

St Margaret of Antioch, Ilford

Welcoming, transforming and growing together in God's love

Weekly News Sheet

Sunday 21 February 2021

First Sunday of Lent



Sunday Worship at 10.30am

During the period when worship in church is paused, we will be holding worship on zoom at our usual Sunday time of 10.30am. The worship will include a bible reading, prayers, and a hymn and lasts about 30 minutes. If you have a candle of some sort or a tea light which can be used as part of our worship, please have it to hand.

Current Covid-19 restrictions which don't allow people to meet together face to face make it difficult to keep communities together, but we hope that our Sunday worship on zoom is one of the ways we can try to keep the community that is St Margaret's together, until we can worship together again in church. You can join from 10.15am to have an opportunity to chat to other people.

- If you have a pc or laptop these are the details you need to join: Meeting ID : 296 467 9306; Password 176040.
- If you have a smartphone you can download the zoom app, and join us on your phone.
- If you don't have a computer or smartphone you can join by phone. Although you won't be able to see other people, you can join in and will be able to speak and be heard, and join in. Dial in on one of these numbers: 020 3901 7895; 020 3051 2874; 020 3481 5237; 020 3481 5240. Calls are free. Use the meeting ID and password above.

Redbridge & Ilford Citizens London Delegates Assembly

On **Wednesday 24 February at 6-7.30pm**, London Citizens will come together to share stories and strategy from our five key campaigns and collectively decide the priority issue for the next months leading up to the London Mayoral Elections. Our key campaign areas are:

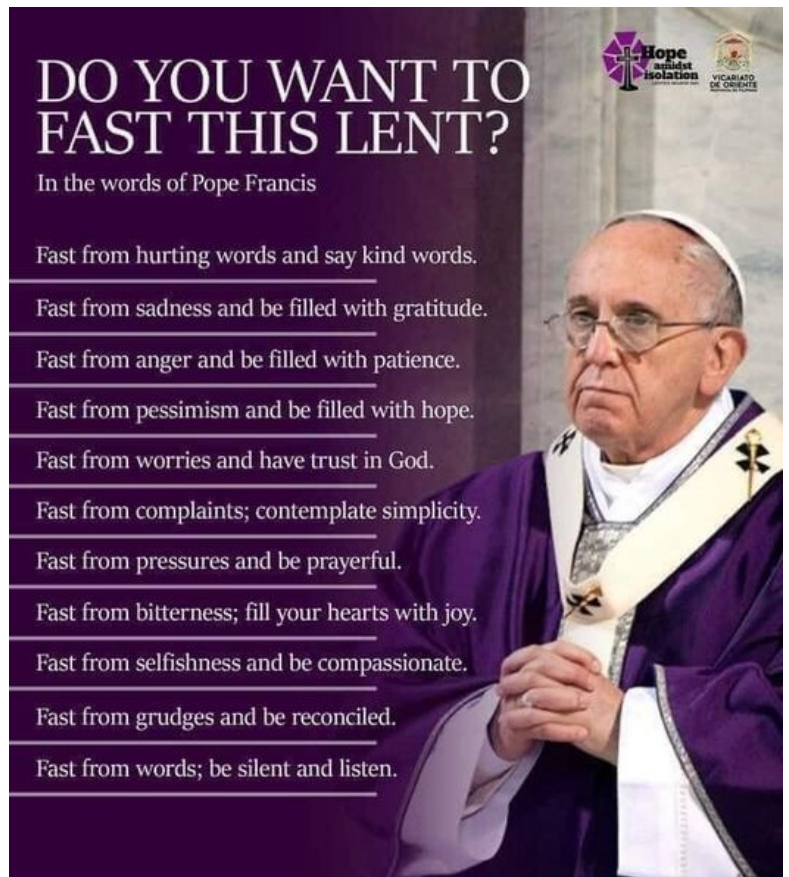
- *Climate: Just Transition*
- *Housing and Homelessness*
- *Living Wage*
- *Welcoming London*
- *Youth Safety*

Each member institution needs have at least one representative present to get a vote, and we would like to bring 2-5 people to participate. The assembly will be our opportunity to vote on which campaigns and asks are important to us at St Margaret's. It will also be an opportunity to find out more about Citizens UK and how it brings about real change for communities. Please contact Jenny Bowen (jennyb272@outlook.com) if you would like more information and if you are coming. Register now: https://actionnetwork.org/events/london-citizens-2021-delegates-assembly?source=direct_link&

DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints; contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness; fill your hearts with joy.
- Fast from selfishness and be compassionate.
- Fast from grudges and be reconciled.
- Fast from words; be silent and listen.



Notices & News for this week

Traidcraft

If anyone would like Easter eggs, cards or other gifts from Traidcraft please check their website and let me know. I will order for you at a discount. I am waiting for the new Spring catalogue which has just been launched. A reminder that I still have groceries such as tea, coffee, marmalade, nuts, chocolate etc. which I am happy to deliver locally. Please contact me if you are interested. Traidcraft did remarkably well last year but it is important that we continue to support them as producers need their help more than ever. Thanks Sharon 07555 144255

Transition Town Ilford

Ruth Musgrave writes: TTI isn't a campaigning organisation, but we are committed to a flourishing community and a greener Ilford. This includes cleaner air and healthier residents. Many parts of London (including parts of Redbridge) way exceed the official pollution limit levels at some times of day. You may be aware of the recent successful landmark court case of a south London mother to prove that air pollution played a large contribution to her child's death from Asthma.

"Air pollution impacts everyone, but can have a devastating impact on the most vulnerable people in our society – children, older people and the millions of people with a lung condition." (Harriet Edwards from Asthma UK and the British Lung Foundation).

The article below gives more information about the health impact of dirty air:

<https://www.theguardian.com/environment/2021/feb/11/tough-air-pollution-targets-needed-to-cut-health-inequalities-say-mps>

One way we can better look after children's health (and that of all local residents) is to protect the areas around the school gates from car fumes, as well as encourage children to walk or cycle to school when they can.

Happy birthday

to Josie Delve, celebrating her 13th birthday today (Sunday).

Giving and Donations to St Margaret's

We are very grateful to everyone who is continuing to give financially to St Margaret's. Whilst we are still in lockdown you can make a donation on line via our web site: www.stmargaretilford.org.uk Or, you can pay directly into the church bank account with a Standing Order. To set up a Standing Order you will need these PCC bank details: sort code 08-92-99 account number 65793705.

FOR OUR PRAYERS THIS WEEK

The sick and those in need:

Loraine Arnold, Fizza and her family, Anne Fox, Marjorie Green, Matilda, Jennifer Mottley and her family, Joergen Nielsen, Ade Onuaguluchi, Christobel Trumpet

The recently departed,

including, Ann Picard

Those whose anniversary of death falls this week

22nd: Edith Jeacock

24th: Joseph Tanter, Alan Jaggard (Priest)

25th: Alice Ledhams, Emily Lang

26th: Peter Chambers

27th: Jacob Swartz

Collect for this week:

Heavenly Father,
your Son battled with the powers of darkness,
and grew closer to you in the desert:
help us to use these days to
grow in wisdom and prayer
that we may witness to your saving love
in Jesus Christ our Lord
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.
Amen.

Conversations in Lent

A weekly discussion group on Tuesdays during Lent for the Ilford MMU Churches (St Luke, St Margaret of Antioch, St Mary the Virgin), based around the #LiveLent booklet, *God's Story Our Story*.

Beginning this Tuesday, 23 February, at 8.00pm on zoom. Joining details:
Meeting ID: 444 197 0326
Passcode: 089424



Parish Priest: Fr Stephen Pugh stmargaretig1@gmail.com 020 8554 7542

Churchwardens: Charles Acolatse 07946 221813 Vijin Paulraj 07424 595436

Keep in touch with us by visiting our web site: stmargaretilford.org.uk

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