



Wellbeing Session 2025

Services this week

SUNDAY 10th May – 6th Sunday of Easter

- 8 am Holy Communion (BCP)
- 9.30 am Holy Eucharist with Baptisms
- 11.15 am Choral Martins
- 5.30 pm Sung Evensong with Voluntary Choir

MONDAY 11th May

- 8 am Morning Prayer and Bible Study on Zoom
- 9 am Parents' Prayer Group
- 12 noon Informal Eucharist (Sunday on Monday)
- 4 pm No Youth Confirmation Class (resumes 18 May)
- 5.30 pm Evening Prayer
- 7 pm No Adult Confirmation Class (resumes 18 May)

TUESDAY 12th May

- 8 am Morning Prayer on Zoom
- 12 noon Holy Communion (BCP)
- 1.30 pm Wellbeing Session, Introduction to self-compassion
- 3 pm Wellbeing Session, Coping with stress & Anxiety
- 5.30 pm Evening Prayer

WEDNESDAY 13th May

- 8 am Morning Prayer on Zoom
- 12 noon Holy Eucharist
- 5.30 pm Evening Prayer

THURSDAY 14th May – Ascension Day

- 8 am Morning Prayer on Zoom
- 9.30 am School Eucharist – all are welcome
- 12 noon Ascension Day Choral Eucharist
- 3 pm Peal of Bells for Ascension
- 5.30 pm Evening Prayer

FRIDAY 15th May - Matthias the Apostle

- 8 am Morning Prayer on Zoom
- 9.30 am Mini Abbots at St Mary Abbots Centre
- 12 noon Holy Eucharist
- 1.05 pm Royal College of Music Concert (free concert)
- 5.30 pm Evening Prayer

SATURDAY 16th May

- 12 noon Holy Communion (BCP)
- 5.30 pm Evening Prayer

SUNDAY 17 May – Sunday after Ascension

- 8 am Holy Communion (BCP)
- 9.30 am Parish Eucharist (shortened)
- 10.30 am Annual Parish Council Meeting in church
- 11.30 am Choral Martins (shortened)
- 5.30 pm Taizé Eucharist

Safeguarding

St Mary Abbots Church regards the safe care and protection of children and vulnerable adults as of the utmost importance. Please contact Rona at Safeguarding@stmaryabbots.org / 07561288178 or the Diocesan helpline: 02079321224.



ST MARY ABBOTS PARISH CHURCH
KENSINGTON



Ascension of Christ. Pixabay

Sunday 10th May 2026

The Church is open daily from 8.30am to 6pm and from 10am - 6pm on Saturdays and Bank Holidays



On Sundays, everyone attending the 9.30 Eucharist or 11.15 Matins is warmly invited to join us for coffee and biscuits in the school hall next door at 10.30 am.



Thank you for donating to support our church's work, worship and upkeep. There are cash safes and standing order forms by the South Door and card readers at both entrances, or you can scan this QR code.

Message from Mother Emma

Today at our 9.30 Eucharist "The Lord is adding to our number", as we baptise **Delphi, Felix, Lochlan and Wilhelmina** and we welcome them, their family and friends to the church. This evening our **The Voluntary Choir** will meet at 5 pm, half an hour before the service, to run through the responses, psalm and canticles in Anglican chant, so that they can lead and encourage the rest of the congregation. If you enjoying singing and would like to join this group, please do come along at 5 pm and give it a try!



Next Thursday (14th May) is the Feast of the Ascension. As the fourth most important feast in the Christian calendar, we are encouraged to come together and remember Jesus' ascension into Heaven, forty days after Easter. We shall be offering an **Choral Eucharist for Ascension at 12 noon** with our professional choir and hope very much that you will be able to join us. If you are at work, you may well be able to find a church offering a Eucharist either at lunchtime or in the evening near you.

The Annual Parochial Church Meeting is now just one week away on Sunday 17th at 10.30! If you would like to put your children in the creche, please contact Martina as soon as possible, and if you are a regular Matins attender, please do come early for the meeting. There will be a shortened version of Choral Matins following the meeting.

We continue to prepare for the **Summer Fair on Saturday 13th June** and a poster and more information will follow in next week's newsletter. This year we hope to introduce a strawberries & cream stall, if we have enough volunteers. If you could help on a stall or might consider making a cake for the homemade cake and ice-lolly stall please let Leonora know.

This week we ask you particularly to pray for the repose of the souls of Steve Atack and Eric de Bellaigue, who were both longstanding and faithful members of the congregation. Steve was also well-known as the Founding Patron of the Friends of St Mary Abbots and worked tirelessly on projects to enhance and benefit the church. May they rest in peace and rise in glory.

We praise you and we bless you, our risen Lord Jesus, King of glory, for your resurrection is a revelation to the whole world. As you revealed yourself powerfully to so many, reveal yourself now as the hope for our world. Amen

With my love and prayers, Mother Emma

Wellbeing Sessions in the Church

Tuesday 12th May 2026 at 1.30 am and 3pm

On Tuesday afternoon Central & North West London NHS Recovery and Wellbeing College will be in the church providing two free sessions as part of Kensington Wellness Week, set up by Opportunity Kensington, which runs from 12th - 18th May. The introduction to Self-Compassion starts at 1.30 pm and Coping with Stress and Anxiety starts at 3 pm - 4 pm. Entrance is free and tea and coffee will be provided.

Prayer Walk – Walking the Parish Boundary

Tuesday 19th May from 9.30 am at The West Doors

On 19th May we will walk the Geographical boundaries of our Parish - the tradition of 'Beating the Bounds' - which dates back to 7th Century. During the walk we will read a collect at the significant land marks of the parish and pray for the families and business. Hilary is co-ordinating this and if you would like to take part, or would like to read a collect, please contact her hfcmbb@aol.com. Light refreshments will be provided at the end.

Lunchtime Concert with University of Wyoming of Choir Tuesday 26th May at 1 pm

The University of Wyoming Collegiate Chorale will be singing a variety of modern and classical pieces at the first of a series of our summer lunchtime choral concerts. The visiting choirs tour the UK and often chose our church as their London venue. Entrance is free, and the music is good so please come and welcome them to the church.

This week we pray for

Ivell Arnold	Mike Roberts	Long-term need
Steven Armstrong	Luke Valavanis	Christopher Browne
Kirsten Clover	Adam	Nigel Grieve
Sheila Dobson	Jean	Vikki King
Caspar Irani	Luke	Hannah Philips
Robin Price	Maria	George Rabbett-Smith
Annie Redmile		Stefan Rogge
Viv Robinson		David Strong
Jono Robinson		Michael Turner

and for all those whose anniversary of death falls at this time

Rodney Bennett, 10 May Noel Coleman, 13th May
Ruby Jefferys, 13th May Peter Stubbs, Priest, 16th May

For those who have died recently

Steve Atack James Clay Eric de Bellaigue

How to contact us

The Parish and Vicarage offices are open from 10am – 5pm

St Mary Abbots Church Hall, Vicarage Gate, London, W8 4HN

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Ed Warrick	ed.warrick@insead.edu	
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