

## News and Notices for this week

### Refreshments after the Sunday Eucharist

Today, and during August (except 7 August - see below) there will not be refreshments on Sunday morning after the Eucharist. A number of people in our congregation will be away on holiday during the summer, including people in our team who organize the Sunday refreshments. So, rather than putting extra responsibilities on others we will not be having Sunday refreshments so that we can all have some time of rest during the coming weeks (please remember last week's sermon!).

### Next Sunday

During the Parish Eucharist next Sunday Quintin Adabie-Lewis will be baptised. He is the grandson of Mabel Anyia. His parents invite the congregation to stay afterwards and share some food and drink they are bringing to mark this special day.

### Tuesday Eucharist

Each week we have a Eucharist at 10.30am, lasting about 25 minutes. An opportunity to pray and have a quiet space during the week.

### Earth overshoot day 2022

Earth Overshoot Day marks the date on which humanity has consumed all the resources that the Earth can sustainably produce in one year. For 2022, this day fell last week, on Thursday 28 July. The date has been steadily coming earlier – barring the occasional exception – since 1970. In 1970, it fell on 29 December, in 1990 on 11 October, and this year on 28 July, proof that we are deepening our "ecological debt" to the planet. While the date has been arriving earlier in the year for most of the past five decades, there have been some exceptions: in 2020, due to the repeated lockdowns imposed to manage the Covid-19 pandemic, Overshoot Day came on 22 August. Read more at <https://www.overshootday.org/>



### Distribution of Holy Communion

We have restored the chalice at the distribution of holy communion. Receiving holy communion in both kinds is voluntary, and will be a personal decision for each person to make. Please remember that if you wish to receive from the chalice you must drink from the chalice and not intinct (dip) the host into the chalice.

## St Margaret of Antioch, Ilford

### Weekly News Sheet

Sunday 31 July 2022

**Eighteenth Sunday in Ordinary Time**



## Welcome to St Margaret's Church

We hope you enjoy worshipping with us or visiting us. If you are here for the first time please or visiting from another church, please introduce yourself.

**Keep in touch with us** by visiting our web site: [stmargaretilford.org.uk](http://stmargaretilford.org.uk)

Twitter: @StMargaretIG1

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

Instagram : @stmargaret\_ilford\_ig1.

**Parish Priest:** Fr Stephen Pugh [stmargaretig1@gmail.com](mailto:stmargaretig1@gmail.com) 020 8554 7542

**Churchwardens:** Charles Acolatse 07946 221813 Helen Cansick 07903 813131

## Worship & Intercessions

### THIS MORNING

**Welcome Team:**

**Mass setting:**

Mass of St Thomas - David Thorne

**Cantor:** Terry English

**Readers:**

Jenny Bowen and Ann Rotondaro

**Intercessions**

led by Stephen Romaniuk

**Eucharistic minister:** Jenny Bowen

### THIS WEEK

**Tuesday**

10.30am Eucharist

### NEXT SUNDAY

**NINETEENTH SUNDAY**

**IN ORDINARY TIME**

10.30am Parish Eucharist, with the baptism of Quintin Adabie-Lewis

### WE PRAY THIS WEEK FOR:

#### The sick and those in need:

Loraine Arnold, Delrose Berry, Tina Bird and her family, Francis Chitolie, Fizza and her family, Anne Fox, Lenore Hinds, David Hardwick, Pat Kennedy, Gill King, Karen Lahiff, Jennifer Mottley and her family, Joergen Nielsen, Janet Potter, Jayaluxmy Rajakulendran, Akash Cornelious Rego, Rosa Suspiro, Wagner Tavares, Chun Wah Chan, Chung Yau Tai, Christobel Trumpet

#### The recently departed:

including, Peter Cansick

#### Those whose anniversaries of death fall this week:

31<sup>st</sup>: Dorothy Finley

1<sup>st</sup>: Herbert May, Winifred Jones, Ric Olphonce

2<sup>nd</sup>: Roland Hill, Wilfrid Lafreniere,  
Frank Johnson

3<sup>rd</sup>: Elsie Williams, Edward Peters

4<sup>th</sup>: Bertram Smith, Steve Campbell

6<sup>th</sup>: Christiana Coventry

## Collect

Generous God,  
you give us gifts and make them grow:  
though our faith is small as mustard seed,  
make it grow to your glory  
and the flourishing of your kingdom;  
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:

Ecclesiastes 1: 2, 12-14; 2: 18-23

Vanity of vanities, says the Teacher, vanity of vanities!  
All is vanity. I, the Teacher, when king over Israel in  
Jerusalem, applied my mind to seek and to search out  
by wisdom all that is done under heaven; it is an un-  
happy business that God has given to human beings to  
be busy with. I saw all the deeds that are done under  
the sun; and see, all is vanity and a chasing after wind. I  
hated all my toil in which I had toiled under the sun,  
seeing that I must leave it to those who come after me –  
and who knows whether they will be wise or foolish?  
Yet they will be master of all for which I toiled and used  
my wisdom under the sun. This also is vanity. So I  
turned and gave my heart up to despair concerning all  
the toil of my labours under the sun, because some-  
times one who has toiled with wisdom and knowledge  
and skill must leave all to be enjoyed by another who  
did not toil for it. This also is vanity and a great evil.  
What do mortals get from all the toil and strain with  
which they toil under the sun? For all their days are  
full of pain, and their work is a vexation; even at  
night their minds do not rest. This also is vanity.

## Psalm 90

**R: O Lord, you have been our refuge  
from one generation to the next.**

You turn us back into dust  
and say: 'Go back children of the earth.'  
To your eyes a thousand  
years are like yesterday, come and gone,  
no more than a watch in the night. **R**

You sweep us away like a dream,  
like grass which springs up in the morning.  
In the morning it springs up and flowers:  
by evening it withers and fades. **R**

Make us know the shortness of our life  
that we may gain wisdom of heart.  
Lord, relent! Is your anger for ever?  
Show pity to your servants. **R**

In the morning, fill us with your love;  
we shall exult and rejoice all our days.  
Let the favour of the Lord be upon us:  
give success to the work of our hands. **R**

## Second Reading: Colossians 3: 1-11

If you have been raised with Christ, seek the things that  
are above, where Christ is, seated at the right hand of  
God. Set your minds on things that are above, not on  
things that are on earth, for you have died, and your life  
is hidden with Christ in God. When Christ who is your  
life is revealed, then you also will be revealed with him  
in glory. Put to death, therefore, whatever in you is  
earthly: fornication, impurity, passion, evil desire, and  
greed (which is idolatry). On account of these the wrath  
of God is coming on those who are disobedient. These  
are the ways you also once followed, when you were  
living that life. But now you must get rid of all such  
things – anger, wrath, malice, slander, and abusive lan-  
guage from your mouth. Do not lie to one another, see-  
ing that you have stripped off the old self with its prac-  
tices and have clothed yourselves with the new self,  
which is being renewed in knowledge according to the

image of its creator. In that renewal there is no longer  
Greek and Jew, circumcised and uncircumcised, barbari-  
an, Scythian, slave and free; but Christ is all and in all!

## Gospel acclamation

**Alleluia!**

Your word is truth, O Lord  
consecrate us in the truth  
**Alleluia!**

## Gospel Reading: St Luke 12: 13-21

## Prayer over the Gifts

Gracious God,  
bless our fellowship at your table,  
that we may become for you  
an offering of worship in spirit and in truth.  
Through Christ our Lord.  
**Amen.**

## Communion Song:

Christ be our light - Bernadette Farrell

## Post Communion Prayer

Lord God, whose Son is the true vine and  
the source of life,  
ever giving himself that the world may live:  
may we so receive within ourselves  
the power of his death and passion  
that, in his saving cup,  
we may share his glory and be made perfect in his love;  
for he is alive and reigns, now and for ever.  
**Amen.**

## Exit voluntary: Souvenir - Marcel Dupré