

Sunday 4th October 2026
18th Sunday after Trinity



Wanstead Parish
St Mary with Christ Church

www.wansteadparish.org

Services today:

8am Holy Communion BCP (CC)
9.30am Sung Eucharist (CC)
Nursery Church (Halls)
Junior Church (Halls)
11am Morning Prayer CW (STM)
4pm Faith Seeking Understanding Lecture Series (CC)

Eucharist Readings & Hymns:

Philippians 3. 4b-14

Psalms: 80. 8-16

Luke 12. 1-12

631 Fight the good fight with all thy might
451 Just as I am, without one plea
421 All for Jesus, all for Jesus
587 Amazing grace (how sweet the sound)

The Collect for the Week:

Almighty and everlasting God, increase in us your gift of faith that, forsaking what lies behind and reaching out to that which is before, we may run the way of your commandments and win the crown of everlasting joy; 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. Amen.

Prayers:

Those who are in need of prayer: Richard Coy, Liz Hickson, Jackie Wilkins, Jane Heath, Thomas, Pamela Mathers, Amelia Nash

RIP: Ted Taylor, Michael Wareing

Year's Mind: Bill Moore (4th, 12); Elizabeth Lister (5th, 76); Henrietta Ryan (6th, 91); Bob Gould (9th, 94); Greta Moore (10th, 99)

Wanstead Prayer Diary: The George and Dragon, M and S, Purbani, Edwards Duthie and Shamash, Alba, Zoology, Dream Nails, Walk-In-Clinic, Joice, The Bull, Opticians

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

THIS SUNDAY, instead of a sermon, both churches will have a talk from Lydia Mormen, from the charity **Barnabas Aid**. As we know, around the world many people are persecuted for their faith. Barnabas Aid works in very challenging situations in countries where being a Christian is a dangerous thing to do. We will hear from her on what Barnabas Aid does to help people in great danger. It should prove powerful and fascinating, and we hope that you can join us at 9.30am at Christ Church or I Iam at St Mary's to meet Lydia and hear about the work of the charity.

HARVEST FESTIVAL: All through this forthcoming week we will be collecting donations of non-perishable foods for our harvest celebration on October 11th. These will be distributed to Tin in a Bin and other local charities, who are much in need. You can leave goods in either church or bring them to the Parish Office during opening hours. Please be as generous as you can, let's make this year's a bumper harvest.

HOMELESS SHELTER HELP: As usual, our parish is going to be volunteering at Forest Churches Night Shelter on Tuesday evenings throughout the winter months. Volunteers work in pairs to prepare (at home) and then serve up a meal for the guests at the shelter, which is based next to the YMCA on Forest Road, Walthamstow. Normally we have enough volunteers that each person only need do this four times over the course of the season, which runs from the start of October to the end of March. There shelter houses a maximum of about 15 guests, and they are very grateful for the food and company. Often the guests have jobs but have lost their housing due to relationship breakdowns, abuse or all kinds of other situations, which reminds us that so many are not more than a few steps away from being on the streets, unfortunately. The food is served at roughly 6.30pm and we tend to stay for an hour or two, making conversation and clearing up. Due to the nature of the shelter, volunteers must be 18 or over to participate. If you would like to be involved this year, then please would you be in touch with Fr James. jbgilder@hotmail.com

WE ARE RECRUITING X 2! - PARISH MANAGER: 16 hours per week, ideally four mornings but negotiable, Parish Office at Christ Church. For further details please see the weekly email. For a job pack please contact Fr James Gilder on jbgilder@hotmail.com Applications will close at midday on Mon 5th October. Appointment will be subject to an Enhanced DBS with Barred List. **PAID TREASURER:** 8 hours per week, flexible, work from home. For further details please see the weekly email. For a job pack please contact Fr James Gilder on jbgilder@hotmail.com **Applications will close at midday on Mon 5th October.**

CHARITY FASHION SHOW & SALE IN AID OF GREAT ORMOND STREET HOSPITAL CHARITY: 23rd October, Christ Church, Doors open 4pm, Fashion Show 7pm. Donations of clothes required – vintage or any good quality preloved women's and men's clothing, shoes, bags and jewellery needed for the sale and fashion show. Donations can be left at Christ Church on Thursday mornings between 11am-1pm or at St Mary's on Saturday mornings between 11am-1pm – also at 86 Belgrave Road or 106 Overton Drive in Wanstead and left in the porch. Please see posters and flyers in both churches for more information.

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.

A reflection on this week's readings:

From the readings for Sunday 4th October

Philippians 3:4-9

If any other man thinketh that he hath whereof he might trust in the flesh, I more: circumcised the eighth day, of the stock of Israel, of the tribe of Benjamin, an Hebrew of the Hebrews; as touching the law, a Pharisee ... touching the righteousness which is in the law, blameless. But what things were gain to me, those I counted loss for ... the excellency of the knowledge of Christ Jesus my Lord: for whom I have suffered the loss of all things, and do count them *but* dung, that I may win Christ, and be found in him, not having mine own righteousness, which is of the law, but that which is through the faith of Christ, the righteousness which is of God by faith:

AV (King James Bible)

I have more [reason for confidence in the flesh]; circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew born of Hebrews; as to the law a Pharisee ... as to righteousness under the law blameless. But whatever gain I had, I counted as loss... because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things, and count them as refuse, in order that I may gain Christ and be found in him, not having a righteousness of my own, based on law, but that which is through faith in Christ, the righteousness from God that depends on faith.

RSV

I have more [grounds for such confidence]. I was born a true Jew, I was circumcised on the eighth day, I was a member of the tribe of Benjamin, I was in fact a full-blooded Jew. As far as keeping the Law is concerned I was a Pharisee... As far as the Law's righteousness is concerned, I don't think anyone could have found fault with me. Yet... I look upon everything as loss compared with the overwhelming gain of knowing Jesus Christ my Lord. For his sake I did in actual fact suffer the loss of everything, but I considered it useless rubbish compared with being able to win Christ. For now my place is in him, and I am not dependent upon any of the self-achieved righteousness of the Law. God has given me that genuine righteousness which comes from faith in Christ.

J B Phillips

I have more [reason to trust in external ceremonies] I was circumcised when I was a week old. I am an Israelite by birth, of the tribe of Benjamin, a pure-blooded Hebrew. As far as keeping the Jewish Law is concerned, I was a Pharisee... As far as a person can be righteous by obeying the commands of the Law, I was without fault. But all those things that I might count as profit I now reckon as loss for... the sake of what is so much more valuable, the knowledge of Christ Jesus my Lord. For his sake I have thrown everything away; I consider it all as mere garbage, so that I may gain Christ and be completely united with him. I no longer have a righteousness of my own, the kind that is gained by obeying the Law. I now have the righteousness that is given through faith in Christ, the righteousness that comes from God and is based on faith.

Good News Bible

This is probably the last letter Paul wrote – from Rome in the early 60s, where he was facing likely execution, to the first church he'd founded in Europe. It seems that the Philippians, like the Galatians a decade earlier, were faced with rival “apostles” insisting that even Gentile Christians should conform to Jewish law, in particular by being circumcised. As in the letter to the Galatians, Paul's response is one of furious anger – can this issue really be rearing its head again now? But it does give him an opportunity to restate one of his key ideas – that we are saved purely by trusting in Jesus, not by our actions, and certainly not by adherence to the Mosaic Law, which itself is part of the world of “the flesh” (The Greek word *pistis*, usually translated “faith”, also carries the meaning of “trust” – cf. our word “faithful” which implies “trustworthy”. Often in the NT, where the English text talks about “faith” and “believing”, it's worth remembering that the “trust” meaning may be just as important.)

Paul's attitude to his Jewish heritage is complicated. You can hear that part of him is genuinely proud of it – though not of persecuting the church, obviously. It must pain him to dismiss it all as “rubbish” (a rather polite translation – the AV is closer to the original!). But the pain simply emphasises that, at the end of the day, our trust in the saving love of Jesus must outweigh everything else.

Lord, help us to discern which of the “vain things that charm [us] most” (Isaac Watts) we need to sacrifice, and give us the strength to do so where necessary.

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) <i>Term time only</i>

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 11th October – Harvest Festival

8am	Holy Communion BCP (CC)
9.30am	Sung Eucharist (CC)
	Nursery Church (Halls)
	Junior Church (Halls)
11am	Sung Eucharist (STM)
12.30pm	Baptisms (CC)
6.30pm	Choral Evensong (STM)

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

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