

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

Weekly Newsletter  
15<sup>th</sup> October

10am Parish Eucharist  
*Celebrant* Fr. Martyn Hawkes  
739, 649, 249, (456), 252

11.30am Safeguarding training in the church. The session is open to anyone, recommended for any persons holding a pastoral role and mandatory for clergy, PCC members and lay members

1pm onwards Forest Philharmonic rehearsal, followed by concert at 6.30pm

### This Week

#### **Evening Prayer**

5pm Monday to Thursday on Zoom & in church  
No evening prayer on Friday

#### **Tuesday 17<sup>th</sup> October**

10-12 Open Church

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

#### **Wednesday 18<sup>th</sup> October**

9.30am Prayer Group  
11am Holy Communion  
12 noon The Preschool Play Group  
3.30 After School club

7-8.30pm 10 Blake Hall Crescent Spiritual Growth Group will explore the theme of 'Awareness' with extracts from the book 'Visions of Grace' All reading materials provided on the evening & all are welcome, but if you would like to know more before attending do ask at church or email [aldersbrookvicar@gmail.com](mailto:aldersbrookvicar@gmail.com)

#### **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 Open Church**

12 - 1pm Organ music and an invitation to stay, listen, talk, pray. There will also be an opportunity to donate to support the organ fund. All are welcome!

#### **Next Sunday 22<sup>nd</sup> October**

5pm Come and Sing Evensong. Guest preacher Revd. Sharon Quilter. See flier for more details. All singers welcome to rehearse with the choir at 4pm.

#### **Sunday 5<sup>th</sup> November**

5pm All Souls' Day Service  
We have an annual service to remember loved ones departed. Names can be added to the list at the back of church to be read out in the service. Please write legibly.

#### **Sunday 5<sup>th</sup> November**

Church Hall paint day. Friends of St Gabriel's are spearheading a day to repaint parts of the church hall. If you'd be willing to get involved, come along in your paint clothes to church & help out afterwards. The more the merrier. Please let Rusty know [rusty@livoock.com](mailto:rusty@livoock.com).

#### **Thursday 9<sup>th</sup> November**

6pm in church. Aldersbrook and Lake House: Who Do We Think We Are? The Friends of St Gabriel's invite you to a celebration of local history, with self-guided trails of the church, stalls and an illustrated talk about the early social history of these estates. Tickets £5 on the door or in advance: <https://st-gabriels-church.sumupstore.com/product/who-do-we-think-we-are>

#### **Foodbank Update**

A huge thank you for the generosity of all who donated to the foodbank so magnificently at the Harvest service. Your gifts will relieve the anxiety of families struggling to buy food each week, and enable them to eat in a way that we take too easily for granted. Helen and the team.

*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 Monday 23<sup>rd</sup> October. Thank you Teresa Smith

#### **Advance Notice: Christmas Market 1<sup>st</sup>/2<sup>nd</sup> December**

Preparations will be starting shortly for this major fundraising event. Items that will be needed include bottles/cans for tombola, books, bric-a-brac & unwanted gifts. More details to follow soon.

Are you a social media person? If you might be willing to share fliers or information with the wider community on instagram or X (twitter) on behalf of St Gabriel's we'd love to hear from you. There is a small group of us who do this but would welcome help with either of these platforms.

#### **All-age Sundays**

The first Sunday of each month is our all-age service and we are building a team to offer welcome, help with aspects of the service, provide refreshments etc. If you are interested in helping as we build this team please speak to Fr Martyn. The next service is All Saints' Sunday 5<sup>th</sup> November

#### **For Our Prayers**

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

Aliandra Adelin, Eva and Peter Baker, Frances Bonnick, 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, Mary Watts & those on the Prayer Board

##### **For the recently departed:**

Jim Wragg

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

Dorothy Gurr, Henry Cater, Jennifer Wright