

Sunday 23rd March 2025
3rd Sunday of Lent



Wanstead Parish
St Mary with Christ Church

www.wansteadparish.org

Services today:

8am Holy Communion BCP (CC)
9.30am Family Eucharist (CC)
11am Sung Eucharist (STM's)
3pm Tea & Fellowship (CC Vestry)

Eucharist Readings & Hymns:

Psalm 63.1-9
I Corinthians 10.1-13
Luke 13.1-9

584 - All my hope on God is
founded
595 - Be thou my vision, O Lord of
my heart
634 - Firmly I believe and truly
761 - Praise the Lord! Ye heavens,
adore him

The Collect for the Week:

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: mercifully grant that we, walking in the way of the cross, may find it none other than the way of life 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: Margaret Watts, Pam Messum, 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, Tina Veldi, Eli

RIP: Margaret Rose Maguire, Anne Chaplin, Gillian Woolliams, Lee Blair, James Stewart, Peter Huber, Mary Dorothy Blackburn

Year's Mind: John Michael Carrington (23rd, 12); Mary Mann (24th, 72); Doris Powell (25th, 04); May Gadd (28th, 88); Beth Legge (28th, 12); Jane Crick (28th, 16); Ronald Henham-Barrow (29th, 71)

Wanstead Prayer Diary: Eagle Lane, Beechwood Park, Avon Walk, Meadow Walk, Hermitage Court, Woodford Road, Snaresbrook Hall, Snaresbrook Primary School and Nursery, Deepdene Close, Falcon Way, Eagle Court

NOTICES

TEA & FELLOWSHIP - will take place today, Sunday 23rd March, at 3pm in the vestry at Christ Church. Please join us for chat and tea & cake. We look forward to welcoming you.

RALPH'S BOTTLE STALL - at St Gabriel's will be on 29th March 10-12.30. Please donate any surplus/unwanted bottles you may have to the Parish Office by **24th March**; it may be alcohol or toiletries - anything in good saleable condition in a bottle or a jar! Proceeds will be donated to the charity **Friends of Marsabit**, which raises money through the Anglican Church to pay for education and other social programs for some of the most deprived areas of northern Kenya.

LITTLE ANGELS HAS A NEW NAME - 'REFRESHED': Come as you are for a safe space to connect, share and discuss with though provoking content, great refreshments and lots of toys and activities for little ones. Join us with your little one, on your own or with friends. Wednesdays 10:00-11:00am (term time) in Christ Church. £2 donation for refreshments (optional).

FR. JAMES TO BE LICENCED AS AREA DEAN - The Venerable Mike Power, Archdeacon of West Ham will be taking the **10.30am** Thursday service of Holy Communion at Christ Church **this Thursday 27th March** and will be taking the opportunity to officially license Fr James as Area Dean of Redbridge during the service. All are very welcome to attend, and there may well be some cake afterwards!

MOTHERING SUNDAY – Do join us next Sunday 30th March – 9.30am Sung Eucharist at Christ Church with Junior & Nursery church in the halls. Children will be making posies to hand out. 11am Sung Eucharist at St Mary's. Please join us for refreshments after both services. **DON'T FORGET!** The clocks spring forward next weekend!

VOLUNTEERS NEEDED – For the Pre-Easter Spring Clean at Christ Church on Friday 4th April 9.30 to 12.30 pm. Please sign up on the volunteer sheet in church if you can help. All welcome.

LENT LUNCH - We are hosting a Lent Lunch in the Parish Halls on **Thursday 10 April 2025, 1pm**. (Doors open at 12.45) Come and join us for a simple Lent Lunch: homemade soup, bread, cheese, pickle, tea, coffee and biscuits. Tickets are £8 per person. The £8 will be donated to the **Red Cross Ukraine Crisis Appeal**. Bookings can be made online via the Wanstead Parish website. Alternatively, you can add your name to the sign-up sheet at either church and pay in cash at the door. Any enquiries email Beryl Darling, bdarling2022@outlook.com

CHIGWELL ROW OPERATIC AND DRAMATIC SOCIETY: presents *Me and My Girl*, the rags-to-riches story of Bill Snibson who has become an Earl and whose new family want him to become posh and forget his little Lambeth gal Sally. What could possibly go wrong? Packed with tunes (*The Lambeth Walk, Leaning on a Lamp-post, The Sun Has Got His Hat On*) and full of fun, it is the happiest show in town. Licensed bar. Show times: Wednesday 9th April - Saturday 12th April 2025 at 7.45pm; Saturday matinee at 2.30 pm. Venue: Holy Trinity Church Hall, 185 Hermon Hill, South Woodford, E18 1QQ Tickets £15 from www.croads.co.uk

SAFEGUARDING: For safeguarding concerns please contact Avril Carnelley at wansteadparishsafeguarding@gmail.com or on 07905 764343. In an emergency, contact the relevant authority such as the Police.

A reflection on this week's readings

From the readings for Sunday 23rd March

I Cor 10:1-5,11-13

All our fathers were ... baptized unto Moses ... and did all eat the same spiritual meat; and did all drink the same spiritual drink: for they drank of that spiritual Rock that was Christ. But with many of them God was not well pleased: for they were overthrown in the wilderness... Now all these things happened unto them for ensamples: and they are written for our admonition... Wherefore let him that thinketh he standeth take heed lest he fall. There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

AV (King James Bible)

Our fathers were all ... baptized into Moses ... and all ate the same supernatural food and all drank the same supernatural drink. For they drank from the supernatural Rock which was Christ. Nevertheless with most of them God was not pleased; for they were overthrown in the wilderness... Now these things happened to them as a warning, but they were written down for our instruction... Therefore let anyone who thinks that he stands take heed lest he fall. No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your strength, but with the temptation will also provide the way of escape, that you may be able to endure it.

RSV

Our ancestors were all ... "baptised" into Moses ... They all shared the same spiritual food and drank the same spiritual drink (for they drank from the spiritual rock which was Christ). Yet in spite of all these wonderful experiences many of them failed to please God, and left their bones in the desert... Now these things ... were written down to be a warning to us... So let the man who feels sure of his standing today be careful that he does not fall tomorrow. No temptation has come your way that is too hard for flesh and blood to bear. But God can be trusted not to allow you to suffer any temptation beyond your powers of endurance. He will see to it that every temptation has a way out, so that it will never be impossible for you to bear it.

J B Phillips

Our ancestors ... were all baptized as followers of Moses... All ate the same spiritual bread and drank the same spiritual drink. They drank from the spiritual rock that was Christ himself. But even then God was not pleased with most of them, and so their dead bodies were scattered over the desert... All these things were written down as a warning for us... If you think you are standing firm you had better be careful that you do not fall. Every test that you have experienced is the kind that normally comes to people. But God keeps his promise, and he will not allow you to be tested beyond your power to remain firm; at the time you are put to the test, he will give you the strength to endure it, and so provide you with a way out.

Good News Bible

For Paul his largely Gentile converts to Christianity were the new "seed of Abraham", so it makes sense that he expects them to regard the Israelites of the Exodus as *their* ancestors. He sees the Israelites as being "baptised" by passing through the waters of the Red Sea, and sees the rock from which Moses drew water with his staff as representing Christ, thus starting a long tradition of interpreting events and objects in the OT as symbolically "prefiguring" the Christian redemption. In today's reading we find on the one hand a stern warning that we're in spiritual danger if we don't take on board in our own lives the dire consequences the Israelites faced through disobedience to God's commands. On the other hand we're reassured that, because God can be trusted, we won't be tested beyond our strength. Life as a Christian is morally serious, and sin has consequences, but we're not held to an inhuman standard of perfection. (Later in the chapter Paul gives the Corinthians some notably moderate and nuanced advice about not taking part in pagan rituals, but equally not cutting themselves off from all social interaction with their non-Christian neighbours.)

Lord, help us to discern the lines we need to draw in our own lives and, with the help of your Holy Spirit within us, to find the strength to choose well when faced with morally difficult decisions.

REGULAR WEEKLY EVENTS:

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

Bereavement Cafe: For all who have lost a loved one. Meets in CC vestry, 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.

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.

LOOKING AHEAD: Sunday 30th March 2025 – Mothering Sunday

8am	Holy Communion BCP (CC)
9.30am	Sung Eucharist with Junior Church (CC & Halls)
9.45am	Nursery Church (Halls)
11am	Sung Eucharist (STM's)

PARISH OF WANSTEAD:

Rector:	Revd James Gilder (Day off: Mondays)
Assoc. Priest:	Revd Charles Brown (Works: Thurs, Fri, Sun)
Curate:	Revd David Lappano

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
Mon-Weds & Fri, 9am-1pm 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/

Phone: 0333 002 1260

Parish code: 080608162

Email: info@parishgiving.org.uk

Parish code: 080608162

Contact Jill Steggle for more details by email:
giving.wanstead@gmail.com