

St Anne's Record

Issue 3

8th March 2026

Welcome to Issue 3 of our extended newsheet. This time we break new ground with our first two sheet edition. It has been suggested that I include the text of a sermon sometimes as we did in the Hatch Herald. I have included that from Lent 1. There is also an article on an exhibition by the Sickle Cell Society, a charity we support at times and will do again on 4th July.

Come and experience St Anne's face-to-face-book

Many of us meet in the St Anne's Centre after the Sunday Church Services. There is coffee, including decaffeinated, a big selection of teas and, of course, tasty biscuits and sometimes cake. It is a convivial occasion; we share news (even gossip), receive tips about taxis or events which are happening in our area. It is a face-to-face-book!

This couldn't happen without our friends serving tea and coffee and we are very grateful to them. We have a rota of people who serve tea and coffee on Sunday mornings. Presently there are not many people on the rota and we are looking for more helpers. Please add your name on the rota at the back of the church to be part of the tea and coffee making team.



Thank you to Bridget, Joy and Claire who are all on the Sunday Morning Rota

Volunteering Opportunities

Age UK Waltham Forest have been in touch with local churches to share volunteering opportunities.

They are particularly promoting the role of Befriending Volunteer, as many of the older people they support experience significant loneliness and social isolation. Regular contact with a friendly, reliable volunteer can make a very meaningful difference to their wellbeing and quality of life. Befriending

volunteers offer companionship through regular visits, helping someone feel connected, valued and part of their community.

There is an overview of Age UK's volunteering roles at

<https://www.ageuk.org.uk/walthamforest/getinvolved/volunteer>

Or for more information please contact Robin Walton, Volunteer Recruitment Coordinator, Age UK Waltham Forest, 0208 558 5512

Where have you seen Saint Anne?

Over the years, I have encountered our Patron Saint in several countries. During future issues I will share some of them but it would be good if there could be sightings from other readers.

The first one is from the Cathedral in Antibes, in the south of France. Local tradition maintains



that a pagan temple dedicated to the Roman goddesses Diana and Minerva once stood on the site, and that St Paul stopped here to preach in AD 63, during a journey

to Spain. There has been a cathedral there since around 450 although the current building was constructed in 1747 after the previous one was destroyed during the war with the Austrians.



The photo shows a magnificent statue in a side chapel depicting St. Anne reading with her daughter, the Virgin Mary, who is dressed in traditional blue. It is dated from the nineteenth century and is carved in wood.

Thank You....

... to everyone who contributed in so many ways to our February Jumble Sale, which raised a magnificent £800 for church funds.

We also made a useful start on rebuilding our stock of soft toys for the Bazaar's Teddy Tombola from some of the jumble donations, but there is still a long way to go, so do please keep an eye out for toys to add to the collection.

Donations of any unwanted gifts also gratefully received!

Sermon Lent 1 22nd Feb

As I said on Wednesday, as we enter the season of Lent we come to the perennial or annual question of how we should undertake our Lenten observance.

Sermons preached from this pulpit have often exhorted us to take up something new during Lent, rather than give something up. As I suggested on Wednesday, I think that why we do things is of far more importance than what we do or give up. Whatever we do must have as its sole focus helping ourselves to be in a better relationship with our God.

If we choose to give up chocolate because we need to lose weight or give up smoking because it is good for our health, then I would suggest that is doing little to put us in a better relationship with our God.

Similarly, if we decide to take up more exercise to improve our fitness, or to read more to complete a series of novels we have wanted to read for years that too is doing little to put us in a better relationship with our God.

However, if we choose to give up chocolate or give up smoking because we want to donate the money saved to buying more food for Eat or Heat or to donate to a good cause, then this may help to put us in a better relationship with our God. If we take some time out of our busy lives to meditate that too will be beneficial.

Similarly, if we decide to take up more exercise to give more time in which we can reflect on our faith or meditate, or to read more because we have found a good book to help us with our prayer life, or a series of books on the gospels then that too will put us in a better relationship with our God.

The start of Lent is an appropriate time to look at things we could do as part of our Lenten observance to enhance its value, some of which could be of lasting benefit to us here at St Anne's.

I certainly hope that a number of us will take part in the Lent course which this year we are again holding jointly with St Edmund's. The course which is

entitled “Resurrection Journey’s” is based on material provided by the diocese and will explore some of the ideas in “Travelling Well Together” +Guli’s vision for the diocese. As we have done for several years, we will be holding the course by Zoom at 8pm on Wednesdays starting this week. I have already sent details to those I have email addresses for but if anyone wants details and has not received them, please speak to me after the service. There are also hard copies of both documents at the back of church. They contain study notes on the readings for each week and so could be used for private study if you cannot join the Zoom sessions. Clearly in this case the discussion topics would need to be used for private reflection.

Lent is also a time when we should reflect on our personal bible study and possibly either take on something additional during Lent, or possibly even on a regular basis. There are a wide range of resources available and in this technological age some are on-line. The Church of England has a Lent resource “Everyday Faith” which provides reflections for each day of Lent. These are available via an iPhone or Android app. For longer term study the BRF readings, New Daylight, which we used to distribute here are available as an email subscription or hard copy. If anyone wants more information on either of these, please speak to me later.

Study, both public and private, are, or should be, a regular part of the Lenten observance of all Christians. Possibly however this Lent could also be a time to consider whether this is a time to review our involvement with St Anne’s and possibly take on something new within the church.

On Low Sunday, 12th April, we will be holding our Annual Parochial Church Meeting or APCM; the AGM of our church. This is an important time in the life of a church. It is a time when we look back at our activities in the past year, consider what we should be doing in the next year and elect our Church officers, churchwardens, Deanery Synod members and Parochial Church Council or PCC members. For those who are not familiar with the Church of England structure the PCC is the Church management Committee and the Deanery Synod that for the Anglican churches in the area, in our case in Waltham Forest. Next month we will be taking nominations for these offices; if you think you might be interested in taking part in the management of the church and want more information on what is involved, please speak to me or one of the churchwardens. The APCM is held at 11:45 following coffee after the Sunday Eucharist. For the last few years only about twenty people have

attended. When you consider that there are about half a dozen people who have to attend the meeting and that recently the total attendance is little more than the membership of the PCC this is worrying, particularly when we have 51 on our Electoral Roll. The APCM is an important event in the calendar of a church, which is why the annual review of the Electoral Roll is done at this time as this is not only the membership list of the church, but also provides the list of those entitled to vote at the APCM. Once again if you are not yet on the Electoral Roll, please take a form from the back of the church. I would ask that we all make an effort to attend on 12th April so that we can spend time together reviewing where we are as a church and where we should be going in the coming year. In the past we have held a parish lunch after the APCM, I would be pleased to hear if people would be encouraged to attend the meeting if we were to restart this.

There are many roles in the administration and running of the church all of which are done by volunteers. Whilst I am talking about these at the start of Lent and would like to hear from anyone who feels able to assist us, these are of course not tasks for Lent only. We are gradually finding more and more jobs being done here by fewer people and we need to find more people to help to avoid them becoming dangerously overloaded.

In addition to the PCC, we have a number of subcommittees in the church which look at specific areas of church activity such as pastoral care, organising projects and events, managing the maintenance of the church and church centre buildings and seeking to improve our care for the environment. Each of these committees has members from the PCC and other members from the congregation. If you have an interest in one of these areas or skills which might be of use, please offer to help.

For many years we had an extremely successful parish magazine, the Hatch Herald, which added much to our church community and our ability to share news and views. Unfortunately, when the editor retired, we were unable to find someone to take this over. It is noticeable when one visits other churches that we are one of the few who do not have a parish magazine. Recently we have started the St Anne's Record a bi-monthly single sheet newsletter which provides more extensive articles than we can put on the weekly news-sheet. If you think you might be able to take on producing this for us, and even possibly in time develop it into a parish magazine, we would be delighted to hear from you.

I could not end a session like this without mentioning those who help to run our services on a Sunday morning. As I have said before there are about 15 people involved in running the service each week and more volunteers to be involved would always be welcome. We have recently had some volunteers to join our Welcomer and Server teams, and I thank them for volunteering. More volunteers would be welcome as the more people who are involved the less frequently we have to call on any individual. We are at present very short of people to lead our prayers on a Sunday morning, we only have three on the list! We would welcome any volunteers. With any of these ministry's training would be given. We would also welcome more volunteers to help provide the tea and coffee after the service.

The areas I have mentioned are of course only a small selection of the jobs involved in making this church work. If you think you could help in any of the areas I have mentioned, or any others in the church, or want more information on what is involved, please speak to me or one of the churchwardens. Similarly, if you think there are ways you could help our church which I have not mentioned, or you have skills we might benefit from, please speak to us. Volunteers are always welcome to help spread the load and enable us to do more. It would be particularly good to hear from some of you who are newer members of the congregation who we do not yet know very well. You will undoubtedly have skills and interests of which we are unaware and if you felt able to use them to assist the church we would be delighted.

I realise that this has been a rather unusual sermon and it is not a style which I will use regularly. However, Lent is a season where we are expected to take a cold hard look at ourselves and our Christian life and service as we prepare to celebrate Easter. It does therefore seem appropriate that we should at this time look at our longer-term involvement as well as specifically Lenten observance so I think it appropriate that I have done so; and I hope it will result in a strengthening of our community here and help us to a more positive Lenten observance.

St Annes Rejoicing Singers (STARS)

In response to many requests, the STARS will be making a contribution to the Easter Sunday morning service. Rehearsals have already started after Sunday services - with a cup of coffee in hand. Please let Bill or Erika know if you would like to join in - all are very welcome.

Christian Aid Simple Lunches

Christian Aid Simple Lunches were started by Jenny Miller and her husband Graham about 40 years ago. The lunches are still going strong and have raised significant amounts for Christian Aid over the years, about £600 in 2025 and a magnificent £150 at the February lunch.

The lunch consists of soup and bread. Our cooks are Jenny and Eira and I can assure you that their soups are delicious. The next Simple Lunch takes place on 22nd March. Please put the date in your diaries.



*Simple Lunch at St Anne's
on 22nd February 2026*

Our Journey, Our Story: History and Memory of Sickle Cell Anaemia in Britain 1950–2020

We are delighted to invite you to Our Journey, Our Story, the Sickle Cell Society Exhibition, taking place from 11 March – 11 April 2026 at The Royal London Hospital, Whitechapel Road, London E1 1FR.

Originally launched in 2021 at Black Cultural Archives, Our Journey, Our Story: History and Memory of Sickle Cell Anaemia in Britain 1950–2020 returns in 2026 as a special hospital presentation, in collaboration with Barts Health NHS Trust.

This powerful exhibition documents the history, resilience, and lived experiences of individuals and families affected by sickle cell across Britain. It honours the campaigners, healthcare professionals, and community members who have shaped progress over the decades, while also reflecting on the work still to be done.

Public Access: Monday – Friday 13:00pm – 16:00pm

Location:

Inclusion Hub, Level 14,
The Royal London Hospital,
Whitechapel Road
London E1 1FR

We are incredibly proud to bring this exhibition back and into a hospital setting, creating space for reflection, education, and celebration within the very institutions that form part of our community's story.

We warmly encourage you to visit, bring family and friends, and help us continue sharing our journey.

If you have any questions or would like further details, please don't hesitate to get in touch.

We look forward to welcoming you.

Games Evening



On Sunday 1st March, 18 of us attended our second games evening. An enjoyable time was spent playing table games and having a bring and share supper. The evening provided a great opportunity to mix socially. Jenga proved popular and was certainly the loudest game! The picture shows Bill placing the last successful tile on the tallest stack of the evening, before another loud crash after Mick failed to grow it! We look forward to the event next year and encourage

more of you to join in.

Forthcoming events

Sun 29 th Mar	09.45 17.30	Palm Sunday Eucharist Prayer at the Cross
Mon 30/3 – Wed 1/4	8pm	Evening Prayer
Thurs 2 nd Apr	20.00	Maundy Thursday Eucharist
Fri 3 rd Apr	10.00 14.00	Informal Worship Devotion Service
Sat 4 th Apr	20.00	Easter Vigil
Sun 5 th Apr	10.00	Easter Day Eucharist
Sat 2 nd May	10-11.30am	Table-Top Sale – Christian Aid
Sun 3 rd May(tbc)		Joint service with the synagogue
Fri 8 th May evening (tbc)		Joint service at the Synagogue
Sat 13 th June(tbc)		Joint quiz with the Synagogue
Sat 20 th June		Alban Pilgrimage
Sat 4 th July	10-11.30	Table Top Sale – Sickle Cell Society