

**Sunday 6<sup>th</sup> July 2025**  
**3<sup>rd</sup> Sunday after Trinity**



**Wanstead Parish**  
St Mary with Christ Church

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

**Services today:**

**9.30am**     **Sung Eucharist with First Holy Communions** – *All ages welcome (CC)*  
**11am**       **Morning Prayer CW** (STM's)  
**5.30pm**     **A Place** (CC Vestry)  
**6.30pm**     **Healing Service** (CC)

**Eucharist Readings & Hymns:**

**Psalm 66.1-8**  
**Galatians 6.7-16**  
**Luke 10.1-11, 16-20**

**394** – Tell out, my soul the  
         greatness of the Lord!  
**510** – Will you come and follow  
         me  
**358** – Be still, for the presence of  
         the Lord  
**494** – I, the Lord of sea and sky

**The Collect for the Week:**

Almighty God, you have broken the tyranny of sin  
and have sent the Spirit of your Son into our hearts  
whereby we call you Father: give us grace to dedicate  
our freedom to your service, that we and all creation  
may be brought to the glorious liberty of the children of  
God; 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, Patricia Head, Richard Francis, Barbara Ridley, Tina Veldi, Eli and Liz Hickson.

**RIP:** Dorothy Andrews, John Blake, Sue Martin and Doreen Mason

**Year's Mind:** Bill Manser (8<sup>th</sup>, 93); Marilyn Gieson (12<sup>th</sup>, 92)

**Wanstead Prayer Diary:** Woodbine Place, Gezi Park, Polished by Jo, The Wanstead  
Barber Shop, Simple N Natural, Bare Brew, Dabora Conway, Daygustation Wines, Target Fit  
Provender, Hair Candy Wanstead, Oriental Chef

## NOTICES

**PILGRIM '25 ARE ON THEIR WAY!** Thank you to all those who saw our pilgrims off on Wednesday – it was a very joyous start! More than seventy people will be taking part in one day or another of our walking pilgrimage from Wanstead to Canterbury, with a smaller core team walking all the way there. We reach Canterbury on Tuesday 8<sup>th</sup> July, where we will be joined by many from the parish, and by Year 5 from WCS.

Ways you can join in:

- **Follow** the updates on how we are doing, on the Parish social media
- **Pray** for everyone taking part
- **Donate** to the Inspire Wanstead Campaign to save Christ Church's tower. Ways you can do this include:
  - writing a cheque payable to: **PCC St Mary with Christ Church** (please write **Pilgrim '25 Donation** on the back)
  - By bank transfer to:  
**Account name: PCC St Mary Free W.O.I.P.G.**  
**Account no: 29289335 Sort code: 60-22-30 Ref: Pilgrim '25 Donation**
  - Donate online via our **Go Fund Me Page:**  
**<https://www.gofundme.com/flinspire-wanstead-save-christ-churchs-tower>**

Pilgrims are funding themselves, so 100% of each donation goes towards the tower - all donations are gratefully received – *thank you*.

**A PLACE:** A mental wellbeing support group open to adults who wish to improve their mental wellbeing, meets in the Vestry at Christ Church **today**, Sunday 6<sup>th</sup> July at 5.30pm. All welcome.

**PRAYER GROUP:** The prayer group will not meet on Tuesday in Christ Church this week due to the Canterbury Pilgrimage.

**KNEELERS FOR CHRIST CHURCH:** Our next sew-in will take place on Thursday 10<sup>th</sup> July 1.30-3pm in the **Lady Chapel** at Christ Church. Please bring your own refreshments.

**RECTORY GARDEN PARTY:** Revd James Gilder invites all those who volunteer for the Parish in any capacity to attend the annual Rectory Garden Party on **Saturday 12<sup>th</sup> July, from 2pm**. Free entrance, although donations towards the cost are appreciated. RSVP using the Try Booking link supplied on the weekly email or by contacting the Parish Office.

**PARISH OFFICE HOURS:** Please note that the Parish Office hours have changed to Monday – Thursday 9am-1pm.

**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.

**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.

**There is no reflection this week –  
Please pray for those on the Canterbury Pilgrimage**

## 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>10am</b>	Refreshed (CC) <i>Term time only</i>
	<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 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 13<sup>th</sup> July – 4<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's)</b>
<b>6.30pm</b>	<b>Choral Evensong (CC)</b>

## 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  
[wansteadparishadmin@uwclub.net](mailto:wansteadparishadmin@uwclub.net)  
Mon-Thurs 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/](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)