

St Gabriel's Church, Aldersbrook

www.stgabrielsaldersbrook.org.uk

Weekly Newsletter
Sunday 16th February
2nd before Lent

8.30am Holy Communion
Celebrant Fr. Martyn Hawkes

10.00am Parish Eucharist
Celebrant Fr. Martyn Hawkes
(186, 375, 671, 939, 32)

Fr. Chris is away for half term.

This Week

Wednesday

11am Holy Communion
Celebrant Fr Stephen Pugh

Morning & Evening Prayer

No Morning or Evening prayer this week as Fr. Martyn is away.

Tuesday 18th February

10.45 – 12noon Bereavement Café at Wanstead

Thursday

Connection Cafe 10 - 11:30 am
'Tai Chi' class at 10:15 am – cost £5 per session.

Sunday 8th March

5.30pm Transfiguration Service
Our MMU contemporary worship service will be at St Peter in the Forest. Come along and support!

Saturday 21st March

Next Messy Church: Messy Mothers Day - you know the drill, get thinking!

Spiritual Book Club

We are reading 'A Single Thread' by Tracy Chevalier. We are meeting in the vicarage on **Monday 24th February** at 8 pm to discuss it. All are welcome.

Tuesday 25th February

8pm Contemplative prayer

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

Wednesday 26th February

Ash Wednesday

Services at 11am and 8pm Sung Eucharist at St Gabriel's. Plus 1.25pm in Snaresbrook Crown Court

Sunday 15th March

Lent Soup Lunch.

Diocesan Lent appeal this year has not yet been announced.

Thursday evenings - a series of talks by the bishops & archdeacons of the diocese in relation to the Environment at St Paul's Stratford. Details available at the back.

Thursday lunchtimes

Lent series at Christ Church by Canon Ann - all are invited. Course flyers now available at the back. Fr Martyn will conclude this with a reflection on the Archbishop's Lent book by Ruth Valerio entitled *Saying Yes to Life*. That same reflection will form part of a Quiet Evening on **Tuesday 24th March** including contemplative silence in our normal monthly pattern.

#live!ent

The Church of England's Lent focus on the environment.

www.churchofengland.org

You can sign up to receive daily email reflections during lent, or from an upcoming mobile phone app. There are also booklets that Fr Martyn will order on demand if you prefer.

For the diary: Parish Pilgrimage

Due to difficulties with arrangements with Oxford this year, Fr Stephen has kindly arranged for us to go to Guildford – the date is September 19th. So, do put this in your 2020 diary.

Foodbank Update

We're already in to February but it still feels chilly enough for soup and stew! We'd like to focus on this food in our donations for the next few weeks - meat, vegetable, any and all sorts. Thank you. Helen and the team.

Parish Magazine

We are aiming to produce 4 magazines in 2020 – slim, but full of content! You have until 1st March (no later, no exceptions) to submit articles to Ron for the next edition so do get writing!

Thank You...

To everyone who helped with the Charity Coffee Morning especially to Ron & Margaret. Plus thanks to everyone who helped with the Open Mic Night.

ADVANCE NOTICE

Summer Holiday Club 2020: August 24-28.

Volunteers needed to support, encourage and lead young people during a week of fun-filled activities. Please speak to Anthony Yearwood for further information.

Social Events

Would you like to help organise an event with others to raise funds for St Gabriel's and gather the community together? We need people willing on a one-off basis to have a go – support and encouragement provided, and people will help, but we need people to work together to make it happen! See Fr Martyn if you are willing.

For Our Prayers

Those who are sick:

Madeleine Arnold, Mark Arnold, Frances Bonnick, Ann Brown, Victor Christie, Pauline Duncombe, Peter Ellis, Eileen Galer, Phyllis Lehreman, Jacqueline McNie, John Mitchell, Christine Shannon, Norma Stevenson, Kevin Thomas, Revd Pat Wallson, Cynthia Williams, Jean Winstone & Johnno Woods

For the recently departed

Comfort Owusu Ansah

and those whose anniversaries occur at this time

Elsie Collings, Vera Parkin, Maurice Russell, Eva Joslin, Thomas Dady, Doris Manwaring, Edith Edith, Barbara Brownfield

Prayer

St Gabriel's has a prayer circle where people commit to praying in confidence for any urgent concern. Please speak to Amelia our Pastoral Assistant to know more or you can text a prayer concern to her on 07534 411745.