

**Sunday 15<sup>th</sup> March 2026**  
**4<sup>th</sup> Sunday of Lent**  
**Mothering Sunday**



**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 Sung Eucharist (STM)**  
**3pm Tea & Fellowship (CC Vestry)**

**Eucharist Readings & Hymns:**

**Psalm 34. 11-20**  
**Colossians 3.12-17**  
**John 19. 25b-27**

- 315** Sing we of the blessed Mother  
**137** God of Eve and God of Mary  
**725** Make me a channel of your peace  
**136** Fathers and mothers

**The Collect for the Week:**

God of compassion, whose Son Jesus Christ, the child of Mary, shared the life of a home in Nazareth, and on the cross drew the whole human family to himself: strengthen us in our daily living that in joy and in sorrow we may know the power of your presence to bind together and to heal; 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:** John Sunley (15<sup>th</sup>, 19); Dorothy Jones (18<sup>th</sup>, 06); Laurie Bloomfield (19<sup>th</sup>, 99); Joyce Nash (19<sup>th</sup>, 03); Stephen Catling (19<sup>th</sup>, 10); Suvi Aronen (20<sup>th</sup>, 03)

**Wanstead Prayer Diary:** Must, Keating Jewellers, Chicchi, Daisy's Flower Shop, Francis and C. Walters, British Heart Foundation, Wanstead Fish, La Bakerie, Azzura, Art Shop, Piccolo, Stow Brothers, Ladbrokes, Allan Burgess Centre

**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

**TEA & FELLOWSHIP:** will take place **today, Sunday 15<sup>th</sup> March, at 3pm** in the Vestry at Christ Church. Please join us for chat and tea & cake. We look forward to welcoming you.

**BEREAVEMENT CAFE:** For all who have lost a loved one meets on **Tuesday 17<sup>th</sup> March** in Christ Church vestry, 10.30 - 11.30am – All welcome.

**PRAYER GROUP:** The prayer group will resume meeting on **Tuesday 17<sup>th</sup> March, 10:30am** in Christ Church. All welcome.

**PRE-EASTER SPRING CLEAN AT CHRIST CHURCH – FRIDAY 20<sup>TH</sup> MARCH 9.30AM-12NOON:** Do come along if you can spare a little time to help. Refreshments provided. All welcome!

**LENT LUNCH – WEDNESDAY 25<sup>TH</sup> MARCH 1PM IN THE PARISH HALLS:** We are hosting a Lent lunch in Christ Church Halls at 1pm on Wednesday 25<sup>th</sup> 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](mailto:bdarling2022@outlook.com)

**FOREST CHURCH ON PALM SUNDAY:** We are delighted to welcome families to our exciting new 'Forest Church' experience on **Palm Sunday (29th March) at St Mary's** starting at 10am for about an hour. This will include some exploring activities in the churchyard, a short outdoor interactive service with music and guitar and a chance to chat over refreshments (including home-made cakes!) Please look out for the flyer telling you more about it. You can sign up to come by completing the form on the flyer and handing it in - or just come along and complete the form when you get to St Mary's. You are also welcome to join the rest of the parish *beforehand* to walk - with a donkey (Bandit!) - from Christ Church to St Mary's. We set out from Christ Church at 9.30am. But don't forget the clocks go forward that morning!!

**TEAS & COFFEES AT CHRIST CHURCH:** If you could help with refreshments after the 9.30am service at Christ Church, please contact Sue Fitzgerald by email: [susan\\_fitzgerald@hotmail.com](mailto:susan_fitzgerald@hotmail.com) - any help would be greatly appreciated.

**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>

**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.

## A reflection on this week's readings:

### From the readings for Sunday 15 March

### Colossians 3:12-16

Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering; forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also *do ye*. And above all these things *put on* charity, which is the bond of perfectness. And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful. Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another.

AV (King James Bible)

Put on then, as God's chosen ones, holy and beloved, compassion, kindness, lowliness, meekness, and patience, forbearing one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. And above all these put on love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful. Let the word of Christ dwell in you richly, teach and admonish one another in all wisdom

RSV

As, therefore, God's picked representatives of the new humanity, purified and beloved of God himself, be merciful in action, kindly in heart, humble in mind. Accept life, and be most patient and tolerant with one another, always ready to forgive if you have a difference with anyone. Forgive as freely as the Lord has forgiven you. And, above everything else, be truly loving, for love is the golden chain of all the virtues. Let the peace of Christ rule in your hearts, remembering that as members of the same body you are called to live in harmony, and never forget to be thankful for what God has done for you. Let Christ's teaching live in your hearts, making you rich in the true wisdom. Teach and help one another along the right road

J B Phillips

So, chosen by God for this new life of love, dress in the wardrobe God picked out for you: compassion, kindness, humility, quiet strength, discipline. Be even-tempered, content with second place, quick to forgive an offense. Forgive as quickly and completely as the Master forgave you. And regardless of what else you put on, wear love. It's your basic, all-purpose garment. Never be without it. Let the peace of Christ keep you in tune with each other, in step with each other. None of this going off and doing your own thing. And cultivate thankfulness. Let the Word of Christ—the Message—have the run of the house. Give it plenty of room in your lives. Instruct and direct one another using good common sense.

The Message

This is a fairly short letter, probably not by Paul but by someone familiar with, and sympathetic to, his thinking. It's addressed to a church in W Turkey which had been influenced by an alien "philosophy", seen as dangerous and unChristian. It's difficult to make out exactly what this was, maybe a kind of Jewish Gnosticism stressing heroic individual spirituality. Here in chapter 3 the writer contrasts this with the joyfully communal life "in Christ" which he's both celebrating and recommending. It's always worth looking at the immediate context of the chosen reading; here it's preceded by a deliberate echo of Paul's famous line that in Christ "there is neither Jew nor Greek, slave nor free" (Gal 3:28) – though interestingly omitting "neither male nor female". So the reading stresses the *equality* of all the believers as they (and we) strive to live out the love, peace and forgiveness that Jesus represents in our lives. Presumably this includes the duty to "admonish", to call out unacceptable behaviours and attitudes where necessary; we're invited to imagine a situation where a slave may do this to his or her master. The two modern translations try to soften this, but the Greek verb translated "admonish" in the AV and RSV has a definite edge to it. After all this equality, it jars a bit when the next words (v.18) are "Wives, obey your husbands ... husbands, love your wives." There follows a "household code" laying out the duties of all the members (including slaves), which strives to be faithful to the radical vision but also to stress that Christianity doesn't subvert the social order – a tension that arguably the church has lived with for the past 2,000 years!

*Lord, help us to reflect seriously on all aspects of this reading, and to do our best to live our lives as Christians according to the principles laid down here.*

## 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 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 22<sup>nd</sup> March – Passion Sunday

<b>8am</b>	<b>Holy Communion BCP (CC)</b>
<b>9.30am</b>	<b>Family Eucharist (CC)</b>
<b>11am</b>	<b>Sung Eucharist (STM)</b>
<b>1.30pm</b>	<b>Baptism (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  
[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)

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