

Sunday 22nd February 2026
1st Sunday of Lent



Wanstead Parish
St Mary with Christ Church

www.wansteadparish.org

Services today:

8am **Holy Communion BCP (CC)**
9.30am **Family Eucharist (CC)**
11am **Sung Eucharist (STM)**

Eucharist Readings & Hymns:

Psalm 32
Romans 5. 12-19
Matthew 4. 1-11

763 Praise to the Holiest in the height
129 Lord, teach us how to pray aright
717 Lord, make us servants of your peace
116 Be thou my guardian and my guide

The Collect for the Week:

Almighty God, whose Son Jesus Christ fasted forty days in the wilderness, and was tempted as we are, yet without sin: give us grace to discipline ourselves in obedience to your Spirit; and, as you know our weakness, so may we know your power to save; 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: Sophia Goldman

Year's Mind: James Chalk (22nd, 78); Esther Murrell (22nd, 10); Jim Blake (23rd, 94); Ashton Daniel Brown (25th, 14); John Ridgwell (26th, 12); Gordon Huelin Pr. (27th, 97); Melanie Steele (28th, 08)

Wanstead Prayer Diary: Filika, High Street, Martin and Co, Domino's, Barnardo's, BBQ Express, Assemble Media Group, Majestic Wines, St. Francis Hospice, Byoni Hair, Barretts Law, Charles Crown Financial

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

TUESDAY MORNING PRAYER GROUP: The Prayer Group will not meet for a few weeks - until further notice. Please contact the Parish Office for more information.

THIS YEAR'S LENT COURSE: focuses on the Gospel of John. Our chosen book, *'Finding God in John'* (£10.99 SPCK) is written by David Ford, formerly Regius Professor of Divinity at Cambridge University. Don't worry though - it's not a complex religious textbook! Instead, Professor Ford has written an accessible book that helps us to explore who John says Jesus really was. **Sunday evenings, starting 22nd Feb for five sessions: 7.30pm-9pm in Christ Church Vestry** (you're welcome to bring along some wine or other refreshments!) **Thursday mornings, starting 19th Feb for five sessions: 11.45-1pm in Christ Church Vestry.** *Sign-up sheets in both churches*

RECRUITING BUDDIES AND MORE WELCOMERS AT 9.30: Sadly, our recruiting drive for Buddies and more Welcomers has not been very successful so far: at present we have only 1 person willing to be a buddy in the hall and 3 people willing to sit alongside a newcomer in the pew during the 9.30 service. No one signed up to join the Welcomers' team. So, unless more people are willing to come forward, we will not be able to run a Buddy system to help make newcomers welcome at this time. So please can I put out one last plea: if you might feel called to help in this way – either by being a buddy or a welcomer - please look at the leaflet in church on Sunday (copies at the Welcomer desk) which outlines what each role entails - and sign up on the sheet on the side near the Welcome Notice Board. Signing up does not commit you to anything except to explore with us what the roles might look like. You can make a decision after that. If you want to discuss further, you can email me at ehorwell@hotmail.com or phone me on 077930 36805. Revd Liz ☺

TEXTILE HANGINGS IN CHRIST CHURCH: You will have noticed the hangings in Christ Church above the High Altar and behind the pulpit and the lectern. The next phase in the project is to make small hangings to go on the pillars in Christ Church. We thought it would be good to have pictures of animals or plants from the bible, and we would like suggestions from the congregation. We would also like to include the biblical reference on the hanging. Please would you put the name of the plant or animal, plus the biblical reference in the suggestion boxes provided in each church. Many thanks, Sue Oldham and Rachel Riches

BRIGHTENING CHRIST CHURCH'S PORCH FOR EASTER: Are you looking for a Lent craft project? Do you have a stash of small amounts of colourful wool? We'd like to cover Christ Church's porch gates with knitted and crocheted flowers and leaves for Easter. Create your flowers and leaves and leave them in the box by the door in Christ Church during Lent, and we'll attach them to the gates in time for our Easter Sunday service. We have a sheet with some patterns on to get you started, but please don't feel limited to these patterns - get creative! There are loads of patterns on the internet and in books. Please email the Parish Office for a sheet or collect from the welcome desk in Christ Church or St Mary's.

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

PERGOLES STABAT MATER

APRIL
03
2026

12 NOON

**ST MARY'S OVERTON DRIVE
E11 2LW**

WE ARE INVITING SINGERS FROM OUR AREA TO JOIN THE PARISH CHOIR FOR THIS PERFORMANCE AS PART OF OUR GOOD FRIDAY LITURGY. THERE WILL BE 4 REHEARSALS FROM 7-9PM AT ST MARY'S ON THE FOLLOWING DATES. WE ASK PEOPLE TO COMMIT TO AT LEAST 3 REHEARSALS:

FEBRUARY 19TH, MARCH 5TH, MARCH 19TH & MARCH 31

**TO SIGN UP OR FOR MORE DETAILS CONTACT
ALISON WELLS:
WANSTEADPARISHCHOIR@GMAIL.COM**

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 1st March – 2nd Sunday of Lent

8am	Holy Communion BCP (CC)
9.30am	Sung Eucharist with Junior Church (CC & Halls)
9.45am	Nursery Church (Halls)
11am	Morning Prayer CW (STM)
5.30pm	A Place (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
Tue-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