

Sunday 21st June 2026
3rd Sunday after Trinity



Wanstead Parish
St Mary with Christ Church

www.wansteadparish.org

Services today:

- 8am Holy Communion BCP (CC)**
9.30am Sung Eucharist with Junior Church (CC & Halls)
9.45am Nursery Church (Halls)
11am Morning Prayer BCP (STM)
3pm Tea & Fellowship (CC Vestry)

Eucharist Readings & Hymns:

Romans 6.1b-11
Psalms 69.8-11
Matthew 10.24-39

- 621** Dear Lord and Father of mankind
135 Take up thy cross, the Saviour said
462 Soul of my Saviour, sanctify my breast
619 Come, ye faithful, raise the anthem

The Collect for the Week:

Almighty God, you have broken the tyranny of sin and have sent the Spirit of your Son into our hearts whereby we call you Father: give us grace to dedicate our freedom to your service, that we and all creation may be brought to the glorious liberty of the children of God; 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, Richard Coy, Liz Hickson, Jackie Wilkins, Jane Heath, Thomas

RIP: Molly Liok, Michael New, Owen Leighton

Year's Mind: Henry Champness (21st, 80), Peter Brown (21st, 15), Olive Stone (24th, 93), Ellen Pead (26th, 94), Ralph Llewellyn (27th, 77)

Wanstead Prayer Diary: Snaresbrook Road, Eagle Pond, Woodham Court, Audley Court, Rivenhall Gardens, Bradwell Close, Rayne Court, Hermitage Walk, Laurel Way, Coppice Way, Malford Grove, The Drive, Hermitage Close

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

TEA & FELLOWSHIP: will take place today, **Sunday 21st June, at 3pm** in the Vestry at Christ Church. Please join us for chat and tea & cake. We look forward to welcoming you.

PRAYER GROUP: The Prayer Group will meet at **Christ Church on Tuesday 23rd June, 10.30am**. Please note - this will be the final meeting until September.

PICNIC SUNDAY – 28TH JUNE, 11AM AT ST MARY’S: Join us for a Family Eucharist service outside in the grounds of St Mary’s. Bring a picnic and enjoy a fun and sociable time together afterwards. ***Please note there will be no 9.30am Eucharist, Nursery Church or Junior Church at Christ Church that day.**

COME AND SING EVENSONG FOR YOUNG PEOPLE: We are holding our first 'come and sing evensong' for young people **on Sunday 5th July at 5pm, at Christ Church**. It would be really great if members of the congregation come along to support this event, as we seek to start our own junior choir here. Please do come along and support our young people as they learn a new skill and get an introduction to evensong.

CHILDREN'S CHOIR - COME-AND-SING EVENSONG: Does your child love to sing? Wanstead Parish is holding a Come-and-Sing Evensong at Christ Church this July, and all children and young people aged 7-14 are invited to sing in the choir. A rehearsal will be held at Christ Church on **Friday 3 July from 5 - 6.30 PM**, with the service on the **following Sunday 5 July at 5 PM** (3.30 PM call time). Participants will learn Choral Evensong repertoire and experience what it is like to be part of a traditional church choir. This Evensong event will act as a taster session for what's to come at Wanstead Parish. Through a national church grant to the Diocese of Chelmsford, St Mary with Christ Church is leading an initiative to build our children's music ministry. We are excited to launch our regular children and youth choir this September. Interested in registering your child for our Come-and-Sing Evensong, upcoming choir, or both? Please reach out to the project team at alice.belshaw@gmail.com for more information. Participation is completely free, and no previous singing experience is required. Register here: <https://www.trybooking.com/uk/GOWU>

REPAIR CAFÉ – SEAMSTRESS WANTED! The next repair café will take place on **Saturday 11th July, 10.30am-1pm** in the Parish Halls. The organisers are in urgent need of a seamstress. If you would be able to volunteer, please contact wansteadrepaircafe@gmail.com

SAVE THE DATE! SUNDAY 12TH JULY, 6.30PM, CHRIST CHURCH – THE PARISH CHOIR'S 150TH ANNIVERSARY EVENSONG & RECTOR'S THANK YOU DRINKS: this year we are combining the Rector's thank you drinks with the 150th Anniversary Evensong for the Choir. After the evensong there will be a reception in Christ Church Gardens for all who attend the service, to say thanks to everyone who volunteers for the parish. If you volunteer in any way - be it large or small - for the Parish of Wanstead, I would be delighted to see you at the reception after the evensong, to say thank you in person. - *Fr James*
(More information about our special 150th Parish Choir's Anniversary Evensong will follow next week!)

FIRST COMMUNIONS: Anyone who is in Year 3 or above would be welcome to receive first communion. We are hoping to hold admission to First Communion over the Sundays in July. If your child would like to be admitted to communion, please contact Fr James so he can arrange a session for the children, explaining what it is all about!

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 21 June

Romans 6:1-5

Shall we continue in sin, that grace may abound? God forbid. How shall we, that are dead to sin, live any longer therein? Know ye not, that so many of us as were baptized into Jesus Christ were baptized into his death? Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life. For if we have been planted together in the likeness of his death, we shall be also *in the likeness of his resurrection*.

AV (King James Bible)

Are we to continue in sin that grace may abound? By no means! How can we who died to sin still live in it? Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? We were buried therefore with him by baptism into death, so that as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life. For if we have been united with him in a death like his, we shall certainly be united with him in a resurrection like his. **RSV**

Shall we sin to our heart's content and see how far we can exploit the grace of God? What a ghastly thought! We, who have died to sin—how could we live in sin a moment longer? Have you forgotten that all of us who were baptised into Jesus Christ were, by that very action, sharing in his death? We were dead and buried with him in baptism, so that just as he was raised from the dead by that splendid Revelation of the Father's power so we too might rise to life on a new plane altogether. If we have, as it were, shared his death, let us rise and live our new lives with him! **J B Phillips**

So what do we do? Keep on sinning so God can keep on forgiving? I should hope not! If we've left the country where sin is sovereign, how can we still live in our old house there? Or didn't you realize we packed up and left there for good? That is what happened in baptism. When we went under the water, we left the old country of sin behind; when we came up out of the water, we entered into the new country of grace—a new life in a new land! That's what baptism into the life of Jesus means. When we are lowered into the water, it is like the burial of Jesus; when we are raised up out of the water, it is like the resurrection of Jesus. Each of us is raised into a light-filled world by our Father so that we can see where we're going in our new grace-sovereign country. **The Message**

Paul's critique of "the Law" could be taken to mean that those saved by faith can do what they like, confident in the grace of God's forgiveness. Paul is keen (here, also in Rom 3:8 and I Cor) to correct this idea, known as *antinomianism*, which often crops up in the wilder fringes of Christianity – in the Ranters (in the English revolution of the 1640s), in some aspects of the thought of William Blake, in Rasputin (*not* a monk, but a wandering Russian "holy man"), and in some nominally Christian sects and cults today. 2 Peter (early-mid 2nd cent.) respects Paul, but says he's "hard to understand" at times, and that "ignorant and unstable people distort [his words], as they do the other Scriptures, to their own destruction" (2 Peter 3:16). This sounds like the same idea; it's also the earliest reference to Paul's letters and other NT writings as "Scripture" in the same way as the OT.

Paul's response is to stress the life-transforming effects of adult baptism as a conscious commitment of faith, by full immersion mirroring the death and resurrection of Jesus. The old sinful life in us dies, "buried by baptism into death", to be replaced by birth into a new life "in Christ". Just as the risen Christ is freed from death and the limitations of the flesh, so we're called to live according to his risen nature. We may be freed from the Law, but we're called (and enabled) to live up to the demands of the new life. Christians *do* sin, and pastors have always had to deal with this, but Paul is firm that it's not OK, and his theology of justification is no excuse for sinful behaviour. There's always been scope for thoughtful debate about where lines should be drawn (e.g. slavery?) but the principle is clear.

Lord, through the grace of your Holy Spirit, help us always to be mindful of the change wrought in us by baptism, and to live up to the values of our new life "in Christ". Amen

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 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 28th June – 4th Sunday after Trinity Picnic Sunday

8am	Holy Communion BCP (CC)
11am	Family Eucharist (outdoors) - (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 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