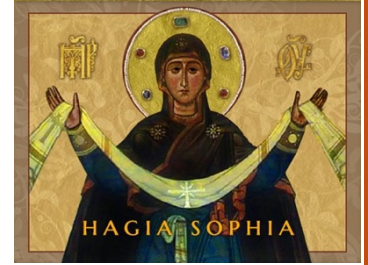


**St Margaret of Antioch, Ilford**  
**Weekly News Sheet**  
**Sunday 18<sup>th</sup> of August**  
**12th Sunday After Trinity**



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:**

Jannis Abley & Barbara Haler

**Mass setting:** Murray

**Cantor:** Andrea Kiso

**Readers:** Theodora Acolatse & Vijin Paulraj

**Intercessions:** Yvonne Thomas

**Eucharistic minister:** Fatima Semedo

**WE PRAY THIS WEEK FOR:**

The sick and those in need:

Geoff Allen, Delrose Berry, Francis Chitolie, 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

**NEXT SUNDAY**

13th Sunday After Trinity  
10.30am Parish Eucharist

**Those whose anniversaries of death fall this week:** Jamie Odoom, Helen Whittingham, Christopher George Gooding, Philip Manning, Baldur Helmut, Robert (Bob) Willers, H el ene Norma Todd, Margaret Joy Slater, Malcolm Parker

**HYMNS FOR TODAY: 12, 82, 463, 19**

## **Collect**

Almighty and everlasting God, you are always more ready to hear than we to pray and to give more than either we desire or deserve: pour down upon us the abundance of your mercy, forgiving us those things of which our conscience is afraid and giving us those good things which we are not worthy to ask but through the merits and mediation of 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: Proverbs 9:1-6**

Wisdom has built her house, she has hewn her seven pillars. She has slaughtered her animals, she has mixed her wine, she has also set her table. She has sent out her servant-girls, she calls from the highest places in the town, 'You that are simple, turn in here!' To those without sense she says, 'Come, eat of my bread and drink of the wine I have mixed. Lay aside immaturity, and live, and walk in the way of insight.'

## **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**

Revere the Lord, you his saints.  
They lack nothing, those who revere him.  
Strong lions suffer wants and go hungry  
but those who seek the Lord lack no blessing. **R**

Come, children, and hear me  
that I may teach you the fear of the Lord.  
Who are they who long for life  
and many days, to enjoy their prosperity? **R**

Then keep your tongue from evil  
and your lips from speaking deceit.  
Turn aside from evil and do good;  
seek and strive after peace. **R**

## **Second Reading: Ephesians 5:15-20**

Be careful then how you live, not as unwise people but as wise, making the most of the time, because the days are evil. So do not be foolish, but understand what the will of the Lord is. Do not get drunk with wine, for that is debauchery; but be filled with the Spirit, as you sing psalms and hymns and spiritual songs among yourselves, singing

and making melody to the Lord in your hearts, giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ.

### **Gospel acclamation**

Alleluia ....

The Word was made flesh and lived among us:

To all who did accept him, he gave power to become children of God. Alleluia ....

### **Gospel Reading: John 6.51-58**

**Communion song:** *As the deer pants*, M. Nystrom

### **Post Communion Prayer**

God of all mercy, in this eucharist you have set aside our sins and given us your healing: grant that we who are made whole in Christ may bring that healing to this broken world, in the name of Jesus Christ our Lord. **Amen.**

**Recessional:** *Sarabande*, Eric Thiman.

Julian of Norwich



As we know, our own mother bore us only into pain and dying. But our true mother, Jesus, who is all love, bears us into joy and endless living. Blessed may he be.

AZ QUOTES

## News and Notices for this week

We welcome to St Margaret's today Father Mark 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 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 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 in church.

**Ilford National Trust Association:** Ilford National Trust Association are having a coach trip to Hinton Ampner, Hampshire on the 12th September price £22. Details at the back of the church or from Stephen Romaniuk.

**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.