



Parish of the Holy Trinity, East Ham

St Mary Magdalene

St Bartholomew

St Edmund

15 March

Year A

Mothering Sunday/4th Sunday of Lent

THIS SUNDAY IN CHURCH

A warm welcome to church! Why not stay for refreshments after the service?

The words of the service (The Eucharist) are printed in the booklets.

Hymns at St Bart's 184, 350, 411, 474. Hymns at St Mary's 25, 88, 437, 631.

Psalm at St Mary's, verses sung by choir; response sung by all:



Come, child-ren, and lis-ten to me;_ I will teach you the fear of the Lord.

FROM THE MINISTRY TEAM

Today is Mothering Sunday, when the church honours: Mother Church, Mary, the Mother of Jesus, earthly mothers and the gifts of Mother Earth. Mother's Day is an American custom adopted in the UK on the same day as Mothering Sunday as a secular celebration of motherhood.

Today is also Laetare Sunday, or Refreshment Sunday, a day of respite from fasting halfway through Lent. Mothering Sunday started in the Middle Ages, and its association with Mothering was based on the Bible readings selected for the Sunday Mass.

Mothering Sunday became a day when medieval people processed in groups to their local 'mother church'- the church where they were baptised. Later, Mothering Sunday became a day when domestic servants were given a day off to visit their mother church, usually with their own mothers, taking them flowers.

Today, as we remember the Mother Church, Mary, the Mother of Jesus and earthly mothers, it is really important to remember in our prayers those women who were never able to fulfil their wish to be mothers; those who have lost children in pregnancy or after their birth; all those grieving their own mothers and those who have lost children in the current wars in the Middle East, Ukraine and other places of conflict. We commend all those suffering, especially today, to Almighty God.

Mthr Katherine

SERVICE TIMES THIS WEEK

Morning Prayer: Wednesday 8.50am at St Bart's; Thursday 8.50am at St Edmund's.

Weekday Eucharist: Wednesday 6.30pm at St Mary's, Tuesday 12:15pm at St Edmund's, Thursday 12.15pm at St Bart's.

Eucharist next Sunday (22 March) Fifth Sunday of Lent 8am & 10am at St Mary's; 10am at St Bart's; 10am at St Edmund's.

IN OUR PRAYERS

In our Deanery: North Woolwich St John: Emeka Ejinkonye

In the Diocese: Wanstead (St Mary w Christ Church): James Gilder (AD, R), Rachel Summers (A), David Lappano (A).



In the Anglican Communion: The Diocese of Udi – The Church of Nigeria (Anglican Communion)

In the world: for peace, freedom and justice for the people of Iran

With USPG: for all those still affected by the legacy of slavery and racial injustice

In the Parish: Prestbury Road, Priory Court, Priory Road

For activities this week : Team Vicar interviews on Monday: please pray for the candidates, panel and those helping with the day.

Easter Experience on Tuesday: please pray for the children attending and our volunteers making this happen

Those who have asked our prayers:

Particular need: June Bassenger, Courtney, Ethel King, Laurine & Ancil Griffith, Bentley Mason, Andrew West

Continuing need: Lorraine Ashton, Zareen Choudary, Graham Davis, Cassandra Gosai, Caroline Grisely, Emily Jones, Paul Gillard, Maggie Holder, Terry Hooker, Cassie Martin, Dennis Pridmore, Mary Skerritt, Eutal Spence.

Those who have died: Susan Tomlin

In the Year's Mind: Gordon Owen, John Holderness

May they rest in peace and rise in glory

NOTICES

Lent Bible Study on I Corinthians this **Thursday 19 March** at St Bart's Lady Chapel 11am-12noon **Worship:** please read **Chapters 11-14** in advance.

This year the Bishop of Chelmsford's Lent Appeal is raising funds for Anglican Development Services of Mt Kenya East (ADSMKE) to support their work in response to climate change and in

environmental conservation across our five linked partner dioceses in Kenya. Donations will be open until 1st July 2026. See *posters and fliers in church* to find out more and support, scan QR code or see



www.chelmsford.anglican.org/about-us/our-faith-in-action/the-bishop-of-chelmsfords-lent-appeal-2026/

Ministry & Mission Partnership (MMP) Lenten Retreat at St Mary Magdalene's Saturday 21 March 10.30am arrival for 11am start; ending 3pm.

Members of our congregations gather with those from St George's East Ham, St Paul's East Ham and St Martin's Plaistow, in this special time for prayer, reflection and fellowship. We will share the fruits of Lent so far brought from our churches.

To help with planning and catering, **please write your name on the sign up sheet in church**, or register your interest in attending with the parish office info@easthamparish.org.uk or by telephone.

Holy Week & Easter Services are listed on our website, fliers and posters. We have a special leaflet too for our new Good Friday Children & Families' Service.

Please grab some leaflets in church and share with friends and family. **Palm**

Sunday (29 March) will be celebrated at a **joint service at St Bart's** at 10am.

Bishop Guli (Bishop of Chelmsford) will join us at a Joint Parish Eucharist (10am) at St Mary Magdalene's on **Sunday 26 April**. Please pray for our candidates for Baptism, Confirmation and Reception into the Communion of the Church of England.

St Bart's Intercessory Prayer will follow the service on 29 March.

Is your child in Year 3 or above and would like to join the parish choir?
Mthr Katherine, a very experienced Primary School music teacher and director of children's and adult choirs, is forming a group of junior choristers to join the parish choir and lead services, mainly at St Mary Magdalene's. Rehearsals will be held every Wednesday afternoon during term time from 4.30pm to 5.45pm in St Mary Magdalene's church hall. This will eventually lead to the choristers joining the adult choir to lead Sunday worship. Please contact Mthr Katherine to register your interest and a pack of information will be available soon
katherine.ward@easthamparish.org.uk.

ECO CHURCH

Carbon Fast for Lent this week encourages us to "fast from food waste". 9-15 March is also Love Food Hate Waste Food Action Week. On average, UK households throw away £620 worth of food annually. Food rotting in landfill releases methane which is over 80 times more potent than CO₂ in the short term. Climate change and extreme weather disrupted harvests across Europe in 2024 and 2025, making our food more expensive. Wasting food puts pressure on a food system already under strain. Here are some tips to help save money, food and the planet: Plan meals before shopping. Check "use-by" and "best before dates" and use your freezer. Repurpose leftovers into other recipes. See <https://www.lovefoodhatewaste.com/> for recipe ideas. Compost if you have the facility. Use the Olio app to share spare food or donate to food banks.

MEETINGS

This Wed 18 Mar – St Mary's DCC at 7.15pm in the Parish Room

Sun 22 Mar – St Bart's DCC at 11.15am

Tue 24 Mar – Deanery Synod at St Matthias at 7.15 for 7.45pm

Wed 25 Mar – PCC meeting at St Mary at 7.15pm in the Hall

Wed 22 April – Standing Committee at St Bart's at 3pm

Tue 28 April – Joint DCC's/PCC meeting at St Bart's at 7pm



CONTACTS:

Parish of the Holy Trinity, East Ham

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Rev. Paul Gurnham

Email: paul.gurnham@easthamparish.org.uk

Associate Clergy:

Rt Revd. Saulo Barros

Rev. John King

Rev. Katherine Ward - katherine.ward@easthamparish.org.uk

Honorary Associate
Clergy:

Revd. Canon Ann Easter
Revd. Sandra Eldridge

A poem for Lent, shared by Canon **Ann Easter**:

YOUR PERFECT

A reflection for those seekers of perfection - like me!! Written by Donna Ashworth.

*If you are not broken, bruised, weathered and worn
Where have you been, my friend?*

*If your battered heart does not still break every day,
then perhaps you're not paying attention.*

*We don't come out of this life preserved and perfect -
You are supposed to crumble and rebuild a million times over
until your soul is satisfied you have given your all.*

Because that's why God puts us here

Your perfect is not needed

but your broken is very important.

Lenten Retreat



Date: 21 March 2026
Time: 10.30 am - 3.00 pm
Venue: St Mary Magdalene's



Norman Road/High Street South
East Ham London, E6 3PG

▶ Register at your parish

You can also view this newsletter and recent newsletters on our website. Go to easthamparish.org.uk and click the button marked 'Newsletter'. All the website addresses in the online version are hyperlinked so you can simply click on them to view the linked websites.

Contributions to the newsletter are welcome. Please send to the Parish Office by noon Wednesday for inclusion.