

Sunday 8th March 2026
3rd Sunday of Lent



Wanstead Parish
St Mary with Christ Church

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 Sung Eucharist (STM)
6.30pm Choral Evensong (STM)

Eucharist Readings & Hymns:

Psalm 95
Romans 5. 1-11
John 4. 5-42

- 238** Come down, O Love Divine
128 Jesu, lover of my soul
118 Drop, drop, slow tears
120 Forgive us when our deeds ignore

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: Kay Kingham, Molly Liok, Richard Coy, Janet Plastow, Andrew Bass, Liz Hickson, Jackie Wilkins, Jane Heath, Lin Taylor

RIP: Viv Aylward

Year's Mind: Barbara Nash (8th, 01); Edie Jenner (9th, 06); Barrie Davis (10th, 04); James Course (11th, 84); Jackie Thurston (11th, 00); Barbara Wallis (12th, 13); Betty Lee (13th, 01); Gordon Browning (14th, 89)

Wanstead Prayer Diary: The George and Dragon, M and S, Purbani, Edwards Duthie and Shamash, Alba, Zoology, Dream Nails, Walk-In-Clinic, Joice, The Bull, Opticians

NOTICES

CHORAL EVENSONG TODAY - SUNDAY 8TH MARCH 6.30PM AT ST MARY'S

The choir will sing: Responses: Joanna Forbes L'Estrange, Canticles: Ireland in F, Anthem: Ireland, Greater Love Hath no Man. All welcome.

WOULD YOU LIKE TO SING WITH THE CHOIR ON SUNDAY MORNINGS?

If you are used to singing in a choir but can't commit to joining the Parish Choir, you would still be very welcome to sing with us on a Sunday morning at either church. Please arrive 20 minutes before the service in time to robe in the vestry. If you have any questions about the choir, please contact our Director of Music, Alison Wells: wansteadparishchoir@gmail.com

LENT LUNCH – WEDNESDAY 25TH MARCH 1PM IN THE PARISH HALLS:

We are hosting a Lent lunch in Christ Church Halls at 1pm on Wednesday 25th March. (Doors open at 12.45pm). Come and join us for a simple lunch: a choice of homemade soup, bread, cheese, pickle, tea, coffee & biscuits. Tickets are £8 per person. The £8 will be donated to the **British Red Cross Ukraine Crisis Appeal**. You can make an additional donation to the Appeal if you wish. Bookings can be made online via: <https://www.trybooking.com/uk/GDCQ>

Alternatively, you can add your name to the sign-up sheet at the church where you worship and pay in cash or email Beryl Darling bdarling2022@outlook.com

TIN IN A BIN / FOODBANK DONATIONS: Recently donations have plummeted. Can you help? We are very short on toiletries, custard and tinned vegetables but all store cupboard items are very welcome. Please pop your donations in a 'Tin in a Bin' box near you or donations can be accepted at both churches. Thank you!

Hear Bach's great choral work, the **ST JOHN PASSION**, the Saturday before Holy Week, with 100-strong choir, top soloists and period orchestra. Saturday 28th March, 7.30 at Hackney Church, Lower Clapton Road, E5. For more information speak to Diana Middleditch, Avril or Philip Carnelley. Tickets and more info: <https://www.hackneysingers.org.uk>

TEAS & COFFEES AT CHRIST CHURCH: The refreshments rota is looking rather empty! If you could help with refreshments after the 9.30am service at Christ Church, please contact Sue Fitzgerald by email: susan_fitzgerald@hotmail.com - any help would be greatly appreciated.

THANK YOU FROM MARJORIE GADD: *My Birthday - My dear friends, what can I say but a very big thank you for the beautiful flowers, cards, gifts, including a splendid bird table and by no means least, a wonderful party in the church last Sunday. I was surprised and touched to see so many of you there. Thank you all for your generosity; you are my family now. With love, Marjorie*

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



Wanstead Parish
St Mary with Christ Church

Mothering Sunday

15 March 2026

9.30am Christ Church

Children will be making posies to give out

11am St Mary's

*Please join us for refreshments
after both services*

REGULAR WEEKLY EVENTS:

Tuesdays:	9am	Morning Prayer (CC)
	10.30am	Prayer Group (CC)
Wednesdays:	9am	Morning Prayer (CC)
	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 (Parish Halls) <i>Term time only</i>
	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.

LOOKING AHEAD:

Sunday 15th March – 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)
3pm	Tea & Fellowship (CC Vestry)

PARISH OF WANSTEAD:

Rector: Revd James Gilder
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
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/

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