



The Parish of Little Ilford

St Michael and All Angels with St Mary the Virgin

This week's notices

This weeks services and activities

Sunday 16th October - The Eighteenth Sunday after Trinity

9:00am Morning Prayer at St Michael's
10:00am The Eucharist at St Michael's and live streamed

Monday to Thursday

8:30am Morning Prayer at St Mary's

Wednesday and Thursday

5:30pm Evening Prayer at St Mary's

Tuesday

10:30 – 12:00 Tuesday Chats in the café at St Michael's

Wednesday

7:00pm The Eucharist at St Mary's
7:30pm PCC at St Mary's

Sunday 23rd October - The Nineteenth Sunday after Trinity

9:00am Morning Prayer at St Michael's
10:00am The Eucharist at St Michael's and live streamed

Prayer

Please pray for each other using the parish prayer resource.

Those who are ill:

Vineta, Jim, Anne, Den, Val, Lesley, Barbara, Tom, Simon, Jane, Dolly, Jackie W, Jenny and Bill, Martin, Christine, Joe, Joanne, Robert, Stuart, Andrew, Sophie, Jeff

Those receiving further treatment or recuperating:

Flo, Charlie, Jackie, Jody, John

Anniversaries:

17th Dorothy Herbert, Edgar Bridges,
Gwendoline Haines,

19th Louise Gray,

Please also pray for:

- For PCC as we meet on Wednesday
- For Aston-Mansfield that the Froud Centre can be a blessing to the community
- Amy and Tobias on their separate journeys of discernment
- A resolution to the economic and political chaos in our country
- Our MP and local councillors
- Those anxious about rising costs of living, energy costs, mortgage costs
- All affected by the results of climate change
- The women of Iran and th protests there
- Peace in Ukraine, Sri Lanka, Sudan, Afghanistan, Israel and Palestine, Yemen, Myanmar, Syria, Ethiopia
- Integrity, justice and truth in our public life
- Migrants, refugees and asylum seekers

Tuesday Chats

We are beginning a new weekly space called Tuesday Chats on Tuesday 18th October. From 10:30am to midday every Tuesday we will meet in the café in the Froud Centre with coffee, tea, cake and chat. There's no other plan that that really, a chance to meet and chat, and in the coming months to turn your own heating off and benefit from someone else's! Please do give it a go and see where it goes.

Powerful Green Tips

If you drink tea (or other hot beverages) you can save electricity by:

1. Only filling the kettle with just enough water.
2. Switching off the kettle as soon as it starts to boil instead of waiting for the auto switch-off.

The result will be:

We save money

We reduce our carbon footprint

We reduce steam generation, so reducing humidity and condensation in the home

We will help to prevent power cuts this winter

We support Ukraine

If you make two cups of tea, five times a day you can save about £11 and 16Kg CO2 each year. These are small savings, but every little helps.

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The Church of England
in Essex and East London
Diocese of Chelmsford