

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

Weekly Newsletter  
Sunday 9<sup>th</sup> August

10am Parish Eucharist  
*Celebrant* Fr. Mark Kenny

<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/UCjb0cVZA0KvL0t6TGy9rsDA?view\\_as=subscriber](https://www.youtube.com/channel/UCjb0cVZA0KvL0t6TGy9rsDA?view_as=subscriber)

### This Week

#### **Open Church**

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

Due to holiday the following changes to the usual pattern for services are in place:

#### **Wednesday**

11am Prayer during the Day  
No Zoom or Youtube for this service

Tuesday 11<sup>th</sup> August  
7pm – 7.30pm Prayer at the blessed sacrament – in church and on zoom (same link as for evening prayer)

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

**Mon, Wed, Thur & Fri**

on Zoom only

Tuesday

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.

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

#### **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.

#### **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 directly from Neville Brewis after Sunday services in August. Do join in!

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

The new envelopes packs are 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.

#### **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.

#### **Jumble Trail**

Thanks for all the support for the Aldersbrook Jumble Trail. We now need help with moving on any items unsold to charity shops and/or the recycle centre. Please volunteer to take a car load as needed.

#### **St Gabriel's harvest fruit and vegetable show launching today!**

Have you been growing fruit, vegetables or herbs and cress? Why not enter your produce or your children's into the competition. First prize 'Best of show' will be a £20 garden centre voucher with prizes for best of category to be announced. Contact [Ghenry057@aol.com](mailto:Ghenry057@aol.com) for further details, an info sheet and entry fee and form

#### **Thursday Tai Chi**

Tai Chi 10:30 - 11:30 am  
The class has restarted in church with social distancing and masks in place, £5 per session. All are welcome. Further information from Amelia.

#### **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, Dermot Devine, Pauline Duncombe, Peter Ellis, Jan Fallowfield, Eileen Galer, Sylvia Hawkes, John Henry, Nicholas Hurst, Phyllis Lehreman, Alison Martell, Jacqueline McNie, John Mitchell, Motunrayo, Jean Salter, Christine Shannon, Norma Stevenson, Mariya Stoilova, Kate Swain, Jean Umoh, Revd Pat Wallson, Cynthia Williams, Rubecca Williams & Johnno Woods

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

David Alcock

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

Beatrice Port

### COLLECT

Almighty God,  
who sent your Holy Spirit  
to be the life and light of your Church:  
open our hearts to the riches of your  
grace,  
that we may bring forth the fruit of the  
Spirit  
in love and joy and peace;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

### FIRST READING 1 Kings 19:9-18

*A reading from the first book of Kings.*

When Elijah reached Horeb, the mountain of God, he came to a cave, and spent the night there. Then the word of the LORD came to him, saying, "What are you doing here, Elijah?" He answered, "I have been very zealous for the LORD, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away." He said, "Go out and stand on the mountain before the LORD, for the LORD is about to pass by." Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the LORD, but the LORD was not in the wind; and after the wind an earthquake, but the LORD was not in the earthquake; and after the earthquake a fire, but the LORD was not in the fire; and after the fire a sound of sheer silence. When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Then there came a voice to him that said, "What are you doing here, Elijah?" He answered, "I have been very zealous for the LORD, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away." Then the LORD said to him, "Go, return on your way to the wilderness of Damascus; when you arrive, you shall anoint Hazael as king over Aram. Also you shall anoint Jehu son of Nimshi as king over Israel; and you shall anoint Elisha son of Shaphat of Abel-meholah as prophet in your place. Whoever escapes from the sword of Hazael, Jehu shall kill;

and whoever escapes from the sword of Jehu, Elisha shall kill. Yet I will leave seven thousand in Israel, all the knees that have not bowed to Baal, and every mouth that has not kissed him."

### PSALM Psalm 85:8-13

*R Show us your mercy, O Lord.*

I will listen to what the Lord God will say,  
for he shall speak peace to his people and  
to the faithful, that they turn not again  
to folly.

Truly, his salvation is near to those who  
fear him,  
that his glory may dwell in our land. **R**

Mercy and truth are met together,  
righteousness and peace have kissed each  
other;

Truth shall spring up from the earth  
and righteousness look down from  
heaven. **R**

The Lord will indeed give all that is good,  
and our land will yield its increase.  
Righteousness shall go before him  
and direct his steps in the way. **R**

### SECOND READING

#### Romans 10:5-15

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

Moses writes concerning the righteousness that comes from the law, that "the person who does these things will live by them." But the righteousness that comes from faith says, "Do not say in your heart, 'Who will ascend into heaven?'" (that is, to bring Christ down) "or 'Who will descend into the abyss?'" (that is, to bring Christ up from the dead). But what does it say? "The word is near you, on your lips and in your heart" (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, "No one who believes in him will be put to shame." For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, "Everyone who calls on the name of the Lord shall be saved." But how are they to call on one in whom they have not

believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him? And how are they to proclaim him unless they are sent? As it is written, "How beautiful are the feet of those who bring good news!"

### GOSPEL Matthew 14:22-33

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

Immediately after feeding the crowd with the five loaves and two fish, Jesus made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, but by this time the boat, battered by the waves, was far from the land, for the wind was against them. And early in the morning he came walking towards them on the lake. But when the disciples saw him walking on the lake, they were terrified, saying, "It is a ghost!" And they cried out in fear. But immediately Jesus spoke to them and said, "Take heart, it is I; do not be afraid." Peter answered him, "Lord, if it is you, command me to come to you on the water." He said, "Come." So Peter got out of the boat, started walking on the water, and came towards Jesus. But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, "Lord, save me!" Jesus immediately reached out his hand and caught him, saying to him, "You of little faith, why did you doubt?" When they got into the boat, the wind ceased. And those in the boat worshipped him, saying, "Truly you are the Son of God."

### POST COMMUNION

Holy Father,  
who gathered us here around the table of  
your Son  
to share this meal with the whole  
household of God:  
in that new world where you reveal the  
fullness of your peace,  
gather people of every race and language  
to share in the eternal banquet of Jesus  
Christ our Lord.



Show us your mer-cy, O Lord.

