

St Gabriel's Church,
Aldersbrook
www.stgabrielsaldersbrook.org.uk

Weekly Newsletter
25th February
Lent 2

10am Parish Eucharist
Celebrant Fr Martyn Hawkes
54, 626, 332, (622), 104

As part of our Lenten exploration of wellbeing today Jen will share some reflections from her perspective as a therapist in the sermon slot today.

5pm Sung Evensong
Welcome to a Book of Common Prayer service.

This weekend volunteers are working on a project to paint parts of the hall. For this reason we will need to share refreshments in church today. Any offers of assistance will be welcome even at this late stage.

This Week

Evening Prayer

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

Tuesday

10-12 Open Church
1.30pm-3.30pm Afternoon Social Group in church

Tuesday 27th February

2pm at the afternoon club in church there will be a short presentation from the health authority about the prevention & diagnosis of bowel cancer, the 2nd highest cancer killer. All are welcome.

No contemplative prayer this month due to a diary clash

Wednesday

9.30am Prayer Group
11am Holy Communion
12 noon The Preschool Play Group
3.30 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.

Saturday

12 - 1pm Open church Saturday
Organ music and an invitation to stay, listen, talk, pray. A time to take some time out from the busyness of life during Lent. All welcome!

Next Sunday 3rd March

8.30am Holy communion
10am All-age Parish Eucharist
Still a few roles for this service to be filled - if you'd like to help speak to Rachel or Martyn today.

No Sunday School until 17/3 due to 25/2 Half Term, 3/3 All Age Service & 10/3 Mothering Sunday

Monday 26th February

8pm The book club will be discussing *The Wife of John the Baptist* at the vicarage. Looking to Easter, we'll be reading Richard Rohr's Lent book, "Wondrous Encounters" which will be discussed on Monday 15th April at 8pm.

Lent Course

Continues Tuesday 27th February, 12 noon, and Wednesday 28th, 7pm. If you missed the first session you are still very welcome to attend.

Saturday 2nd March

Barking Area Vocations Day at St Margaret's, Barking. For anyone wishing to explore a vocation to a variety of ministries. See Fr Martyn for how to reserve your place.

Easter Quiet Day

Please note the date for this is Saturday 20th April, not 27th as advertised previously. More information to follow.

Foodbank Update

Thank you so much for your continued generosity to the foodbank and Tin in a Bin, even as times are tight for all of us. Too many people depend on these donations to feed their families each week, and there is no sign that the numbers will decrease any time soon. Please do continue to do what you can, knowing that every single item is desperately needed. Thank you. Helen and the team.

Items for weekly notices need to submitted by Thursday evening.
(sarabertrand47@gmail.com)

The magazine will be arriving this week - if you'd like to get ahead with delivery do please let Martyn know and from Friday we can get these distributed.

Saturday 2nd March

10 - 12.30am St Gabriel's Charity Coffee Morning. Would any volunteers available to serve tea/coffee let Martyn know today. Also still needing more cakes. And even if not available to help, why not drop in to support local charities in the area and bring a friend along.

Musical March: concerts & events

Sunday 10th Forest Philharmonic
Saturday 23rd Harp/cuatro/vocal concert - Ricardo Curbelo. Anyone who'd like a free ticket and help with refreshments on the night please see Martyn.

Saturday 16th March

St Patrick's Day Ceilidh
6-10.30pm - see poster for details.
Tickets now available at £15 Adults/£5 children over 5 years
<https://st-gabriels-church.sumupstore.com/products>

Children's choir for Easter

Rehearsal dates: 10th March 11.30 - 12, 17th March 11.30 - 12.15, 24th March 11.30 - 12.15
Singing on Easter Day 10am service

Sunday 17th March

Soup lunch after church for the diocesan Lent appeal.

For Our Prayers

For those who are sick:

Mr Ali, Eva and Peter Baker, 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, Bibi Rahman, Mary Watts & those on the Prayer Board

For the recently departed

Michael Wilcox, Samantha Jennings, Ruth Palmer
and those whose anniversaries occur at this time:
Lilian Parkin, Eileen Watts, Lilian Cousins, John Parkin