitchen.

But that will exhaust funds and still leave these major works to be done:

- Improving storage by reworking the stage and associated areas.
- Improving access to the rear garden.
- Replacing cladding and the Hall ceiling.
- Rendering the Hall more environmentally sustainable.

Richard Pratley has worked tirelessly to design improvements and obtain planning permission and specialist advice. We have adapted to escalating costs. The work can be done in phases over the next three years. **But we still need to raise £350,000.**

continued..

Some of this will come from small grants, but above all the refurbishment will depend on **voluntary effort** and **fund-raising events** – so we can have plenty of enjoyment along the way. Here are some dates for your diary:

- 16th March: **Ceilidh**
- 11th May: **Local history event**
- 27th July: **Summer Fun Day**
- September (date to be confirmed): **Local history trail**

St Patrick's Day Ceilidh

in St Gabriel's Church, Aldersbrook

Saturday 16th March 2024, 6-10.30pm

Live music and ceilidh calling by Pastiche Band
No experience necessary as all steps will be explained.
Special family friendly ceilidh between 6 and 7pm.

Bar by St Gabri-Ales
Delicious food available from the Deaf Chefs food truck

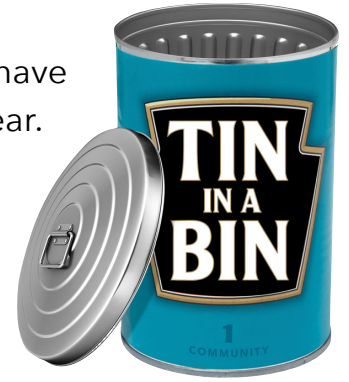
Tickets £15 adults / £5 children over 5 years
in aid of St Gabriel's Hall Refurbishment Fund

<https://st-gabriels-church.sumupstore.com/products>

friends of  THE STOW BROTHERS

Tin in a Bin

A special thanks go out from Tin in a Bin to all the organisations who have chosen them as their beneficiary in fundraising events over the last year. From Coronation street parties to the Wanstead Beer Festival, Christmas celebrations in individual streets to Santa's milk float ride - the kindness and generosity of people has been remarkable in times when each of us is feeling the pinch. And this is on top of the regular donations of food and other goods which keep coming week on week, and which are so gratefully received by the growing number of organisations and charities which we now support. Added to that list recently are two baby and toddler banks, so we are now also happy to receive toys, books and clothes (in good condition please) for 0-7 year olds, and also equipment in good order. If you would like to know more about Tin in a Bin, or indeed if you would like to get involved yourself, please do contact any of the people locally where you see a Tin in a Bin poster. Thank you again.



Helen Bonnick

Joy and Worship go together

Since I shared the Iron Mission Church photo, I have found another photograph of the St Gabriel's Church choir. When was it taken? Can you identify anyone in it? Some people say that choir and organ music is the sound of heaven. In the Gospel of Luke, the angel sang, "Glory to God in the highest heaven" and "on earth peace to those on whom his favour rests." The shepherds returned glorifying and praising God for all they had heard and seen. Joy and Worship go together. May we be filled with God's compassion and moved to reach out in love.



Henry Lau

Come and Join... St Gabriel's Children's Choir



Join us on Sundays for our next series of fun sessions. Open to ages 6+ (£1 per rehearsal)

Rehearsal Dates: 10th (11.30-12pm) 17th & 24th March (11.30-12.15pm)

Performance - Easter Day Service - Sunday 31st March 10am

For more information or to book a place, call or email Fr. Martyn:
07743 785884 stgabrielsvicar@icloud.com



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.



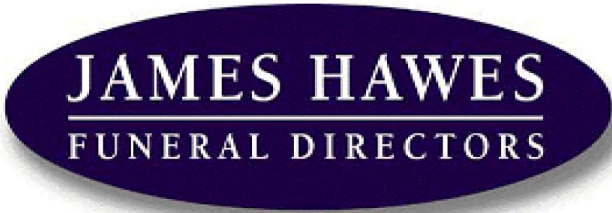
Time: 11.30am – 12noon

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. (Hebrews 4:12)

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

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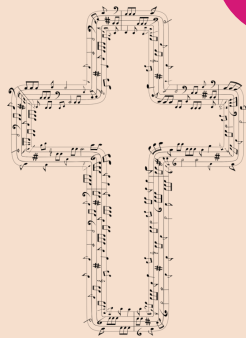
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All Age Service

- 10am - Shorter Service
- Relaxed, Welcoming
- Live Music
- Interactive Activity

1st
Sunday of
the month



Followed by
Tea, Coffee
and
Cakes

Sunday School

Every
Sunday
(except 1st of
month)

- 10am - For Children and Young People
- Leave near beginning and return for communion
- Biblical Crafts
- Stories, Songs, Drama, Prayers



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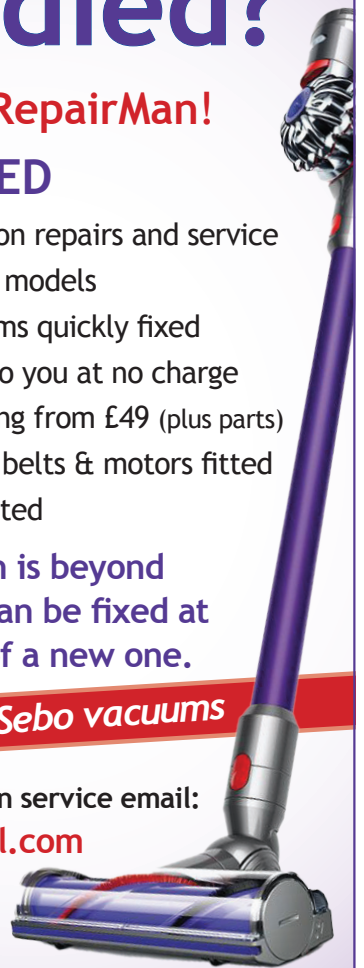
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Hall & Church Users. Most groups meet in Hall unless otherwise stated. Some groups run during term time only.

Group	Type	Day	Time	Contact Email
Wanstead Park Preschool	Pre-school	M→F	8am-3pm	manager@wansteadparkpreschool.omnicrossoft.com
Hot Shots Football	Children's Football (5-11 years)	M&Th	3.30-4.30 Mon & 4-5 Thur	mcnike13@aol.com
Beavers	Children's Uniform Group	Mon	5.30-6.30pm	21stef.s.beavers@gmail.com
Keep Fit with Tom	Adult Fitness	Mon	6.15-7.15pm	tmmmdixon@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	21stef.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	carlance1@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	7.00-8.30pm	21stef.scouts@gmail.com
Babyballers	Toddler & Children's Football (16 Month-5years)	Sat	9.25am-11.30	https://babyballers4.class4kids.co.uk/ Sophie@babyballers.com