

# St Gabriel's Aldersbrook

Parish Magazine - Spring 2023



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: [vicar@stgabrielsaldersbrook.org.uk](mailto:vicar@stgabrielsaldersbrook.org.uk)

## Parish Hall

For information and bookings contact Nick;

07828 582366, email [aldersbrookstgabriels@gmail.com](mailto:aldersbrookstgabriels@gmail.com)

Website <http://stgabrielsaldersbrook.org.uk/>

We are also on Facebook and Twitter

## Regular Service Pattern:

1<sup>st</sup> Sunday of the Month: 8.30am Holy Communion

10.00am All-age Parish Eucharist

2<sup>nd</sup>, 3<sup>rd</sup> Sunday: 10am Parish Eucharist

4<sup>th</sup> Sunday: 10am Parish Eucharist

5pm Evening Service, followed by shared meal

Wednesday 11am Holy Communion

## Times for Prayer:

Evening prayer: Mon-Thu 5pm in church and on Zoom

Wednesday 9.30am Prayer hour

2<sup>nd</sup> Tuesday 7.00pm Adoration of the blessed sacrament

4<sup>th</sup> Tuesday 7.30pm Contemplative prayer

The church is open Tuesday and Thursday from 10.00 till noon

## A church for the community

When I arrived in Aldersbrook, now coming up for 12 years ago I came to a church that largely did its thing and invited people from within and without to participate. It was warm and welcoming but it was the church offering something that others could take or leave. That had been the way of the church of England for many generations. But, in recent times, and in accelerating fashion, the church has become not the thing to be part of, but at best a thing to be part of, and for many an increasing irrelevance.



My own implicit understanding of church has been influenced by the fact that I spent some of my earliest years living in a community. Our family was part of a group of at one point nearly 100 people living in a disused monastery in the heyday of Christian commune living in the 70s. It was by no means a perfect upbringing, and I'm sure a therapist could help me understand many of my current 'issues' from that experience! But, one thing that has stayed with me is the value of each other: I can't become the best me without relationships, which help me to grow, learn and love more.

I think that's true in so many spheres of life, and I think it's true for our society as well. I believe the church has something to offer in that exchange, but I think it also has much to learn and receive as well through deep and rich encounter with others different to ourselves. As the many and varied events in church recently have shown, there are lots of ways of gathering people together: to create community, build friendships, and also raise funds for what we hope is a true community resource that people have so generously supported. (We're always open to new ideas as well, just get in touch!)

One of the most beautiful things I heard recently was when someone (not a regular churchgoer) corrected themselves after making a comment about 'your church', to saying with a bit of a smile 'oh, it's actually our church isn't it?'. If we could truly reach the point where everyone could see the truth of the Spanish saying 'mi casa es su casa' when speaking about St Gabriel's then we'd know we are no longer an irrelevance but a meaningful part of life here in Aldersbrook.

**Martyn**

## Upcoming dates and events

**Saturday March 11<sup>th</sup>:**

Messy Church 2-4pm



**Sunday March 12<sup>th</sup>:**

Forest Philharmonic Concert 6.30pm

**Friday March 17<sup>th</sup>:**

Friends of St Gabriels - St Patrick's Day  
Ceilidh

**Saturday March 18<sup>th</sup>:**

All Saints' Chorus 6.30pm

**Sunday March 19<sup>th</sup>:**

Mothering Sunday 10am Service



**Saturday March 25<sup>th</sup>:**

Valentine Singers 7.30pm

**Saturday April 1<sup>st</sup>:**

Quiet Day at St Gabriel's 11am - 4.30pm

**Sunday April 2<sup>nd</sup>:**

Palm Sunday Service 10am



**Friday April 7<sup>th</sup>:**

Good Friday - Children's Service 11.30am

**Sunday April 9<sup>th</sup>:**

Easter Sunday 6am and 10am

**Sunday April 30<sup>th</sup>:**

Annual Parish Meeting



## Religions Quiz

1. Which book of the Bible is a collection of 150 songs and poems? (a) *Psalms* (b) *Chronicles* (c) *Lamentation*
2. Taoism is an ancient religion which originated in which country? (a) *Japan* (b) *Vietnam* (c) *China*
3. Guru Nanak was the founder of which religion? (a) *Hinduism* (b) *Sikhism* (c) *Jainism*
4. Which form of Christianity is the national religion of Scotland? (a) *Methodist* (b) *Presbyterian* (c) *Baptist*
5. The world headquarters of The Church of Jesus Christ of Latter-day Saints is located in which American city? (a) *Denver* (b) *Phoenix* (c) *Salt Lake City*
6. Which evangelical Christian association founded in 1899 in Wisconsin has the primary activity of distributing free copies of the bible? (a) *Gideons International* (b) *Jehovah Witnesses* (c) *Mormons*
7. Who founded The Church of Scientology in 1954? (a) *L. Ron Hubbard* (b) *Martin Luther* (c) *George Fox*
8. Which Jewish holiday means 'dedication' in Hebrew? (a) *Yom Kippur* (b) *Rosh Hashanah* (c) *Hanukkah*
9. The Golden Temple, the most important pilgrimage site of Sikhism, is in which Indian city? (a) *Delhi* (b) *Mumbai* (c) *Amritsa*

*For people of all faiths and good will*

# Quiet Day

Saturday April 1st  
11.00 - 4.30



You are invited to a day of quiet reflection  
in the beauty and peace of  
**St. Gabriel's Church.**

This will be a time to step outside the routines and demands of everyday life. Together we will create and sustain an atmosphere of silence within which to reflect, rest and allow ourselves to simply be.

The day will be structured to include group meditations and time to pursue your own exploration and musing, perhaps reading, drawing, writing, or simply sitting or walking.

The day is timed to fall within Lent: the time when Jesus withdrew into the wilderness to reflect and pray.

We hope that this will be an opportunity for all who come to dwell in their own inner journey, in the quiet company of others.

## You will be very welcome.

Hot drinks will be provided.  
Please bring your own lunch.

It is helpful if you let us know in advance that you are coming.  
If you have any queries contact Lesley or Heather via email:  
[aldersbrookstgabriels@gmail.com](mailto:aldersbrookstgabriels@gmail.com)

Small donations welcome on the day.  
Bike racks and parking available.  
Buses that stop outside St. Gabriel's: W19, 101.



**St Gabriel's Church**  
**Aldersbrook**



**Spring!**



**Saturday 11th March 2023 2-4pm**

**All Welcome!**

**Free of charge - small donations welcomed**

## An Inclusive Church

St Gabriel's has a long tradition of supporting and promoting a Christian way which seeks to welcome and affirm the sacred value of every human person, made in the image and likeness of God.

We are a member of inclusive church, whose statement we support:



*"We believe in inclusive church - a church which celebrates and affirms every person and does not discriminate.*

*We will continue to challenge the church where it continues to discriminate against people on grounds of disability, economic power, ethnicity, gender, gender identity, learning disability, mental health, neurodiversity, or sexuality.*

*We believe in a Church which welcomes and serves all people in the name of Jesus Christ; which is scripturally faithful; which seeks to proclaim the Gospel afresh for each generation; and which, in the power of the Holy Spirit, allows all people to grasp how wide and long and high and deep is the love of Jesus Christ."*

If you're unsure whether you'll be truly welcome here, we just want to say give us a try because not everything you read about the church is true of St Gabriel's!

And in case there is any doubt: we would be delighted to offer a blessing to any couple who would wish to arrange that either in a special service, or as part of a Sunday service.

## The English Spring - June Cocksedge

I thought it was a leaf blowing in the wind - but no! It was a bluetit flying down to perch on the bare branch of the wild rose bush. I am looking out of my kitchen window into the back garden - I should be concentrating on washing up after breakfast! - but the sunshine, blue skies and scudding clouds are a welcome diversion. It is the 1<sup>st</sup> of Feb! It should be grey and miserable - but no! Mother Nature has donned her early Spring garb! Buds are swelling ready to open, whilst dried up Autumn leaves still lie around in sodden piles - good for the compost bin!



Now I must concentrate on the task ahead - it is bird watching for the Big Garden Bird Watch for the RSPB. They only ask members to record birds they observe in one hour! Many are migrants passing through - heading for warmer climes in Africa! My binoculars are helpful.

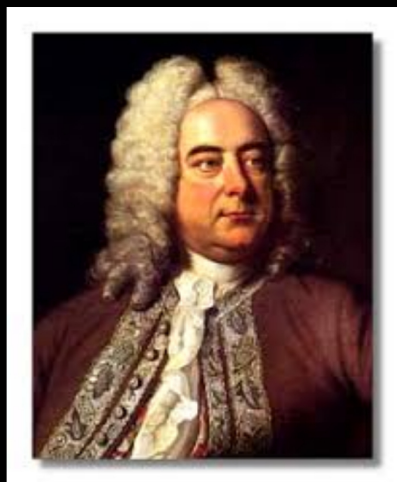
I note the pair of wood pigeons sitting together on my climbing-rose arch - billing and cooing! I wonder where they nest? They could be the same pair I've seen on the neighbours' silver birch. Now starlings and magpies are quarrelling for the same perch! My hour is up - thank you birds for brightening my day - which now has turned typically grey and windy! Welcome to the English Spring!

*St Gabriel's Church, Aldersbrook*

E12 5HH

Saturday March 18 2023

6.30pm



Handel's  
'Messiah'

**All Saints Chorus & Orchestra**

Conductor - Jon Cullen

More information to be advised  
Tickets available from Eventbrite or  
the church in January

[www.allsaintschorus.org](http://www.allsaintschorus.org)

**Christian Aid WEEK 2023** - Save the Date 14-20 May

Thank you so much for your generous donations in Christian Aid Week 2022. The money we raised locally, £1510.84 including Gift Aid, is supporting and helping 15,000 people with the skills they need to build their resilience to climate shocks and to provide for their families.



**Christian Aid working in Ukraine.** The invasion by Russian forces is destroying the homes and the freedom of Ukraine people to lead their own lives. An estimated 15.7 million Ukrainians need humanitarian assistance. This includes 7.1 million internally displaced persons (IDPs) living in private homes with host communities and in collective centres. Millions of Ukrainians are living in damaged homes or in buildings which are inappropriate for their needs and which will not provide sufficient protection from the harsh Ukrainian winter. Temperatures can plummet to as low as -20C in parts of the country.

Christian Aid is working with partners to provide hope and to ensure people survive and rebuild. If you are able to support this work donations can be made via <https://www.christianaid.org.uk/ukraine-appeal>

Every prayer, every gift, every action brings hope to the people of Ukraine.

Thank you again for your continued support. We really do make a difference.

**Turkey and Syria Earthquake Appeal** As we know, a devastating 7.8 magnitude earthquake has struck south-eastern Turkey near the border with Syria, followed by a series of powerful aftershocks. This is the deadliest and most powerful recorded earthquake to hit Turkey in decades and many thousands of men, women and children have died or are injured.

But even before this devastating earthquake, there were over four million people in need of aid in Northwest Syria. Christian Aid has already been working with local partners in Northwest Syria to provide winter kits; including plastic sheeting, mattresses, blankets, and heating materials, to people seeking shelter.

The response to humanitarian needs in Ukraine has been remarkable, please now donate what you can to support those impacted by the Earthquake in Turkey and Syria at <https://www.christianaid.org.uk>

**Sue Mutter**



## Friends of St Gabriels

This St Patrick's Day, the Friends of St Gabriel's invite you to a Ceilidh in the church.

Our next fundraiser on Friday 17th March 2023 will once again see the church transformed by candlelight for a night of entertainment in aid of refurbishments to the hall. We are delighted to have live music and ceilidh calling by renowned band The Shipsters. The bar is run St Gabri-Ales offering a great selection of real ale, lager, wines and fizz. No experience is necessary as all the steps are explained. Thanks to generous support by Stow Bros every ticket purchased gives entry into a prize draw to win an Irish themed hamper.

Get your tickets at our sumup page: <https://st-gabriels-church.sumupstore.com/product/st-patrick-s-day-ceilidh>



friends of **A**

THE STOW  
BROTHERS

**St Patrick's Day  
Ceilidh**  
in St Gabriel's Church, Aldersbrook

Friday 17<sup>th</sup> March 2023, 7-11pm

Live music and ceilidh calling  
by The Shipsters

Bar by St Gabri-Ales

Join us inside the church for a fun-filled night  
of country dancing to a live band.

No experience is necessary and  
all the steps are explained.

Tickets £20 in aid of the Friends of St Gabriel's

<https://bit.ly/StGCeilidh>

# Sesame Pilates and Yoga

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

Thursday - Zoom Class- 11am-12pm

Friday - 10am - TBC



sesameseed@hotmail.co.uk



07730372788



www.fitnesspilatesandyoga.co.uk





## What Takes Your Breath Away?

What stops you in your tracks?

A view? Music? Art? The moon? Birdsong? Engineering? Words?

We respond to life in our unique way and it's worth noting when you gasp in awe or when you sigh deeply. These involuntary responses are medicine for you: your body is releasing tension and receiving endorphins - your natural feel-good chemicals. It's literally a tonic if we pause for a moment to let it in.

It's also a reflection that our body, mind and spirit are in harmony. And life will feel more like a joy-ride rather than perilous roller-coaster.

Energy medicine was the game changer for me: I learned how to live from my natural energy rather than will power. It's the difference between rowing and sailing through life. One is all effort and no view. The other is skilled use of all your senses - and you get to see the view.

Do get in touch if you'd like to know more: [willaking@gmail.com](mailto:willaking@gmail.com)

*Willa King*

## Tin in a Bin

Last year was difficult and it is likely that this one will be even worse. So thank you to everyone in Aldersbrook who has supported Tin in a Bin in the past, we really need your continued help.

There are now more than 50 collection points working together to help the most needy in Redbridge, Leytonstone and Manor Park. The donations continue, supporting the work of local foodbanks, homeless shelters and other local charities.

If you would like to get involved, the Tin in a Bin network always welcomes new volunteers to sort and bag donations on a Wednesday and Saturday; there are Duke of Edinburgh volunteering opportunities; companies are invited to get involved through Corporate Volunteering Days; or you can put out a bin in your front garden! For more information on any of these possibilities, please contact Sue Patterson: 07939 035173

If you'd like to give, but you're not sure what to donate, these items are always in demand:

- Tinned meat, chilli, curry, pies etc
- Canned fish
- Cereals (no porridge)
- Small bags of rice
- Small bags of pasta
- Tins of fruit
- Tins veg (no peas)
- Tins beans
- Jam and spreads
- sanitary products, nappies (size 3 and above), baby wipes



You can find Drop-off points 96 Harpenden Road, 36 Dover Road, 92 Herongate Road, 50 St Gabriel's Close, 28 Clavering Road, 90 Wanstead Park Avenue - and of course at the church.

Thank you again for all your support.

***Helen Bonnick***

### Quiz Answers

1 (a) 2 (c) 3 (b) 4 (b) 5 (c) 6 (a) 7 (a) 8 (c) 9 (c)

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[www.variationsdancestudio.co.uk](http://www.variationsdancestudio.co.uk)



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**Children welcome from age 4 to adult for music lessons (1-to-1, 2-to-1 and small groups) and from age 2 for dance classes.**

**Email: [sara@variationsdancestudio.co.uk](mailto:sara@variationsdancestudio.co.uk) Tel: 07799 778 565**

## Children's choir

Open to ages 6+  
St Gabriel's Church E12 5HH



Join for one or more blocks of fun sessions with a special song to sing in a service \* at the end  
Sundays 11.30 – 12.15 (£1 per rehearsal)

Mother's Day  
19<sup>th</sup>, 26<sup>th</sup> Feb, 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> March 10am

Father's Day  
14<sup>th</sup>, 21<sup>st</sup> May, 11<sup>th</sup>, 18<sup>th</sup> June 10am

Harvest  
3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> Sep, 1<sup>st</sup> October 10am

Christmas  
19<sup>th</sup>, 26<sup>th</sup> Nov, 3<sup>rd</sup>, 10<sup>th</sup>, 15<sup>th</sup> 6.30 & 17<sup>th</sup> 6.00 Dec



For more information or to book a place  
Fr Martyn: 07743 785884  
aldersbrookstgabriels@gmail.com

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Mike @ 28 Clavering Road, E12 5EX (Aldersbrook)  
**0208 518 8479**  
**Mob: 075 439 35 423**  
**tymemories2006@gmail.com**

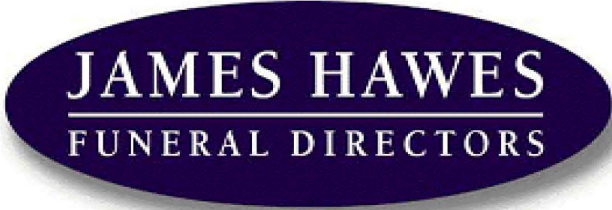
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Hall & Church Users. Most groups meet in Hall unless otherwise stated. Some groups run during term time only.

Group	Type	Day	Time	Contact Email
Wanstead Park Preschool	Pre-school	M→F	8am-3pm	manager@wansteadparkpreschool.onmicrosoft.com
Hot Shots Football	Children's Football (5-11 years)	M&Th	3.30-4.30 Mon & 4-5 Thur	mcnike13@aol.com
JAM Coding Club	Children's Computer Coding	Mon	3.30-4.30pm	sabana.p@jamcoding.co.uk
Beavers	Children's Uniform Group	Mon	5.30-6.30pm	21stefs.beavers@gmail.com
Keep Fit with Tom	Adult Fitness	Mon	6.15-7.15pm	tmmixon@hotmail.co.uk
Pilates	Adult Fitness	Mon	7-8pm	sesameseed@hotmail.co.uk
Yoga	Adult Fitness	Mon	8-9pm	yogaontheflats@gmail.com
Knit & Natter	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	21stefs.scouts@gmail.com
Preschool Carers Group	Parent & Carer Children's group (up to 4 years) in Church	Wed	12-1.30pm	aldersbrookstgabriels@gmail.com
Make it, Do it	Children's Arts & Crafts Group (5-11) Upstairs Hall	W&Th	3-4.45pm	makeitdoitlondon@googlemail.com
After School Club	Children's group (5-11). Held in the Church. Term time only	Wed	W-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	carlaine1@btinternet.com
Tai Chi	Adult Fitness. Held in the Church	Thur	10.30-11.30	hart278@btinternet.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	Young People's Uniform Group	Thur	6.30-7.30pm	sarah_giriguidingwanstead@hotmail.com
Rangers	Young People's Uniform Group	Thur	7.30-8.30pm	sarah_giriguidingwanstead@hotmail.com
Cubs	Children's Uniform Group	Fri	7.15-8.45pm	ahamadur21stefs@outlook.com
Babyballers	Toddler & Children's Football (16 Month-5years)	Sat	8.50am-11.30	<a href="https://babyballers4.class4kids.co.uk/">https://babyballers4.class4kids.co.uk/</a> Sophie@babyballers.com



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