

Sunday 22nd March 2026
5th Sunday of Lent
Passion Sunday



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)
1.30pm Baptism (CC)

Eucharist Readings & Hymns:

Psalm 130
Romans 8. 6-11
John 11. 1-45

156 We sing the praise of him who died
145 It is a thing most wonderful
489 From heaven you came, helpless babe
149 O love, how deep, how broad

The Collect for the Week:

Most merciful God, who by the death and resurrection of your Son Jesus Christ delivered and saved the world: grant that by faith in him who suffered on the cross we may triumph in the power of his victory; 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 Michael Carrington (23rd, 12); Mary Mann (24th, 72); Doris Powell (25th, 04); May Gadd (28th, 88); Beth Legge (28th, 12); Jane Crick 28th, 16)

Wanstead Prayer Diary: Woodbine Close, Co-op, Dry Cleaners, Lighthouse Fish and Chips, Wanstead Coffee Shop, Harvey's, City Place, Ginger Pig, Costa Coffee, Oxfam, Greggs, Jojo Maman Bebe, Superdrug, Wanstead Pharmacy, D'Vine Nature, IIF Gallery, Tesco Express, Boots, Gail's

NOTICES

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

PRAYER GROUP: The prayer group will meet on Tuesday 24th March at 10:30am in Christ Church – all welcome. Please note the group will take a break for Easter and will not meet on 31st March or 7th April.

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

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 - 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>

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.

A reflection on this week's readings:

From the readings for Sunday 22 March

Romans 8:8-11

They that are in the flesh cannot please God. But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his. And if Christ be in you, the body is dead because of sin; but the Spirit is life because of righteousness. But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you. **AV (King James Bible)**

Those who are in the flesh cannot please God. But you are not in the flesh, you are in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, although your bodies are dead because of sin, your spirits are alive because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will give life to your mortal bodies also through his Spirit which dwells in you. **RSV**

Men who hold this (carnal) attitude cannot possibly please God. But you are not carnal but spiritual if the Spirit of God finds a home within you. You cannot, indeed, be a Christian at all unless you have something of his Spirit in you. Now if Christ does live within you his presence means that your sinful nature is dead, but your spirit becomes alive because of the righteousness he brings with him. I said that our nature is "dead" in the presence of Christ, and so it is, because of its sin. Nevertheless, once the Spirit of him who raised Jesus from the dead lives within you he will, by that same Spirit, bring to your whole being new strength and vitality. **J B Phillips**

Those who obey their human nature cannot please God. But you do not live as your human nature tells you to; instead, you live as the Spirit tells you to—if, in fact, God's Spirit lives in you. Whoever does not have the Spirit of Christ does not belong to him. But if Christ lives in you, the Spirit is life for you because you have been put right with God, even though your bodies are going to die because of sin. If the Spirit of God, who raised Jesus from death, lives in you, then he who raised Christ from death will also give life to your mortal bodies by the presence of his Spirit in you. **Good News Bible**

When Paul writes about "flesh", he isn't mainly thinking of the all-too-obvious pleasures and temptations of the flesh; his real target is a kind of materialistic way of thinking which measures everything by purely human standards, judging actions by whether they are profitable or successful in material terms, which to him is a kind of spiritual death. This is of a piece with his criticism of those who define the good life in terms of obedience to the Mosaic Law; both judge actions by mechanical calculation of their consequences and are blind to the transforming power of God's love. We can never earn salvation, but it's freely available to anyone who truly believes *and trusts* in God's love, in the redeeming power of Christ's death and resurrection, and in the life of the Holy Spirit within us. (In a typically Pauline paradox, we live "in the Spirit", but equally the Spirit lives in us.) In official theological terms, we're "justified by faith".

Romans is the most closely argued and carefully structured of all Paul's writings. Its 16 chapters fall into two halves, each with its own dynamic, so today's reading from chapter 8 is Paul's way of leading us logically up to the climax of the first part. This climax features two of Paul's most powerful and moving statements about the Christian life. Firstly, that when our prayer life dries up, and we cannot find the words we need, the Holy Spirit within us "intercedes with sighs too deep for words" (8:26-27). And finally, that absolutely nothing in the external world, whether material or spiritual, can "separate us from the love of God in Christ Jesus our Lord" (8:35-39).

Lord, help us to keep travelling along the path of ever deeper trust in your love, in our salvation through that trust, and in the voice of the Spirit within us.

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 29th March – Palm Sunday

(Don't forget the clocks go forward!)

8am	Holy Communion BCP (CC)
9.30am	Blessing of Palms & Procession from Christ Church to St Mary's (CC)
10am	Sung Eucharist (STM)

Nursery Church and Junior Church families are warmly invited to join in our exciting new 'Forest Church' experience at St Mary's

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