



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 23rd October - The Last Sunday after

Trinity

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

Monday to Friday

8:30am Morning Prayer at St Mary's

Monday to Wednesday

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

Saturday 29th October

9:30 – 12:30 St Mary's working party

Sunday 30th October - ALL SAINTS

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, Simon, Jane, Dolly, Jackie W, Jenny and Bill, Martin, Christine, Joe, Joanne, Robert, Stuart, Andrew, Sophie,

Those receiving further treatment or recuperating:

Flo, Charlie, Jackie, Jody, John

Recently Departed:

Jeff, Tom

Anniversaries:

23rd Rene Parsons,
24th Kathleen Pugh
28th Elizabeth Fisher, Edgar Charles Harvey,

Please also pray for:

- 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 the protests there
- Peace in Ukraine, Sri Lanka, Sudan, Afghanistan, Israel and Palestine, Yemen, Myanmar, Syria, Ethiopia
- Migrants, refugees and asylum seekers

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.

All Souls Requiem Mass

The All Soul's Requiem Mass will be on Wednesday 2nd November 7pm at St Mary the Virgin. If you would like a loved one remembered at the service please add their name to the sheet at St Michael's or let Fr Lee know.

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