

Worship this week

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| Sun 15 th | Fourth Sunday of Lent | 9.30am Morning Prayer 11am Sung Mass |
| Mon 16 th | | 9am Morning Prayer at St Mark's (and via Zoom) 12noon Mass 5.30pm Evening Prayer 6pm Zoom Rosary Group |
| Tue 17 th | S. Patrick, Bishop | 8.30am Morning Prayer 6.30pm Evening Prayer 7.30pm Mass |
| Wed 18 th | | 8.30am Morning Prayer 10.15am Mass 11.30 to 12 Exposition of the Blessed Sacrament 6.30pm Evening Prayer 7.30pm Mass |
| Thu 19 th | S. Joseph, husband of the BVM | 8.30am Morning Prayer 12noon Mass 5.30pm Evening Prayer |
| Fri 20 th | (Com. S. Cuthbert) | |
| Sat 21 st | | 9.30am Morning Prayer 10.15am Mass 10.45 Stations of the Cross 11.30 to 12 Exposition of the Blessed Sacrament No confessions this week |
| Sun 22 nd | Fifth Sunday of Lent (Passiontide begins) | 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: HM The King, Tuesday: Ireland, Wednesday: Bishop of Chelmsford, Thursday: Foster parents, Saturday: Narcotics Anonymous.

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

Recently Departed: Rowan Cumming, David Duncan, Jackie Paul, Keith Ashton, Margaret Watson, Colin Burwell, Ian Michael (priest), Carlos Christopher Ducay.

In Memoriam: Norah Ellis, Josephine Bridge, William Norris (priest), Doris Lowen, Mary Rance, May Rosina Beth Clark, Ernest Long, Walter Bryant, Ivy Sarah Catherine Brackley, Doris Wilmott, John Parish.

Next Week's Readings: Ezekiel 37:1-14, Psalm 130, Romans 8:6-11, John 11:1-45

Saint Alban the Martyr

Westcliff on Sea Fourth Sunday of Lent (Mothering Sunday)



Our Mass begins with hymn **186 Tell out my soul** which we sing after the bell rings.

During Lent the Gospel Acclamation is: **Praise to you, O Christ, King of eternal glory.**

Keith Ashton's Funeral will be here in church on Wednesday 25th March at 1pm. Everyone from St Alban's is invited and there will be refreshments in church afterwards.

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

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

During Lent we 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 next session.

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 next be in church to hear confessions on Saturday 28th or please make an appointment with him, Mthr Lizzy or Mthr Susan.

We pray for **Jackie Paul** whose funeral will take place on Monday at Saint Andrew's Church, Aylestone, Leicester.

There is a training session for church members to raise awareness of **Modern Slavery** on Thursday 23rd April at 7pm at St Mark's. This is organised by Southend against Modern Slavery.

Looking ahead: Our **Annual Parochial Church Meeting** is on Saturday 9th May at 2pm

The **Bradwell Pilgrimage** will be on Saturday 4th July.

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.

Gluten free wafers are available. Please let us know if you need one when you arrive in 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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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.