

**St Margaret of Antioch, Ilford**  
**Weekly News Sheet**  
**Sunday 11<sup>th</sup> of August**  
**11th 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:** Janet Potter

**Readers:** Terry English and Jannis Abley

**Intercessions:** Kay Adeyinka

**Eucharistic minister:** Vijin Paulraj

**NEXT SUNDAY**

12th Sunday After Trinity

10.30am Parish Eucharist

**HYMNS FOR TODAY: 297, 649, 408, 580**

**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:** Florence Rowcliffe, Gladys Carter, Alice Traylen, Phyllis Hogarth, Richard Buckle, Arthur Hamilton, Kenneth Mason, Gladys Timber.

## **Collect**

O God, you declare your almighty power most chiefly in showing mercy and pity: mercifully grant to us such a measure of your grace, that we, running the way of your commandments, may receive your gracious promises, and be made partakers of your heavenly treasure; 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: 1 Kings 19.4-8**

4 But he himself went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: 'It is enough; now, O Lord, take away my life, for I am no better than my ancestors.' 5 Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, 'Get up and eat.' 6 He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. 7 The angel of the Lord came a second time, touched him, and said, 'Get up and eat, otherwise the journey will be too much for you.' 8 He got up, and ate and drank; then he went in the strength of that food for forty days and forty nights to Horeb the mount of God.

## **Psalm 33**

**R: Taste, O taste and see that the Lord is good.**

I will bless the Lord at all times, his praise always on my lips;  
in the Lord my soul shall make its boast. The humble shall hear and be glad. **R**

Glorify the Lord with me. Together let us praise his name.  
I sought the Lord and he answered me; from all my terrors he set me free. **R**

Look towards him and be radiant; let your faces not be abashed.  
When the poor cry out the Lord hears them, and rescues them from all their distress. **R**

The angel of the Lord is encamped around those who revere him, to rescue them.  
Taste and see that the Lord is good. They are happy who seek refuge in him. **R**

## **Second Reading: Ephesians 4.25-5.2**

25 So then, putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. 26 Be angry but do not sin; do not let the sun go down on your anger, 27 and do not make room for the devil. 28 Thieves must give up stealing; rather let them labour and work honestly with their own hands, so as to have something to share with the needy. 29 Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. 30 And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. 31 Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, 32 and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you.

**5:**1 Therefore be imitators of God, as beloved children, 2 and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

### **Gospel acclamation**

Alleluia ....

If anyone loves me they will keep my word, and my Father will love them and we shall come to them. Alleluia ....

### **Gospel Reading: John 6.35, 41-51**

**Communion song:** *Unless a grain of wheat*, B. Farrell.

### **Post Communion Prayer**

Lord of all mercy, we your faithful people have celebrated that one true sacrifice which takes away our sins and brings pardon and peace: by our communion keep us firm on the foundation of the gospel and preserve us from all sin; through Jesus Christ our Lord. **Amen.**

**Recessional:** *Ave Maria von Arcadelt*, F. Liszt.

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

We welcome to St Margaret's today Reverend Rosemary Potten to preside and preach at the Parish Eucharist this morning. We are grateful for her 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 bathroom, and steady progress is being made. 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.

**A Message from Bishop Guli:** On Saturday, Bishop Guli issued the following statement as violent incidents continued in towns and cities across the country: *"The outbreaks of violence we have seen across the country are deeply disturbing. I join other faith and community leaders in calling for everyone to come together to build strong and cohesive communities and not give way to the hate and division that is circulating on social media. This is the only way that people will be safe. Violence is never the answer. I also express my gratitude to the police officers and other emergency services who protect individuals and communities, often at considerable personal risk to themselves."*

**A Statement from Citizens UK HQ (a notice from Jenny):** Citizens UK's diverse coalition of civil society leaders and organisations stand united against all forms of hate and violence. We unequivocally condemn the racist and Islamophobic attacks seen across England over the last few days. We express our deep solidarity with everyone affected by these frightening events, including our Muslim and migrant colleagues, leaders, neighbours and friends. It is distressing to see anyone in our communities being targeted and we renew our calls for all hateful rhetoric to end. Our members have been reaching out to mosques and migrant organisations, expressing our love and support and our long-term commitment to building an inclusive society, where people from all backgrounds, religions and ethnicities feel safe, welcome and respected. We will turn the anguish of this moment into action by working together to build a fairer and more united society. Our communities are many, and those who seek division are few. The message is simple: hate has no place here.

**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.