

Worship this week

Sun 15 th	Sunday next before Lent	9.30am Morning Prayer 11am Sung Mass 2pm Holy Baptism
Mon 16 th		9am Morning Prayer at St Mark's (and via Zoom) 12noon Mass 4.30pm Evening Prayer
Tue 17 th		8.30am Morning Prayer 6.30pm Evening Prayer 7.30pm Mass
Wed 18 th	Ash Wednesday	8.30am Morning Prayer 10.15am Mass with Ashing 11.30 to 12 Exposition of the Blessed Sacrament 6.30pm Evening Prayer 7.30pm Sung Mass with Ashing
Thu 19 th		8.30am Morning Prayer 12noon Mass 5.30pm Evening Prayer
Fri 20 th		
Sat 21 st		9.30am Morning Prayer 10.15am Mass 10.45am Stations of the Cross 11.30 to 12 Exposition of the Blessed Sacrament
Sun 22 nd	First Sunday of Lent	9.30am Morning Prayer 11am Sung Mass

Morning and Evening Prayer will also be available on Zoom. Please contact Fr Neil for details. All our Masses will be livestreamed.

This week we offer our Masses for: Sunday: Parish and People, Monday: Peace in Ukraine, Tuesday, Inclusive Church, Wednesday: Parish and People, Thursday: A good keeping of Lent, Saturday: HM The King.

We pray for our local community in: Cambridge Rd, Milton Ave, Avenue Terrace, Avenue Rd, St Vincent's Rd, St Vincent's Mews, Park Cresc, Park Rd, Park Terrace, Park Lane, Park St, Princes St, Hamlet Rd, Queens Rd, Ashburnham Rd, Gordon Place, Gordon Rd, Napier Ave, Elmer Ave, College Way, Elmer Approach
For those who are sick and in need:

Sunday: John Triggs, Robin, Marta, Pauline Maker, David Raglan, Graham Turnidge, Nicole Beard, Mthr Lizzy, Jamie Hawkes, Sheila Grant, Luke Meesher, The King. **Monday:** Sally, Gregory, Arthur, Maggie, Leesa, Nicholas, Anne Box, Sue Burton, Norma Gray-Griffiths, Helen Pierce, Sue Leuenberger, Keith Lindsay. **Tuesday:** Lisette, Lucy, Neil, John McGuinness, Pauline Barta, Fr Ian Michael, Audrey Berry, Jason, Alice Bossard, Matt Duff, The Revd Julie Fleming. **Wednesday:** Suzi Procaccino, Mary, Christine, Brenda, Keith North, Leah Morassi, Mark, Jim Easton, Jeff Campbell, Rachel Sanders, John. **Thursday:** Ken McMillan, Roy North, Danielle Gregory, Jackie Paul, Philip Walker, Cate, Michael Grant, Mark Simpson, Philip St James, Marilyn Gray, Martyn Pinkney. **Friday:** Marcus Gregory, Matthew Gregory, Graham Cushion, Dave, Mary North, Janet Beale, Maureen Gray, Frankie Rose and family, Andrea Walzy, **Saturday:** Jo Allen, Diane Paisley, Terry Gray, Binu Mullor, Diana, Paul Davison, Jackie Keys, Philip Broomfield, Anna Fong, Charlotte Cheeseman,

Recently Departed: Laurence Higham, Steffan Sadowski, Herbert Samson Rickard, Anne Barker, Dennis Johnson, Rowan Cumming, David Duncan, Jen Duff.

In Memoriam: Elsie May Aldred, Christopher Hebden, Henry Lempriere, Leonard Bush, Peggy Bruhl, Olive Rolph, Katherine Long

Next Week's Readings: Genesis 2:15-17, 3:1-7, Psalm 32, Romans 5:12-19, Matthew 4:1-11



Our parish is a member of Inclusive Church. This means that we are committed to work towards being a church which celebrates and affirms every person and does not discriminate on grounds of disability, economic power, ethnicity, gender, gender identity, learning disability, mental health, neurodiversity, or sexuality.

Saint Alban the Martyr

Westcliff on Sea

Sunday next before Lent



Our Mass begins with hymn **178, Tis good Lord to be here**, which we sing after the bell rings

We pray for Alegra Triggs to be baptised this afternoon at 2pm

Alban's Allsorts our group for toddlers and their parents and carers is on holiday for half term this week.

Pride Pancakes. Shrove Tuesday 17th February 6pm to 8pm at Saint Mark's. 6pm doors open. 6.30pm Time of reflection and worship led by *Southend Inclusive Churches*. 7pm Pancakes – bring your own toppings.

Ash Wednesday, the start of Lent, is on Wednesday 18th February and there will be Masses with Ashing that day at 10.15am and 7.30pm.

Next Sunday 22nd February at 3pm there is a meeting of **Together in the Diocese of Chelmsford** at St Andrew's Church, Romford RM7 9AT. This group is working for full inclusion and equality in the Church of England.

During Lent we will also be praying the **Rosary** on Zoom on Monday evenings at 6pm using the intentions from Bishop Guli's *100 Days of Prayer*. Please ask Fr Neil for the Zoom link.

We are hosting **Winter Pride**, on 28th February again at Saint Mark's. 10am -5pm

During Lent we will meet on Tuesday evenings after the Mass for a **Lent Supper and Discussion** at the Vicarage. We will look at Resurrection Journeys this year inspired by the walk to Emmaus and Bishop Guli's *100 Days of Prayer*. Please sign the list at the back of church to let us know if you are coming to the first session on 24th February.

The **World Day of Prayer**, prepared by the women of Nigeria, is on Friday 6th March from 10.30am at King's Road, United Reformed Church

This year our **Parish Pilgrimage to the Shine of Our Lady of Walsingham** will be from 26-28 May. The cost will be £174 plus transport. Hopefully we can do car-sharing again to get there. Please sign-up on the sheet if you'd like to go and indicate if you have any dietary or room requirements. We will need a £40 deposit in the next few weeks please.

Gluten Free wafers are available but please let us know that you need one when you arrive at church.

Church cleaning and gardening on Wednesdays from 12 noon until 2pm. Tea and chocolate biscuits offered in recompense.

Contact Details

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