Sunday 22nd November 2026
Christ the King

Wanstead Parish
St Mary with Christ Church

www.wansteadparish.org

Services today:

8am	**Holy Communion BCP** (CC)
9.30am	**Sung Eucharist** (CC)
	Nursery Church (Parish Halls)
	Junior Church (Parish Halls)
11am	**Sung Eucharist** (STM)

Eucharist Readings & Hymns:

Ephesians 1. 15-end
Matthew 25. 31-end

227 Crown him with many crowns
453 Lord, enthroned in heavenly splendour
592 As the deer pants for the water
612 Christ triumphant, ever reigning

The Collect for the Week:
Eternal Father, whose Son Jesus Christ ascended to the throne of heaven that he might rule over all things as Lord and King: keep the Church in the unity of the Spirit and in the bond of peace, and bring the whole created order to worship at his feet; 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: Richard Coy, Liz Hickson, Jackie Wilkins, Jane Heath, Thomas, Pamela Mathers, Elaine Hall, Sue Pullen, Tina Morris

RIP: Tommy Walsh

Year's Mind: Nora Hemsley (23rd, 90); Joseph Philippe (26th, 15); Henry Pead (27th, 90); Helena Lindsay (28th, 99)

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

WELCOMER AND BUDDY TRAINING: This will take place today **Sunday 22nd November after the 9.30 service**, when we will meet in the choir vestry at 11am for an hour's session. If you like to collect a drink from the hall before coming over, there'll be cake waiting for you! If anyone else would like to become either a Welcomer or a Buddy, please feel free to join us for the session.

NOTICES

VOLUNTEERS NEEDED TO HELP WITH THE PARISH CHRISTMAS CARDS:
Friday 27th November from 10am, please join us at the Rectory to help write and distribute Christmas cards for the Parish with details of all our Christmas services and events. We need volunteers to help write the cards and to deliver them. It is always a jolly occasion and tea, coffee and mince pies will be available. If you would like to help deliver cards but cannot make the morning of the 27th, cards can also be delivered at other times but ideally all will be distributed on the 27th or 28th November. If you are interested to help, please let Huong in the Parish Office know: office@parishofwanstead.org

CLEANING AT CHRIST CHURCH: Volunteers are needed to help with pre-Christmas cleaning at Christ Church on the morning of 4th December from 9.30 to 12.30. Please come along if you are able to offer any help during that time.

29TH NOVEMBER IS TOY SUNDAY: We are collecting **New Toys** for children age 12 months to 8 years and **New Gifts** for women resident at **Hestia Women's Refuge**. Toys, Games and Books etc for children and Scarves, Gloves and Toiletries etc for Women. Gift Vouchers from major supermarkets/stores are welcome. Gifts will be collected after Church Services from **29th November to 13th December**. Gifts will be delivered in time for Christmas and always received with great excitement and pleasure. Any questions contact Beryl Darling 07825559343/bdarling2022@outlook.com.

FAMILY MOVIE NIGHT: Let's jump into Advent with a family movie night in the parish halls 28 Nov, 4:30-7:00 pm. Together we'll watch the classic Muppets Christmas Carol. Bring your choice of food to snack on, we'll set up games and toys in the other hall for the smaller children or those who prefer a different activity. The event is absolutely **FREE!**
We look forward to seeing you there!

Book using the QR code or this link: https://www.trybooking.com/uk/HIEA
or email Fr David wanstead.curate@gmail.com

MERRY QUIZMAS, Saturday 12th December, 7pm in the Parish Halls:
Our ever-popular Christmas quiz is back for another year, with food included in the price of £14. Saturday 12th December, 7pm for 7.30pm. Licensed bar (please be a good sport and don't bring your own). Raffle. All in aid of the **Inspire Wanstead Christ Church Fund**.

Teams of up to 10 players are welcome!

Booking via https://www.trybooking.com/uk/HHDF or if you can't do so, contact Lauren Johnson.

CROCHET ANGELS: We would like some crochet/knitted angels for the prayer tree in Christ Church. If you think you could help, please speak to Beryl Darling or contact the Parish Office.

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.

Ephesians 1:17-19

[I pray] that the God of our Lord Jesus Christ, the Father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of him: the eyes of your understanding being enlightened; that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints, and what is the exceeding greatness of his power to us-ward who believe, according to the working of his mighty power. **AV (King James Bible)**

[I pray] that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and of revelation in the knowledge of him, having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, and what is the immeasurable greatness of his power in us who believe, according to the working of his great might **RSV**

This is my prayer – that God, the God of our Lord Jesus Christ and the all-glorious Father, will give you spiritual wisdom and the insight to know more of him: that you may receive that inner illumination of the spirit which will make you realise how great is the hope to which he is calling you—the magnificence and splendour of the inheritance promised to Christians—and how tremendous is the power available to us who believe in God. **J B Phillips**

I ask the God of our Master Jesus Christ, the God of glory, to make you intelligent and discerning in knowing him personally, your eyes focused and clear, so that you can see exactly what it is he is calling you to do, grasp the immensity of this glorious way of life he has for his followers, oh, the utter extravagance of his work in us who trust him—endless energy, boundless strength!

The Message

Ephesians is quite a mysterious text. Thought not actually to be by Paul, it may not even have been originally addressed to the church in Ephesus. In some ways the language echoes Colossians (also thought not to be by Paul) but the emphasis is different. So it's a rather free-floating text, witness to a strand in early Christianity that has something in common with Paul, but also significant differences. It was accepted by those who drew up the NT canon (in the early 2nd century) as genuine Spirit-inspired Scripture, and that's how we read it today.

The style is very different from Paul's. The whole reading (vv.15-23), from which the above is an extract, is a single long flowing sentence in the original, with many dependent clauses. So is the initial thanksgiving (vv.3-14). The effect is of a great breathless rush of enthusiasm and inspiration. Paul typically writes in a much more measured way. In terms of content, when Paul writes about the church as the body of Christ, he seems often to be thinking of the local church community, with its different members with their various gifts being like the parts of the body. The writer of Ephesians writes of the whole community of Christians in the world as the body, with Christ as their majestic crowned head. (No wonder this is the set reading for the feast of Christ the King!) And while Paul constantly refers to the imminent Parousia, the Second Coming, in Ephesians the fullness of Christ's presence is here and now in the church. The emphasis is on the "already" rather than the "not yet".

This sense of the life of prayer as a kind of spiritual adventure, of ever-deepening insight into the very being of God, has had enormous appeal to mystically inclined Christians ever since. Some have detected here the influence of the Essenes, an ascetic and mystical sect within 1st century Judaism from whom the Dead Sea Scrolls derive. (They lived in the desert and practised ritual bathing for purification –John the Baptist has been seen as an Essene-influenced figure.) We can find echoes of this approach in the Spiritual Exercises of St Ignatius Loyola, in the "metaphysical" poetry of John Donne and George Herbert, and in the whole mystical and spiritual tradition of Greek and Russian Orthodoxy.

Lord, help us to live our life of prayer so as to (in the words of Richard of Chichester) "see thee more clearly, love thee more dearly and follow thee more nearly day by day". Amen

REGULAR WEEKLY EVENTS:

Mondays:	**7.30pm**	Parish Choir Practice (CC Vestry)
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) *Term time only*

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.

LOOKING AHEAD:

Sunday 29th November – Advent Sunday (Toy Sunday)

8am Holy Communion BCP (CC)
9.30am Joint Eucharist with Junior Church (CC & Halls)
9.45am Nursery Church (Halls)
6.30pm Advent Carol Service (CC)

Wednesday 2nd December – Christingle Service 6pm (CC)
Tuesday 15th December – Carols round the Christmas Tree 7.30pm (Christ Church Green)
Wednesday 16th December – Christmas Compline 8pm (St M'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 Anne Mackenna (Parish Deacon)
Revd Liz Horwell

Parish Office: 020 8530 8743
office@parishofwanstead.org
Mon-Thurs 9am-1pm
The office will be closed for training on Monday 23rd November

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

For further information, contact the Parish Office: office@parishofwanstead.org