



Wanstead Parish

St Mary with Christ Church

[www.wansteadparish.org](http://www.wansteadparish.org)

**Sunday 28<sup>th</sup> July 2024**  
**The Ninth Sunday after Trinity**

**Services today:**

- 8am Holy Communion BCP (CC)**  
**9.30am All Age Eucharist (CC)**  
**11am Sung Eucharist (STM)**

**Eucharist Readings & Hymns:**

2 Kings 4. 42-end; Ps. 145. 10-19; John 6. 1-21

**532** – All creatures of our God and King

**451** – Just as I am, without one plea

**429** – Bread is blessed and broken

**612** – Christ triumphant, ever reigning

**The Collect for the Week:**

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.

**PRAYERS:**

**Those who are in need of prayer:** Kay Kingham, Kay Sheikh, Julie Black, Sally Hurd, Christine Harrison, Charlotte, Ted Taylor, Ann Cheetham, Chris Cummins, Denis Keeling, Patricia Head, Richard Francis, Barbara Ridley, Simon Tierney.

**RIP:** Thomas Gordon

**Year's Mind:** Mabel Trott (29<sup>th</sup>,79); Joyce Hathaway (29<sup>th</sup>,86); Robert Norwood Pr (29<sup>th</sup>,17); Mollie Kimber (31<sup>st</sup>,99); Edna Victoria Brown (31<sup>st</sup>,96); Eileen Jolliffe (1<sup>st</sup>,81); Ann Barlow (1<sup>st</sup>,10); Wilfrid Glinane (2<sup>nd</sup>,80); John McLean (3<sup>rd</sup>,04)

**Wanstead Prayer Diary:** 7 to Eleven Convenience Store, Ace Dental Care, Euronics Wanstead Domestic Appliances, BAL BPM (beauty), Bridal Reloved Wanstead, The Cuckfield, More Italy, Patrick Fegan Dental Lab, Papa Johns Pizza, The Larder

**HOME & HOSPITAL VISITS:** Please let the Parish Office know if you would appreciate a visit by a member of the clergy, or if you know of someone who would. Mthr Anne can offer one-off visits for prayer and discussion (perhaps concerning a specific issue), in addition to on-going visits in the case of the elderly, sick and housebound.

## **NOTICES:**

### **MORNING PRAYER**

There will be no Morning Prayer until the end of August

### **HEALING SERVICE**

There will be no Healing Service on 4<sup>th</sup> August. The service will return on 1<sup>st</sup> September.

### **PARISH OFFICE**

During the school summer holidays the office will open on Tuesday & Wednesdays 9am-3pm.

### **TUESDAY PRAYER GROUP**

The Prayer group will not meet during the summer and will return on 10<sup>th</sup> September

### **PARISH AND MISSION PARTNERSHIP AWAY DAY - AYLESFORD PRIORY, SATURDAY 19<sup>TH</sup> OCTOBER**

A chance to join our friends from other nearby churches for an away day at Aylesford Priory near Maidstone. The day costs £22 including lunch and refreshments (organise own travel) and will be led by Fr Martyn Hawkes with input from our own Fr Chris. A great chance for spiritual refreshment and fellowship. Contact the Parish office from 23<sup>rd</sup> July if you would like to sign up. (no payment necessary at this stage - we will contact you).

### **PRAYER FOR THE CHRIST CHURCH PROJECT**

We would really appreciate it if members of our congregations would hold in prayer all the work being undertaken over the next three months to put together the bid for the Christ Church project. If it helps to have a particular prayer, then perhaps use the one below.

Dear Lord,

Inspire us with the energy, wisdom and ability to develop and create that which is your vision for our Parish into the future.

\*Enable us to seek the necessary funds and inspire other organisations to support the project;

\*Help us understand our heritage to develop a lasting resource that speaks to the heart of our community;

\*Grant us wisdom to offer sanctuary, healing and mental wellbeing to those in need of it;

\*Help all our plans contribute to the wellbeing of our planet;

Bless us with the energy and resources to engage inclusively with our wider community.

In Jesus' name, **Amen**

### **MENTAL WELLBEING SUPPORT GROUP**

Are you struggling? We warmly invite you to **A Place**, a mental wellbeing support group open to adults who wish to improve their mental wellbeing, irrespective of outlook on faith. Please join us in the Vestry at Christ Church at 5.30pm on the **First** Sunday of each month.

**SAFEGUARDING:** For safeguarding concerns please contact Gary Vickers at [wansteadparishsafeguarding@gmail.com](mailto:wansteadparishsafeguarding@gmail.com) or on 07551 680536.

In an emergency, contact the relevant authority such as the Police.

**There is no reflection on this week's readings. Reflections will return in September.**

### **FREE ART LESSON**

Join local artist Brenda Coyle for a FREE mini art lesson at Christ Church on Thursday 22<sup>nd</sup> August 2.30-3.30pm. This is a beginners' mini session, where you will be taken through those first tentative steps, in starting an art lesson. A chance to ask all those baffling questions, seek advice about all the different materials needed, such as paints, papers, and brushes and maybe even find out how you could start painting yourself at home or in a classroom. Discover your artistic potential, find the encouragement and inspiration you've been looking for to start your journey on a new creative path. Tea & biscuits and all materials included. To book a space or just ask a question about coming to join us contact Brenda at [mbbcraft@gmail.com](mailto:mbbcraft@gmail.com) or 07745334261

### **MEMORIAL GARDENS AT CHRIST CHURCH AND ST MARY'S**

A small group on behalf of the PCC are exploring ways in which to improve the memorial arrangements for interred remains in both St Mary's and Christ church. At St Mary's there is a need to identify a more suitable space for interred remains than that used at present. This is an opportunity to create a better more hospitable space with the opportunity to display memorial plaques. At Christ Church there is currently no authority to have a memorial to commemorate a loved one. Members of the congregation are invited to contribute ideas including suggestions of relevant places to visit. Please speak to Ralph Hall, Margaret Adams or a member of the ministry team.

## REGULAR WEEKLY EVENTS:

<b>Tuesdays:</b>	<b>9am</b>	Morning Prayer (CC)
	<b>10am</b>	Prayer Group (CC)
<b>Wednesdays:</b>	<b>9am</b>	Morning Prayer (CC)
	<b>10am</b>	Little Angels Playgroup (CC) <i>Term time only</i>
	<b>4pm</b>	Forget-Me-Nots Choir (St M's)
	<b>8pm</b>	Compline (St M's)
<b>Thursdays:</b>	<b>9.45am</b>	Morning Prayer (CC)
	<b>10.30am</b>	Holy Communion, coffee and chat (CC)
<b>Fridays:</b>	<b>9am</b>	Morning Prayer (St M's)
	<b>7pm</b>	The Bridge Youth Club for all age 10+ (Parish Hall)
	<b>7pm</b>	Parish Choir Practice (CC Vestry)

**Bereavement Cafe:** For all who have lost a loved one. Meets in CC vestry, 7-8pm on the second Tuesday and 10.30 - 11.30am on the third Tuesday of the month.

**A Place:** A group for spiritual wellbeing. We warmly welcome you to join us in the Vestry at Christ Church at 5.30pm on the **first** Sunday of each month.

## LOOKING AHEAD: Sunday 4<sup>th</sup> August 2024 – The Tenth Sunday after Trinity

<b>8am</b>	<b>Holy Communion BCP (CC)</b>
<b>9.30am</b>	<b>Sung Eucharist with Nursery and Junior Church (CC &amp; Parish Halls)</b>
<b>11am</b>	<b>Sung Eucharist with Marriage Blessing (STM)</b>
<b>5.30pm</b>	<b>A Place, Spiritual wellbeing group (CC Vestry)</b>
<b>Please note there is no 6.30pm Healing service this month</b>	

## PARISH OF WANSTEAD:

**Rector:** Revd James Gilder  
(Day off: Mondays)

**Assoc. Priest:** Revd Charles Brown  
(Works: Thurs, Fri, Sun)

**Assistant Priests:**  
Revd Olive Thursby (High Street Chaplain)  
Revd Richard Wyber  
Revd Chris Mackenna  
Revd Anne Mackenna (Parish Deacon)

**Parish Office:** 020 8530 8743  
[wansteadparishadmin@uwclub.net](mailto:wansteadparishadmin@uwclub.net)  
Mon-Weds, Fri during term time

## GIVING:

**It costs £4,000 per week to keep our parish running. Please consider making a regular donation.**

**Online:** –  
[www.parishgiving.org.uk/donors/find-your-parish/wanstead-london/](http://www.parishgiving.org.uk/donors/find-your-parish/wanstead-london/)

**Phone:**  
0333 002 1260, Parish code: 080608162

**Email:**  
[info@parishgiving.org.uk](mailto:info@parishgiving.org.uk), Parish code: 080608162

**Contact Jill Steggle (via Parish Office) for more details.**