

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

Weekly Newsletter  
Sunday 15<sup>th</sup> March  
Lent 3

8.30am Holy Communion  
*Celebrant Canon Martyn Hawkes*

10.00am Parish Eucharist  
*Celebrant Canon Martyn Hawkes*  
(565, 161, 408, 45, 32)

Unfortunately we have made the decision to cancel today's Lent Soup Lunch due to CoE advice relating to Covid-19. Apologies to everyone who has shopped or planned for this already but we feel this is the right thing to do at present.

#### This Week

#### **Wednesday**

11am Holy Communion

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

Morning prayer:

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

#### **Wednesday 18<sup>th</sup> March**

12 noon Redbridge Deanery  
Chapter at St Gabriel's

#### **Thursday**

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

#### **Next Saturday 21<sup>st</sup> March**

Messy Church: Messy Mothers  
Day. Volunteers and helpers  
needed to help with set up etc.

#### **Next Sunday 22<sup>nd</sup> March**

Mothering Sunday service

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

#### **Coronavirus precautions**

Due to the desire to restrict the spread of Coronavirus the following events and activities have been cancelled for the time being:

**Tuesday:** Bereavement Café

**Tuesday:** Goldies Sing

**Thursday:** Noon Lent Course at  
Christ Church

Other cancellations may be notified, and if you are in any doubt please contact Fr Martyn. In addition to previous advice and following CofE guidelines we are now discontinuing the sharing of the chalice at communion. A reminder that we share the peace with an 'elbow bump' or a bow. As the virus progresses please keep alert to the needs of the most vulnerable and do not be shy about sharing needs that St Gabriel's may be able to meet as we support one another through this pandemic.

#### **Thursday 7pm for 7.30pm to**

**9pm** at St Paul's Stratford –  
Diocese of Chelmsford Lent  
Lectures. Details available at the  
back.

#### **Foodbank Update**

You may have been following the recent discussions about panic buying - but what you might not have heard about is the impact it has on people with limited means. The shortages of certain products are now not just in Sainsbury's and Tesco but also at the Foodbank. Next time you are shopping can you buy an extra pack of pasta and some UHT milk? No need to strip the shelves, but just to make sure no one goes without. Thank you. Helen and the team.

#### **Summer Holiday Club 2020**

**21<sup>st</sup> to 24<sup>th</sup> 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.

#### **Saturday 4<sup>th</sup> April**

Parish Work/Open Day

Come along from 9:30am to help with varied tasks to help clean and maintain our beautiful church. You can drop in anytime during the day for as long as you can. See Ron or Ken for more information.

#### **Refugee Project.**

Another way to support this project raising funds to sponsor a refugee family fleeing war in Syria can be found at #refugeeswelcome [www.crowdfunder.co.uk/wanstead](http://www.crowdfunder.co.uk/wanstead). Please share this with your friends.

#### **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  
Lehman, Jacqueline McNie,  
John Mitchell, Christine Shannon,  
Norma Stevenson, Revd Pat  
Wallson, Cynthia Williams, Jean  
Winstone & Johnno Woods

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

Marcus Marius, Anchal Banerjee,

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

Dorothy Conoley, Celia Cooper,  
Carmen Joseph

#### **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