

## St Gabriel's Church, Aldersbrook

[www.stgabrielsaldersbrook.org.uk](http://www.stgabrielsaldersbrook.org.uk)

Weekly Newsletter  
Sunday 23<sup>rd</sup> February  
Sunday before Lent

8.30am Holy Communion  
*Celebrant* Fr. Martyn Hawkes

10.00am Parish Eucharist  
*Celebrant* Fr. Martyn Hawkes  
(100, 655, 756, 114, 252)

### This Week

#### **Morning & Evening Prayer**

Morning prayer:  
Mon 11am, Tue – Thu 8.30am  
Evening prayer 5pm: Mon – Thur

**Tuesday 25<sup>th</sup> February**  
8pm Contemplative prayer

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

#### **Thursday**

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

#### **Sunday 8<sup>th</sup> March**

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

#### **Saturday 21<sup>st</sup> 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 24<sup>th</sup> February** at 8 pm to  
discuss it. All are welcome.

#### **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 19<sup>th</sup>. So, do put this in  
your 2020 diary.

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

#### **Sunday 15<sup>th</sup> 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 24<sup>th</sup> March**  
including contemplative silence in  
our normal monthly pattern.

#### **#livelent**

The Church of England's Lent focus  
on the environment.  
[www.churchofengland.org](http://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.

#### **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.

#### **Confirmation & First Communion**

St Gabriel's is hosting confirmation  
this year on May 10<sup>th</sup>. Young  
people's sessions start next Sunday 1<sup>st</sup>  
March at 12 noon. Any young people  
interested speak to Fr Martyn.

Adult sessions will be arranged for  
any interested candidates. Again see  
Fr Martyn.

First communion will take place in  
our new service on Sun 14<sup>th</sup> June.  
Preparation starts after Easter for  
children 7+.

#### **Flute and Sax Recital Sun 8<sup>th</sup> March**

– John and Kerry are putting on a  
concert at 12pm in church including  
John's Saxophone Sonata. 1 hour  
followed by refreshments – proceeds  
to church funds. Please Support!

Many thanks to Sarah Bodalbhai  
for playing for us this morning  
while John is away.

#### **Parish Magazine**

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

#### **Summer Holiday Club 2020: July**

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 – encouragement and  
support 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,  
Angela Bell-Tromans, Frances  
Bonnick, Ann Brown, Victor  
Christie, Pauline Duncombe, Peter  
Ellis, Eileen Galer, Phyllis  
Lehremann, Jacqueline McNie,  
John Mitchell, Christine Shannon,  
Norma Stevenson, Kevin Thomas,  
Revd Pat Wallson, Cynthia  
Williams, Jean Winstone &  
Johnno Woods

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

Stephen Lungley, John Card  
**and those whose anniversaries  
occur at this time**  
Vester Thomas, Ethel Burnett,  
Lilian Parkin, Eileen Watts, Lilian  
Cousins

#### **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.