

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

Weekly Newsletter  
Sunday 2<sup>nd</sup> August  
Trinity 8

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

<https://us02web.zoom.us/j/82853154907>

All services that are included on YouTube can be reached using the same link below:

[https://www.youtube.com/channel/UCjb0cVZA0KvLOt6TGy9rsDA?view\\_as=subscriber](https://www.youtube.com/channel/UCjb0cVZA0KvLOt6TGy9rsDA?view_as=subscriber)

#### This Week

#### **Open Church**

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

#### **Wednesday**

11am service in church and on zoom and youtube

<https://us02web.zoom.us/j/89864906034>

#### **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  
on Zoom only

<https://us02web.zoom.us/j/89878748179>

Tue to Thu

on Zoom and Youtube

<https://us02web.zoom.us/j/89878748179>

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 - <https://www.eventbrite.co.uk/e/st-gabriels-treasure-hunt-summer-2020-tickets-114457150418>

Or buy tickets via

1. cash in person at the 8th August Jumble Trail
  2. cash to Neville Brewis after Sunday services in August
- Do join in!

#### **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.

#### **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.

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

#### **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/aldersbrook-and-lakehouse-jumble-trail-2020-tickets-94592325191>

Last call for help with set up from 10, stall running 11 – 3.30, clear up from 3.30pm. See Martyn today. We'll have a few stalls, and refreshments of drinks only.

#### **Family Cycle Rides & Picnic**

Sunday 9<sup>th</sup> & Sunday 16<sup>th</sup> August  
Start 11am – return approx. 3pm  
Suitable for all abilities

Bring your own picnic and family but remember to stay in your own "bubble" throughout. More details available from Martyn.

#### **For Our Prayers**

For the safe return of Gerda to her worried family as she has been missing for nearly a month.

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

Madeleine Arnold, Mark Arnold, Kate Arundale, Frances Bonnick, Sara Booker, Ann Brown, Cyril Cocksedge, 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, Rubeca Williams & Johnno Woods

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

James Henry Ford, Gwen Playle

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

Violet Maudsley, Marian Newbold

### COLLECT

Almighty Lord and everlasting God,  
we beseech you to direct, sanctify and  
govern both our hearts and bodies  
in the ways of your laws and the works  
of your commandments;  
that through your most mighty  
protection, both here and ever,  
we may be preserved in body and  
soul;  
through our Lord and Saviour Jesus  
Christ,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

### FIRST READING Isaiah 55:1-5

*A reading from the book of the prophet Isaiah.*

The LORD says this: Everyone who thirsts, come to the waters; and you that have no money, come, buy and eat! Come, buy wine and milk without money and without price. Why do you spend your money for that which is not bread, and your labour for that which does not satisfy? Listen carefully to me, and eat what is good, and delight yourselves in rich food. Incline your ear, and come to me; listen, so that you may live. I will make with you an everlasting covenant, my steadfast, sure love for David. See, I made him a witness to the peoples, a leader and commander for the peoples. See, you shall call nations that you do not know, and nations that do not know you shall run to you, because of the LORD your God, the Holy One of Israel, for he has glorified you.

### PSALM

**Psalm 145:8-9. 15-22**

[or 145:15-end]

**R** *Great is the Lord and highly to be praised.*

The Lord is gracious and merciful,  
long-suffering and of great goodness.  
The Lord is loving to everyone  
and his mercy is over all his creatures. **R**

[The Lord upholds all those who fall  
and lifts up all those who are bowed  
down.

The eyes of all wait upon you, O Lord,  
and you give them their food in due  
season. **R**

You open wide your hand  
and fill all things living with plenty.  
The Lord is righteous in all his ways  
and loving in all his works.

The Lord is near to those who call  
upon him,  
to all who call upon him faithfully. **R**

He fulfils the desire of those who fear  
him;

he hears their cry and saves them.

The Lord watches over those who  
love him,

but all the wicked shall he destroy.

My mouth shall speak the praise of  
the Lord,

and let all flesh bless his holy name  
for ever and ever.] **R**

### SECOND READING

**Romans 9:1-5**

*A reading from the letter of Paul to the Romans.*

I am speaking the truth in Christ.  
I am not lying; my conscience  
confirms it by the Holy Spirit. I have  
great sorrow and unceasing anguish  
in my heart. For I could wish that I  
myself were accursed and cut off  
from Christ for the sake of my own  
people, my kindred according to the  
flesh. They are Israelites, and to them  
belong the adoption, the glory, the  
covenants, the giving of the law, the  
worship, and the promises; to them  
belong the patriarchs, and from them,  
according to the flesh, comes the  
Messiah, who is over all, God blessed  
for ever. Amen.

### GOSPEL Matthew 14:13-21

*Hear the gospel of our Lord Jesus  
Christ according to Matthew.*

When Jesus heard that Herod had  
beheaded John the Baptist, he

withdrew in a boat to a deserted  
place by himself. But when the  
crowds heard it, they followed him on  
foot from the towns. When he went  
ashore, he saw a great crowd; and he  
had compassion for them and cured  
their sick. When it was evening, the  
disciples came to him and said, "This  
is a deserted place, and the hour is  
now late; send the crowds away so  
that they may go into the villages and  
buy food for themselves." Jesus said  
to them, "They need not go away;  
you give them something to eat."  
They replied, "We have nothing here  
but five loaves and two fish." And he  
said, "Bring them here to me." Then  
he ordered the crowds to sit down on  
the grass. Taking the five loaves and  
the two fish, he looked up to heaven,  
and blessed and broke the loaves,  
and gave them to the disciples, and  
the disciples gave them to the  
crowds. And all ate and were filled;  
and they took up what was left over  
of the broken pieces, twelve baskets  
full. And those who ate were about  
five thousand men, besides women  
and children.

### POST COMMUNION

Strengthen for service, Lord,  
the hands that have taken holy things;  
may the ears which have heard your  
word be deaf to clamour and  
dispute;  
may the tongues which have sung  
your praise be free from deceit;  
may the eyes which have seen the  
tokens of your love shine with the  
light of hope;  
and may the bodies which have been  
fed with your body be refreshed  
with the fullness of your life;  
glory to you for ever.



Great is the Lord and high - ly to be praised