

**Sunday 29<sup>th</sup> March 2026**  
**Palm Sunday**



**Wanstead Parish**  
St Mary with Christ Church

[www.wansteadparish.org](http://www.wansteadparish.org)

**Services today:**

**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

**Eucharist Readings & Hymns:**

**Liturgy of the Palms and Passion**

**161** Ride on, ride on in majesty!  
*(in service booklet)*

**147** My song is love unknown

**142** Glory be to Jesus

**612** Christ triumphant, ever reigning

**The Collect for the Week:**

Almighty and everlasting God, who in your tender love towards the human race sent your Son our Saviour Jesus Christ to take upon him our flesh and to suffer death upon the cross: grant that we may follow the example of his patience and humility, and also be made partakers of his resurrection; 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:**

**Year's Mind:** Ronald Henham-Barrow (29<sup>th</sup>, 71); Alison Taylor (29<sup>th</sup>, 24); Gertrude Riches (30<sup>th</sup>, 78); David Joshua (31<sup>st</sup>, 81)

**Wanstead Prayer Diary:** Trend – Barbers, Wanstead Beauty Clinic, William Hill, Angels Hair and Nails, Bobo Wild, A and C Tadman, Papa John, Zefiro, The Cuckfield

## NOTICES

**HOLY WEEK SERVICES:** Please see overleaf for details of our Holy Week services.

All are warmly welcome at this very special time.

**PRAYER GROUP:** Please note the prayer group will take a break for Easter and will not meet on 31<sup>st</sup> March or 7<sup>th</sup> April.

**THE BRIDGE YOUTH GROUP:** The Bridge will take a break for Easter. The next meeting will be on Friday 17<sup>th</sup> April, 7pm in the Parish Halls.

**BIBLE STUDY: DISCOVERING EXODUS:** What are the familiar Bible stories really telling us? Many of us know the great stories of Exodus – the burning bush, the plagues, the crossing of the Red Sea, but what do these well-known passages really mean, and what might they say to us today? Join a small, friendly six-session Bible study as we explore the book of Exodus together and look again at stories we think we know. Monday evenings (six sessions) starting 13<sup>th</sup> April, 7.30-9pm, at the home of Diana & Roger Middleditch. No previous study or expertise is needed – just curiosity and a willingness to read and reflect together. Open to anyone in the Parish. If you would like to attend or find out more, please contact Diana: [diana.middleditch@gmail.com](mailto:diana.middleditch@gmail.com) Tea and Coffee provided.

**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!

**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.

**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](mailto:wansteadparishsafeguarding@gmail.com). In an emergency, contact the relevant authority such as the Police.



Wanstead Parish  
St Mary with Christ Church

# HOLY WEEK 2026



## Palm Sunday, 29 March

8:00 am - Holy Communion ~ Christ Church  
9:30 am - Blessing of Palms and Procession  
~ Christ Church  
10:00 am - Sung Eucharist w. Forest Church for  
~ Nursery and Junior Church ~ St Mary's

## Wednesday, 1 April

8:00 pm - Compline ~ St Mary's

## Maundy Thursday, 2 April

10:30 am - Holy Communion ~ Christ Church  
8:00 pm - Mass of the Last Supper ~ Christ Church  
9:00 pm - 12:00 am Vigil ~ Christ Church

## Good Friday, 3 April

10:00 am - Walk of Witness ~ U.R.C.  
12:00 noon - Stabat Mater - Pergolesi ~ St Mary's  
2:00 pm - Veneration & Distribution ~ Christ Church

## Holy Saturday, 4 April

8:00 pm - First Eucharist of Easter ~ Christ Church

## Easter Sunday, 5 April

8:00 am - Holy Communion BCP ~ Christ Church  
9:30 am - Sung Eucharist w. Junior Church ~ Christ Church  
9:45 am - Nursery Church ~ Christ Church (Halls)  
11:00 am - Sung Eucharist ~ St Mary's

## 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 5<sup>th</sup> April – Easter Sunday

<b>8am</b>	<b>Holy Communion BCP (CC)</b>
<b>9.30am</b>	<b>Sung Eucharist with Junior Church (CC &amp; Halls)</b>
<b>9.45am</b>	<b>Nursery Church (Halls)</b>
<b>11am</b>	<b>Sung Eucharist (STM)</b>
<b>5.30pm</b>	<b>A Place (CC Vestry)</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)