

**Sunday 17<sup>th</sup> May 2026**  
**7<sup>th</sup> Sunday of Easter**



**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 BCP (STM)**  
**1.30pm Baptism (CC)**  
**3pm Tea & Fellowship (CC Vestry)**

**Eucharist Readings & Hymns:**

**Acts 1. 6-14**  
**John 17. 1-11**

- 223** All hail the power of Jesu's name  
**224** Ascended Christ  
**460** O thou, who at thy Eucharist  
**612** Christ triumphant

**The Collect for the Week:**

O God the King of glory, you have exalted your only Son Jesus Christ, with great triumph to your kingdom in heaven: we beseech you, leave us not comfortless, but send your Holy Spirit to strengthen us and exalt us to the place where our Saviour Christ is gone before, 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, Liz Hickson, Jackie Wilkins, Jane Heath, Thomas, Amelia Nash

**RIP:** Gillian Hornsey, Terry Warren

**Year's Mind:** Donald Warren (17<sup>th</sup>, 82); Gerry East (17<sup>th</sup>, 03); Jim Creed (17<sup>th</sup>, 09); Arthur Cuff, Reader (18<sup>th</sup>, 98); Thomas Burke (21<sup>st</sup>, 97); Sylvia Kaye (21<sup>st</sup>, 15); Ann Lister-Griffiths (22<sup>nd</sup>, 12); Dennis Kaye (22<sup>nd</sup>, 20)

**Wanstead Prayer Diary:** Wanstead Station, Station News and Dry Cleaning, The Green, Wanstead House Community Association, Little Bears' Nursery, Redbridge Lane West, Mansfield Road, Sydney Road, Camden Road, Chester Road, Oak Hall Road, Elm Close, Harrier Avenue, Wigram Road, Drummond Road

**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

**BAPTISM THIS SUNDAY:** The church welcomes with great joy today the family and friends of Sienna Annandale whose Baptism will take place at Christ Church. Please keep Sienna and her family and Godparents in your prayers.

**ST MARY'S SPRING MUSIC FESTIVAL 23<sup>rd</sup> – 25<sup>th</sup> MAY:** Tickets on sale now!  
Tickets: Adults £15, Concessions £10 or buy a Season Ticket for the whole festival: £45/£35.  
See the Parish website or the posters and leaflets at both churches for more details.

**WALK TO WALTHAM ABBEY on Saturday 30<sup>th</sup> May:** The walk is along the Lea River, starting at Tottenham Hale and lasting roughly 3 hours over 7.5 miles. For further details please see or email Fr. Charles at [chbrown1816@gmail.com](mailto:chbrown1816@gmail.com)

**PARISH BREAKFAST & SERVICE IN WANSTEAD PARK – SUNDAY 31<sup>ST</sup> MAY**  
**10am Breakfast at St Mary's, followed by a walk down to Wanstead Park for a service at 11am.** We invite everyone in the parish to join us for a fantastic breakfast including home-cooked bacon, eggs and sausages, fruit, coffee and tea - all served in the church yard at St Mary's - with donations to **Christian Aid**. At 10.45am, we will leave St Mary's and make our way down to Wanstead Park for a service of prayer, suitable for all ages. There will be a **said Eucharist at 11am at St Mary's** for those who wish to join for breakfast, but who cannot manage the walk.

**\*Please note there will be NO Nursery Church, Junior Church or 9.30am Eucharist at Christ Church on Sunday 31<sup>st</sup> May.**

**INSPIRE WANSTEAD LAUNCH PARTY, TUESDAY 2<sup>ND</sup> JUNE 6.30PM, CHRIST CHURCH:** Please join us for a drinks and canapés reception to mark the official launch of *Inspire Wanstead*. This major project, aided by the **National Lottery Heritage Fund**, aims to restore and renew Christ Church's built and social heritage, and to connect with the wider community of Wanstead. The architects and project managers will be present at the reception and will make short presentations as to the details of this exciting scheme.

RSVP to Ann in the Parish office: [office@parishofwanstead.org](mailto:office@parishofwanstead.org) or book here:  
<https://www.trybooking.com/uk/GJYQ> or sign up on the sheets at either church.

**PARISH DAY OUT TO SAFFRON WALDEN & THAXTED, SATURDAY 6<sup>TH</sup> JUNE:**  
Join us for our Parish day out exploring a beautiful part of north-west Essex and culminating with our parish choir singing Choral Evensong at Thaxted Parish Church. There will be opportunities for fun, food, relaxation, a bit of history and art, and for meditation and worship, as well as getting to know each other better. All are very welcome! There is a small charge of **£5 per person**, which will be donated to the Parish of Thaxted as a thank you for letting us use their church. Meals etc to be paid for individually. The Fry Art Gallery is free. We are not intending to hire a coach as it is very expensive to do so. However, we are looking for offers of lifts. Ways to sign up: look out for the flyers in both churches with the QR code, or type in this link:

<https://www.trybooking.com/uk/GIIZ> or, email Ann in the Parish office: [office@parishofwanstead.org](mailto:office@parishofwanstead.org)

**Booking deadline: Friday 22<sup>nd</sup> May. Please pay your £5 before the day and indicate if you wish to stay for the meal so we know numbers for booking – Thank you**

**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 17 May

I Peter 5:7-10

Cast all your care upon [God]; for he careth for you. Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: whom resist stedfast in the faith, knowing that the same afflictions are accomplished in your brethren that are in the world. But the God of all grace, who hath called us unto his eternal glory by Christ Jesus, after that ye have suffered a while, make you perfect, stablish, strengthen, settle you.

**AV (King James Bible)**

Cast all your anxieties on [God], for he cares about you. Be sober, be watchful. Your adversary the devil prowls around like a roaring lion, seeking some one to devour. Resist him, firm in your faith, knowing that the same experience of suffering is required of your brotherhood throughout the world. And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, establish, and strengthen you.

**RSV**

You can throw the whole weight of your anxieties upon [God], for you are his personal concern. Be self-controlled and vigilant always, for your enemy the devil is always about, prowling like a lion roaring for its prey. Resist him, standing firm in your faith and remember that the strain is the same for all your fellow-Christians in other parts of the world. And after you have borne these sufferings a very little while, God himself (from whom we receive all grace and who has called you to share his eternal splendour through Christ) will make you whole and secure and strong.

**J B Phillips**

Live carefree before God; he is most careful with you. Keep a cool head. Stay alert. The Devil is poised to pounce, and would like nothing better than to catch you napping. Keep your guard up. You're not the only ones plunged into these hard times. It's the same with Christians all over the world. So keep a firm grip on the faith. The suffering won't last forever. It won't be long before this generous God who has great plans for us in Christ—eternal and glorious plans they are!—will have you put together and on your feet for good.

**The Message**

I Peter, as we've seen in recent readings, was addressed to Christians in poor and humble situations, dependent on the whims of sometimes oppressive masters and facing, if not actual persecution, some extra hardship in their lives because of their faith. They're advised to be submissive, not to make trouble, to respect authority, remembering that Jesus suffered unjustly to redeem us from our sins. In this final chapter the writer has just been urging Christian leaders to treat their flocks fairly and not to add to their burdens. Finally he turns back to encourage the Christian rank and file to trust in God to repay their humility "in due time".

Then suddenly he introduces this alarming image of "the devil roaring like a lion", seeking our spiritual ruin. What did the writer understand by this? And how do we relate to it? Do we think of an undying individual consciousness, of great spiritual power and evil intentions towards God's creation? Or is it a metaphor to describe the autonomous power (and seductiveness) of evil in the world? In the gospels it's the devil that tempts Jesus to grasp at worldly dominion, or to enforce allegiance by dramatic displays of power, so this is a natural image for other NT writers to use. Much of our idea of the devil derives from mediaeval and later sources, so we need to get back behind this – forget about the stage devil with horns and a tail, a goatee beard and a black and red theatrical costume! What our writer is referring to is something very real and dangerous – the existence of power structures and cultural forces in our world that are independent of individual bad actors – racism, organised greed, sadism and violence, sexual exploitation, or the kind of vanity and insecurity that makes us try to feel better by shaming others, to give a very partial list. (And today the internet, despite all its positive features, seems to have enabled and intensified many of these.) These are not only temptations for the rich and powerful – I Peter reminds us that even the poor and humble need to be on their guard against moral dangers of all kinds.

*Lord, may we take this warning to heart, resist the forces of evil to the best of our ability, and be on our guard against the often subtle temptations to evil that are all around us.*

## 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 24<sup>th</sup> May – Pentecost

<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>

## 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)