

Worship this week

Sun 22 nd	First Sunday in Lent	9.30am Morning Prayer 1 I am Sung Mass
Mon 23 rd	(Commemoration: S. Polycarp)	9am Morning Prayer at St Mark's (and via Zoom) 12noon Mass 5.30pm Evening Prayer 6pm Zoom Rosary Group
Tue 24 th		8.30am Morning Prayer 6.30pm Evening Prayer 7.30pm Mass
Wed 25 th		8.30am Morning Prayer 10.15am Mass 11.30 to 12 Exposition of the Blessed Sacrament 4.30pm Evening Prayer
Thu 26 th		8.30am Morning Prayer 12noon Mass 12.30pm Healing ministry 5.30pm Evening Prayer
Fri 27 th	(Com: George Herbert)	
Sat 28 th		9.30am Morning Prayer 10.15am Mass 10.45am Stations of the Cross 11.30 to 12 Exposition of the Blessed Sacrament 1pm Confessions
Sun 1 st March	Second Sunday in Lent	9.30am Morning Prayer 1 I am 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: Those with hearing problems, Tuesday, Peace in the Holy Land, Wednesday: All Saints and S. Luke's, Thursday: Bishop of Chelmsford, Saturday: The sick.

We pray for our local community in: Luker Rd, Station Approach, High St, Clifftown Parade, Prittlewell Square, Devereux Rd, Clifton Mews, Clifton Terrace, Royal Terrace, Royal Mews, Market Place, Alexandra St, Clarence St, Clarence Rd, Weston Rd, Clifftown Rd, Scratton Rd, Nelson St, Nelson Mews, Capel Terrace.

For those who are sick and in need:

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

Recently Departed: Laurence Higham, Steffan Sadowski, Samson Rickard, Anne Barker, Dennis Johnson, Rowan Cumming, Jen Duff, David Duncan, Jackie Paul, Keith Ashton, Margaret Watson.

In Memoriam: Charles Rogers (priest), Dorothy Simons, Bertha Storr, Lillian Parrish, Mabel Dyer, Sylvia Lawrence, Innis Lempriere, Edward James Hunt, Dorothy Britnor, Clara Eleanor Hunt.

Next Week's Readings: Genesis 12:1-4a, Psalm 121, Romans 4:1-5, 13-17, John 3:1-17

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.

Saint Alban the Martyr

Westcliff on Sea First Sunday in Lent



Our Mass begins with hymn **67 Forty days and forty nights** which we sing after the bell rings.

There are Smarties to take away to enjoy in return for some donations to the **Children's Society**.

Today at 3pm **Together in the Diocese of Chelmsford** meets at Saint Andrew's Romford. This group is working for full inclusion and equality in the Church of England.

Alban's Allsorts our group for toddlers and their parents and carers meet on Tuesday 10am to 12noon.

Healing Ministry on Thursday after Mass.

We are hosting **Winter Pride**, on 28 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. Please sign the list at the back of church to let us know if you are coming to the first session on 24th February.

We will pray the **Rosary** each Monday in Lent at 6pm on Zoom for the 100 Days of Prayer. Let Fr Neil know if you'd like to join.

Stations of the Cross on Saturdays in Lent at 10.45am.

Lent is a good time to consider going to **Confession (the Sacrament of Reconciliation)**. Fr Neil will be in church to hear confessions on Saturdays from 1-2pm or by appointment at another time.

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

Evensong and Benediction on Sunday 8 March at 4pm.

Jackie Paul's funeral will take place on Monday 16 March at 2pm at Saint Andrew's Church, Aylestone, Leicester.

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.

Contact Details

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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.