

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

Weekly Newsletter  
Sunday 26<sup>th</sup> July  
Trinity 7

10am Parish Eucharist  
*Celebrant* Fr. Martyn Hawkes  
*Preacher* Fr. Chris Smaling

### This Week

#### **Open Church**

We will be open for private prayer from 10 - 12noon on Tuesday and Thursday this week.

#### **Tuesday 28<sup>th</sup> July**

8pm Contemplative Prayer – in church and on zoom

#### **Wednesday**

11am service in church and on zoom and youtube

#### **August service plan:**

Martyn will be taking annual leave on Mondays in August and will not be in attendance on Fridays. That means that the evening prayer pattern will be as follows:

#### **5pm Evening Prayer**

**Mon & Fri** (hopefully)  
on Zoom only

**Tue to Thu**  
on Zoom and Youtube

#### **Monday 27<sup>th</sup> July**

Spiritual Book Club  
'The Monastery Murders' by E.M. Powell is the book we are reading. We will be meeting at 8pm on Zoom to discuss it. All Welcome.

#### **Lockdown cookbook**

We would be grateful for recipes you have that have sustained you through this time or food you have discovered & will remember from this testing time. Please email your recipes to [teresasmith@me.com](mailto:teresasmith@me.com). If anyone needs help then just ask. We are trying to collect them all in by the end of July. Thank you.  
Teresa Smith

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

We are now recommending the wearing of face masks in church. We are sorry if this makes people uncomfortable, but given the changing mandates we are taking a safety first approach.

#### **Fund Raiser - Treasure Hunt**

8th August – 1st September  
St Gabriel's is holding a treasure hunt based on a walking route round the Aldersbrook Estate and Wanstead Park. £5 fee to go to church funds. Due to coronavirus we won't ask you to pick up anything. It will be a simple, fun test of your observation skills. The hunt is designed for individuals, families or small groups of friends & can be done at your own time and pace. Completed answer sheets will be put into a final draw for prizes. Please register via -

1. <https://www.eventbrite.co.uk/e/st-gabriels-treasure-hunt-summer-2020-tickets-114457150418>
2. cash in person at the 8th August Jumble Trail
3. cash to Neville Brewis after Sunday services in August

#### **Foodbank**

Although the way food is distributed has changed slightly during the ongoing difficulties, the need remains and is greater than ever. At the moment the demand for UHT semi-skimmed milk is greater than we can meet, and so if you are able to include this in your shopping it would be much appreciated. The front door to church remains open 10 – 12noon Mon – Fri. Many thanks. Helen and the team.

#### **Foodbank strategy**

We have provided support to Redbridge foodbank & to households through Redbridge Mutual Aid. We now need to reflect on what we can offer to the wider community & the best way to go about that. We would love to have wide participation in this discussion as it has been one of the most visible aspects of our mission in lockdown & widely praised in the community. We aim to meet during the day on Monday 27<sup>th</sup> July & you can join in person or by zoom to be part of our plan for the next few months. Please let Helen or Martyn know if you can attend.

#### **Jumble Trail on 8<sup>th</sup> August**

Aldersbrook PTA have organised a Jumble Trail on 8<sup>th</sup> August – feel free to book your place on the trail if you are in Aldersbrook or Lake House estates, but if not and you'd like to offer some 'quality items' to a stall in the church carpark please do so to raise funds for St Gabriel's. Depending on guidelines we may be able to offer cakes for sale – watch this space for more information.

<https://www.eventbrite.co.uk/e/alderbrook-and-lakehouse-jumble-trail-2020-tickets-94592325191>

Anyone who is able to offer help on the day with staffing a stall, or general support please let Martyn know this week (email or in person)

#### **St Gabriel's Finance**

The new envelopes packs are belatedly available for collection. The new packs will be in church for givers to collect personally when they are able to.

With church now open again we still want to make sure that anyone who is unable to join us yet can give financially if they wish.

Contact Sara Bertrand

[sarabertrand47@gmail.com](mailto:sarabertrand47@gmail.com)

or Nick Riley

[aldersbrookstgabriels@gmail.com](mailto:aldersbrookstgabriels@gmail.com)

for more details on the options.

#### **For Our Prayers**

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

Madeleine Arnold, Mark Arnold, Kate Arundale, Frances Bonnick, Sara Booker, Ann Brown, Pauline Duncombe, Peter Ellis, Jan Fallowfield, Eileen Galer, Sylvia Hawkes, John Henry, Phyllis Lehreman, Alison Martell, Jacqueline McNie, John Mitchell, Motunrayo, Christine Shannon, Norma Stevenson, Mariya Stoilova, Kate Swain, Jean Umoh, Revd Pat Wallson, Cynthia Williams & Johnno Woods

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

James Henry Ford, Gwen Playle, Baz Durrent, David Martin, Tai "Tom" Cho, Gwen Playle, James Ford

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

Harry Bond, Marlene Nairn, Stanley Cater, Harold Cocksedge