

**Sunday 5<sup>th</sup> July 2026**  
**5<sup>th</sup> Sunday after Trinity**



**Wanstead Parish**  
St Mary with Christ Church

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

**Services today:**

- 8am Holy Communion BCP (CC)**  
**9.30am Sung Eucharist with Junior Church (CC & Halls)**  
**9.45am Nursery Church (Halls)**  
**11am Morning Prayer CW (STM)**  
**4pm Faith Seeking Understanding Lecture Series (The Rectory)**  
**5pm Choral Evensong – Come and Sing Evensong Children’s Choir (CC)**  
**5.30pm A Place (CC Vestry)**

**Eucharist Readings & Hymns:**

**Psalm 45. 10-end**  
**Romans 7.15-25a**  
**Matthew 11.16-19, 25-end**

- 227** Crown him with many crowns  
**448** I come with joy, a child of God  
**566** Put peace into each other’s hands  
**702** Lead us, heavenly Father, lead us

**The Collect for the Week:**

Almighty and everlasting God, by whose Spirit the whole body of the Church is governed and sanctified: hear our prayer which we offer for all your faithful people, that in their vocation and ministry they may serve you in holiness and truth to the glory of your name; 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.

**Prayers:**

**Those who are in need of prayer:** Kay Kingham, Richard Coy, Liz Hickson, Jackie Wilkins, Jane Heath, Thomas

**RIP:** Molly Liok, Owen Leighton

**Year’s Mind:** Bill Manser (8<sup>th</sup>, 93)

**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

**HOME AND 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

**FAITH SEEKING UNDERSTANDING LECTURE SERIES:** The lecture today, **Sunday 5<sup>th</sup> July will take place in the Rectory** (not Christ Church as previously advertised) **4-5.30pm**. For more information and to book tickets, please see the posters in both churches or visit the Parish Website: [What's On - Parish of Wanstead](#)

**COME AND SING EVENSONG FOR YOUNG PEOPLE:** We are holding our first 'come and sing evensong' for young people **today, Sunday 5<sup>th</sup> July at 5pm, at Christ Church**. It would be really great if members of the congregation come along to support this event, as we seek to start our own junior choir here. Please do come along and support our young people as they learn a new skill and get an introduction to evensong.

**CHILDREN'S CHOIR - COME-AND-SING EVENSONG:** Does your child love to sing? Wanstead Parish is holding a Come-and-Sing Evensong at Christ Church this July, and all children and young people aged 7-14 are invited to sing in the choir. A rehearsal will be held at Christ Church on **Friday 3 July from 5 - 6.30 PM**, with the service on the **Sunday 5 July at 5 PM** (3.30 PM call time). Participants will learn Choral Evensong repertoire and experience what it is like to be part of a traditional church choir. This Evensong event will act as a taster session for what's to come at Wanstead Parish. Through a national church grant to the Diocese of Chelmsford, St Mary with Christ Church is leading an initiative to build our children's music ministry. We are excited to launch our regular children and youth choir this September. Interested in registering your child for our Come-and-Sing Evensong, upcoming choir, or both? Please reach out to the project team at [alice.belshaw@gmail.com](mailto:alice.belshaw@gmail.com) for more information. Participation is completely free, and no previous singing experience is required. Register here: <https://www.trybooking.com/uk/GOWU>

**A PLACE:** A group for mental wellbeing. We warmly welcome you to join us in the Vestry at Christ Church at **5.30pm today, Sunday 5<sup>th</sup> July**.

**INSIDE THE QUARTET – 8<sup>TH</sup> & 9<sup>TH</sup> JULY AT ST MARY'S** - Most audiences hear the finished performance. This is your chance to see how it is created! Join internationally acclaimed chamber musician Marc Danel as he works with three exceptional young string quartets in a series of open masterclasses. Hear ideas take shape, watch musicians solve problems together, and experience the extraordinary process that turns notes on a page into living music. Whether you're a lifelong music lover or completely new to chamber music, these sessions offer a unique opportunity to witness creativity, collaboration and artistic excellence up close. Free Entry. For further information, please speak to Alison Wells or visit: [www.pitchstonemusic.com](http://www.pitchstonemusic.com)

**SAVE THE DATE! SUNDAY 12<sup>TH</sup> JULY, 6.30PM, CHRIST CHURCH – THE PARISH CHOIR'S 150<sup>TH</sup> ANNIVERSARY EVENSONG & RECTOR'S THANK YOU DRINKS:** this year we are combining the Rector's thank you drinks with the 150<sup>th</sup> Anniversary Evensong for the Choir. After the evensong there will be a reception in Christ Church Gardens for all who attend the service, to say thanks to everyone who volunteers for the parish. If you volunteer in any way - be it large or small - for the Parish of Wanstead, I would be delighted to see you at the reception after the evensong, to say thank you in person. - *Fr James*

**FIRST COMMUNIONS:** Anyone who is in Year 3 or above would be welcome to receive first communion. We are hoping to hold admission to First Communion over the Sundays in July. If your child would like to be admitted to communion, please contact Fr James so he can arrange a session for the children, explaining what it is all about!

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

JOIN US TO CELEBRATE

# 150 YEARS OF SONG

A SPECIAL EVENSONG TO CELEBRATE  
150 YEARS OF THE PARISH CHOIR, FOLLOWED  
BY DRINKS IN THE GARDENS

*THE CHOIR WILL PERFORM ANTHEMS BY 2026 COMPETITION  
WINNER COLIN ASHWORTH: LET NOT YOUR HEARTS BE TROUBLED  
& WILLIAM H HARRIS: LORDS OF THE WORLDS ABOVE  
(COMPOSED FOR THE CENTENARY FESTIVAL, CHRIST CHURCH,  
WANSTEAD, JULY 19TH, 1961)*

SUNDAY, 12 JULY

6.30PM

CHRIST CHURCH, WANSTEAD



Wanstead Parish  
St Mary with Christ Church

## REGULAR WEEKLY EVENTS:

<b>Tuesdays:</b>	<b>9am</b>	Morning Prayer (CC)
	<b>10.30am</b>	Prayer Group (CC)
<b>Wednesdays:</b>	<b>9am</b>	Morning Prayer (CC)
	<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>10.30am</b>	Forget-Me-Nots Choir (St M's)
	<b>7pm</b>	The Bridge Youth Club (Parish Halls) <i>Term time only</i>
	<b>7pm</b>	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 mental 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 12<sup>th</sup> July – 6<sup>th</sup> Sunday after Trinity

<b>8am</b>	<b>Holy Communion BCP (CC)</b>
<b>9.30am</b>	<b>Sung Eucharist with Junior Church (CC &amp; Halls)</b>
<b>9.45am</b>	<b>Nursery Church (Halls)</b>
<b>11am</b>	<b>Sung Eucharist (STM)</b>
<b>6.30pm</b>	<b>Choral Evensong (CC): Choir's 150<sup>th</sup> Anniversary</b> followed by drinks in the gardens

## PARISH OF WANSTEAD:

**Rector:** Revd James Gilder  
[jbgilder@hotmail.com](mailto:jbgilder@hotmail.com) / 07729 109638  
(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)  
Revd Liz Horwell

**Parish Office:** 020 8530 8743  
[office@parishofwanstead.org](mailto:office@parishofwanstead.org)  
Mon-Thurs 9am-1pm

## 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 for more details by email:**  
[giving.wanstead@gmail.com](mailto:giving.wanstead@gmail.com)