

**St Margaret of Antioch, Ilford**  
**Weekly News Sheet**  
**Sunday 4<sup>th</sup> of August**  
**10th Sunday After Trinity**



We hope you enjoy worshipping with us or visiting us. If you are here for the first time or visiting from another church, please introduce yourself. You will find all your need for the service using this sheet, the service booklet and the hymn book. The hymns are on the board at the front or will be announced.

**Keep in touch with us by visiting:**

**Our website:** [stmargaretilford.org.uk](http://stmargaretilford.org.uk)

**X :** @StMargaretIG1

**Facebook:** [facebook.com/StMargaretIG1/](https://facebook.com/StMargaretIG1/)

**Instagram :** @stmargaret\_ilford\_ig1

**Parish contact details:** [stmargaretig1@gmail.com](mailto:stmargaretig1@gmail.com) 07762 163849

**Churchwardens:** Krystyna Retecka 07514 718672 Helen Cansick 07903 813131

## **Worship and Intercessions**

### **THIS MORNING**

**Welcome Team:**

Dorish Thason

**Mass setting:** Murray

**Cantor:** Terry English

**Readers:** Janet Potter & Jenny Bowen

**Intercessions:** Vijin Paulraj

**Eucharistic minister:** Jenny Bowen

### **NEXT SUNDAY**

11th Sunday After Trinity

10.30am Parish Eucharist

**HYMNS FOR TODAY: 275, 217, 485,  
205**

### **WE PRAY THIS WEEK FOR:**

The sick and those in need:

Geoff Allen, Delrose Berry, Francis Chitolie, Archdeacon Elwin Cockett, Fizza and her family, Anne Fox, Lenore Hinds, Jenifer Motley, Keethan Ranjan Ponuthurai, Janet Potter, Amol Rego, Caroline Campbell, Shruti Sriram, Nathalie Wallace, Kathy Wicks, Susan Cockett.

**Those whose anniversaries of death fall this week:** Stephen John Campbell, Christiana Coventry, Ruby Hughes

## **Collect**

Let your merciful ears, O Lord, be open to the prayers of your humble servants; and that they may obtain their petitions make them to ask such things as shall please you; 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.**

## **First Reading: Exodus 16.2-4, 9-15**

2The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. 3The Israelites said to them, ‘If only we had died by the hand of the Lord in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger.’ 4 Then the Lord said to Moses, ‘I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not. 9 Then Moses said to Aaron, ‘Say to the whole congregation of the Israelites, “Draw near to the Lord, for he has heard your complaining.” ’ 10And as Aaron spoke to the whole congregation of the Israelites, they looked towards the wilderness, and the glory of the Lord appeared in the cloud. 11The Lord spoke to Moses and said, 12‘I have heard the complaining of the Israelites; say to them, “At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the Lord your God.”’ 13 In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. 14When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. 15When the Israelites saw it, they said to one another, ‘What is it?’ For they did not know what it was. Moses said to them, ‘It is the bread that the Lord has given you to eat.

## **Psalm 77**

**R: The Lord gave them bread from heaven.**

The things we have heard and understood,  
the things our forebears have told us,  
we will tell to the next generation:  
the glories of the Lord and his might. **R**

He commanded the clouds above  
and opened the gates of heaven.  
He rained down manna for their food,  
and gave them bread from heaven. **R**

Mere mortals ate the bread of angels.  
He sent them abundance of food.  
He brought them to his holy land,  
to the mountain which his right hand had won. **R**

## **Second Reading: Ephesians 4.1-16**

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, 2with all humility and gentleness, with patience, bearing with one another in love, 3making every effort to maintain the unity of the Spirit in the bond of peace. 4There is one body and one Spirit, just as you were called to the one hope of your calling, 5one Lord, one faith, one baptism, 6one God and Father of all, who is above all and through all and in all. 7 But each of us was given grace according to the measure of Christ's gift. 8Therefore it is said, When he ascended on high he made captivity itself a captive; he gave gifts to his people.' 9(When it says, 'He ascended', what does it mean but that he had also descended into the lower parts of the earth? 10He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) 11The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, 12to equip the saints for the work of ministry, for building up the body of Christ, 13until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. 14We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. 15But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, 16from whom the whole body, joined and knitted together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

## **Gospel acclamation**

Alleluia ....

I am the Way, the Truth and the Life

No one can come to the Father except through me. Alleluia ....

## **Gospel Reading: John 6:24-35**

**Communion song:** *O Thou who at Thy eucharist.*

## **Post Communion Prayer**

God of our pilgrimage, you have willed that the gate of mercy should stand open for those who trust in you: look upon us with your favour that we who follow the path of your will may never wander from the way of life; through Jesus Christ our Lord.

**Amen.**

**Recessional:** *Souvenir*, Marcel Dupres.

## **News and Notices for this week**

We welcome to St Margaret's today Father Richard Wyber to preside and preach at the Parish Eucharist this morning. We are grateful for his time and support whilst the parish is in vacancy.

### **Pilgrimage: Saturday 21<sup>st</sup> September**

For this year's pilgrimage, we are planning to go to Chelmsford Cathedral. There will be a guided tour at the cathedral for us at 3pm, we have been invited for coffee/tea afterwards and to stay for the Evening Prayer at 5.15-5.45pm. Please let Andrea know if you would like to come, or sign the list at the back of the church. We are really looking for expressions of interest, so we can have an estimate of numbers at this stage. By train, the journey takes approximately 40 minutes from Ilford, via Shenfield, and the cathedral is a five-minute walk from Chelmsford train station. Some of us are going to drive, please speak to us, if you would like to be taken by car.

### **News from the Wardens**

The work is going well on the bathrooms, everything is to plan, and we are a third of the way into the project! If the hoardings are still there, please be careful around them; they are there to protect us from injury. Please keep children (and excitable adults!) away from the builders' kit, skip and welfare unit. The scaffolding remains in situ due to a contractual issue between the Pest Control company and the scaffold company. This is frustrating, but outside of our control at the moment, so apologies for the inconvenience.

### **Summer Holidays**

Various people will be going away over the summer period, including the church wardens. Please get involved with helping on a Sunday if you are able. If you are assigned a job on one of the rotas, but can't make it, please can you swap with others on your rota. Discoverers will restart on Sunday 1 September. There will be colouring sheets in the children's area.

### **Tea's Company**

Thursday 22<sup>nd</sup> August 2.00pm to 3.30pm: Meet old friends and make new friends as we gather together in church.

### **Weekly News Sheet**

If you have notices, news and other items for inclusion in the WNS please email [stmargaretig1@gmail.com](mailto:stmargaretig1@gmail.com), or speak to Helen Cansick, Krystyna Retecka or Fr Mark.