

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

Weekly Newsletter

Sunday 8<sup>th</sup> February

10am Parish Eucharist  
*Celebrant:* Rev. Canon Martyn  
Hawkes  
*Deacon:* Rev. Amy Taylor  
*Preacher:* Henry Lau  
6, 84, 392, (554), 684

During communion today there is  
the opportunity to receive anointing  
and prayers for healing in the  
Annunciation Chapel

After church today the PCC will  
meet upstairs in the hall

### This Week

#### **Morning Prayer**

9am Monday, Wednesday &  
Thursday  
In person only and all welcome

#### **Evening prayer**

5pm Monday – Thursday  
On zoom and in-person

#### **Tuesday**

10:00am – 12 noon Open Church  
We have two regular volunteers to  
keep the church open on Tuesday,  
but we could use 1 or 2 more, who  
are willing to help out once or twice  
a month.

Please let Martyn know if you can  
help, or speak to Evelyn and Sandra  
to see what is needed or sign up on  
the sheet.

1.30pm Get-together group in  
church - a social gathering for  
company and conversation.

#### **Wednesday**

11am Holy Communion

12 - 1.30pm Preschool Play Group  
3.30pm After School Club

#### **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.

#### **Palm crosses**

If you still have your palm cross  
from last year please return it to  
church so that we can make the ash  
for our Ash Wednesday services on  
the 18<sup>th</sup> February at 11am and 8pm.

#### **Tuesday Get Together Group**

The Get-Together Group will be  
serving pancakes on Tuesday 17<sup>th</sup>  
(Shrove Tuesday) during the session  
All are welcome  
The following week (24<sup>th</sup> Feb) they  
will meet in the Golden Fleece for  
the termly lunch.

#### **Can you help please?**

Do you have a van? Could you give  
a half day? We have a pile of  
unwanted furniture and rubbish to  
move and we would rather not have  
to pay for its removal! If there is any  
way you might help, please contact  
Rusty at [Rusty@Livock.com](mailto:Rusty@Livock.com)

#### **Holiday Club 2026 - Dream.**

Please put our annual Holiday Club  
in your diaries, thoughts & prayers!  
21<sup>st</sup> - 24<sup>th</sup> July with a set up day on  
the 20<sup>th</sup>. Clare and Anthony are on  
the lookout for anyone who can help  
us bring some fun to the start of the  
summer holidays for local children.  
All ages, experience and abilities  
welcomed.  
[stgabrielsfamilies@gmail.com](mailto:stgabrielsfamilies@gmail.com)

#### **Sunday 15<sup>th</sup> February**

Redbridge Brass - Film music  
See posters and fliers in church or  
online for details

#### **Monday 13<sup>th</sup> April**

8pm Book club Meeting  
We will be reading Rhidian Brook's  
Notes on an Execution for its Lent  
book, and will also have a novel to  
read alongside: Theo of Golden by  
Allen Lev. You would be very  
welcome to join the next meeting  
when both books will be discussed.

#### **Used Stamps**

Thank you to everyone who has  
donated their used stamps. Just bring  
then to church to put in the box at  
the back. These will be sent off to  
benefit an animal charity. Thank you  
again. Sue Maudsley

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

#### **Saturday 14<sup>th</sup> February**

2-4pm Messy Church - Reflect!  
Come along - it's for everyone!  
As well as activities that explore  
literal reflections & echoes we will  
be reflecting on our priorities. Clare  
would be grateful to hear from those  
interested in getting involved- all  
talents embraced! You are all invited  
to come along & enjoy St Gs' most  
relaxed & creative worship for all.

#### **Lent course**

We are joining with the diocese in  
100 days of prayer, as together we  
seek to chart a way to a sustainable  
pattern of ministry. The course  
offers a reflective reading of  
scripture together & conversation on  
one of the Diocese core values.  
There are two times to join -  
Wednesday evening at 7pm (church)  
& Monday lunchtime (venue to be  
agreed). Please do sign up for one or  
the other if you can.

It begins on Monday 23<sup>rd</sup> and Wed  
25<sup>th</sup> February and run for 5 weeks,  
with an Easter gathering hopefully  
bringing both groups together.

#### **Prayer list**

We're looking at how we manage  
our prayer list. If you're aware of  
someone on the list that is in a more  
stable place please speak to Amy or  
Martyn to provide an update. In  
different ways it would be good to  
be able to keep the printed sheet to a  
manageable size.

#### **For Our Prayers**

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

Saadia Akmal, Michelle Baker,  
Joyce Demetriou, Peter Ellis,  
Jennifer Hale, Kelly Harmsworth,  
Nicky Hooper, Faye Jackman,  
Doreen Karsondas, Janis Lalor, Jack  
Lewis, John Mitchell, Angela Ng,  
Marie Norman, Judy Scrivener,  
William Starling, Jean Umoh,  
Kamalasan Vilait, Julie Waite-  
Wilson, Anita Watts, Mary Watts,  
Shirley Yick & those on the Prayer  
Board

#### **For the recently departed;**

Shu Fan Ng

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

Oliver Joseph, Ellen Galer