

TEDDINGTON PARISH

ST. MARY WITH ST. ALBAN

MARCH 2026

VICAR'S VIEWPOINT

As you read this, you may know that Christians have entered the season of Lent, a time of spiritual preparation for Easter which falls on 5th April this year. It's very early and the time to prepare for Lent, less still Easter, was somewhat compressed. Naturally,

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this leads to a burst of activity and freneticism which increases the danger of wholly missing the point of Lent in the first place!

Christian thinking holds the idea of 'sabbath' in a far lighter way than our cousins of the Jewish faith. For us it is a nice idea, a way that us clerics can 'badge' a day off without a sense of guilt, but in the main not held with very much gravity. It forms one of the ten commandments of Jewish heritage which create part of the basis of our moral and legal structures (as a society and as a world faith) in the same way that we are directed not to commit murder. It would be fair to say that harming someone would be anathema to most of you reading this, but to stop - take a meaningful pause? No, vicar - there's no time for that.

We are encouraged, as Christians, to love our neighbours 'as ourselves' (Mark 12. 30) - but what does that actually look like? Through over-scheduling, over-working, increasing levels of societal anxiety, the constancy of social-media, the need to achieve, own and be seen to do so - all of these factors suggest that loving someone in that way could be considered abusive! Sabbath rest is more than taking a day off, it is a statement that says life is more than task, that existence exceeds completed tick-lists. Sabbath is both putting 'self' first in a life-giving way and, perhaps more importantly, granting the same to our neighbour and colleague. Sabbath only really works if we all do it.

This Lent, be you Christian or not, I encourage you to purposefully stop - not for an hour, but for a whole day. Go on, try it. No plans, no chores, no clearing of old 'to-do' lists. No internet. Just stop. Take your Sabbath, make it purposeful, know it to be God-given. What's the worst that can happen?

REGULAR SERVICES

Sunday:

- 8am BCP Holy Communion
- 9am Morning Worship
- 10am Parish Eucharist (+ livestreamed)
- 12noon Holy Baptism

Wednesday:

- 9.30am Said Eucharist
- 10.30am Church Mice Toddler Service

Monday-Saturday:

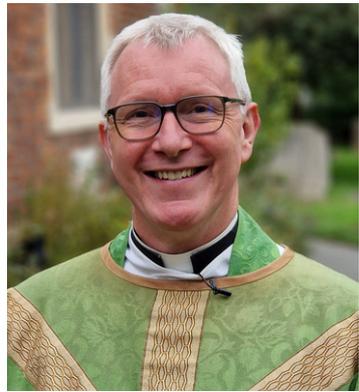
- Morning Prayer (Zoom):
Mon-Fri: 8.30am, Sat: 9am
- Evening Prayer (Zoom):
Mon-Thu: 6pm, Fri-Sat: 5pm

Third Sunday of each month:

- 10am All-Age Eucharist (+ livestreamed)
- 6.30pm Evensong

Everyday (daylight hours):

Church open for private prayer



Lent Appeal 2026



Scan to Donate



Please donate today to help end rough sleeping



SPEAR, a local charity supporting people from homelessness to independence.

LENT

For some, Lent is best known for giving up chocolate (culminating in Easter eggs as the reward), but there's far more when you delve deeper.

For Christians, Lent echoes Jesus's time of prayer and fasting in the wilderness, after his baptism and before his public ministry. It marks a 40-day period of preparation before Jesus's Passion, death and resurrection at Easter.

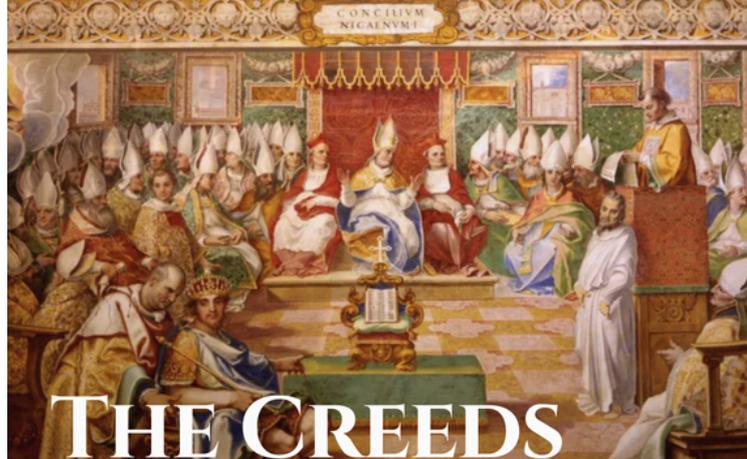
The word Lent comes from the Old English lencten, referring to the lengthening days of Spring. It was easier for the Anglo-Saxons than the official Latin Quadragesima ("40th day") – though not a term formally adopted by the Church until the 11th century.

As its link with Spring suggests, Lent is not only about sacrifice. Prayer, reflection, self-examination, and almsgiving (acts of kindness and giving to charity) help deepen faith and strengthen our relationship with God. As such, Lent represents a "Spiritual Spring": a chance to shake off the dust, open the windows of the soul, and make space for something fresh.

In the Western Church, Lent runs from Ash Wednesday to Holy Saturday – which cannier observers will note is 46 days, not 40. So, it's officially OK to take Sundays off. Yes, really. If you've sworn off the sweet stuff, Sundays can be your weekly reprieve.

Taking things up can be equally meaningful; a daily prayer habit, Lent study group or creative project can be richly rewarding. Whatever we choose, and whether we forgo our treats or not, Lent is an opportunity to slow down, take stock, and prepare spiritually. So let's try to enjoy this season, and observe it with intention and depth.

Rev. Joy



THE CREEDS

pilgrim LENT COURSE

11.30am-1pm, Mina Hogan Room - all are welcome

What are the Creeds?

Wednesday 25 February

God as Trinity - Father, Son and Holy Spirit

Wednesday 4 March

Fully God and fully Human

Wednesday 11 March

Crucified, risen and ascended

Wednesday 18 March

I believe in the Holy Spirit

Wednesday 25 March

SIGN UP HERE



LENT LUNCH

for Welcare

SUNDAY 29 MARCH

from 12 noon

St Mary's Parish Hall

Langham Road

Teddington TW11 9HF

SCAN THIS QR
CODE TO BOOK
YOUR PLACE

OR CALL THE OFFICE
ON 020 8943 2262



Palm Cross Making



SIGN-UP
HERE



all ages welcome

10am-12noon

Saturday 28 March

St. Mary with St. Alban Church

LENT INVITATIONS

We invite you - and bring a friend - to come along to the Lent Course, Palm Cross Making and the delicious home-made lunch in support of Welcare, as we prepare for Easter. Use the QR Codes to sign-up. The Palm Cross making was something I learned as a child. Careful tuition will be given and children are encouraged along too (bring some scissors). I look forward to seeing you.

GOOD LUCK TO JEAN

The Parish of Teddington recently said its fond farewells to a long-standing friend and member - Jean Blanc who, in his ninetieth year decided it was time to move to Yorkshire to be nearer to his family with his equally wonderful wife Marie - a member of the Sacred Heart church family.

Vicars come and vicars go and all we leave behind us is a name on a board, but Christians like Jean leave a far greater void when they 'up and leave'. Jean has been a central member of this community for decades, and occupied most of the roles that can be occupied, numbering among our Churchwardens, altar servers, choristers, sacristans, council members, and gardeners - and the list goes on and on. If a job needed to be



done in a church, Jean was the epitome of that job done well, done kindly, and done for Jesus Christ.

Jean's abiding characteristic is his quiet spiritual connection to his Lord. His church was a place where he would choose to be, in the presence of his Lord whom he was pleased to serve. I commented on his last Sunday that Jean was among that small number of un-ordained priestly people who didn't exhibit his service to be seen by others, who would make space so that others flourished in their faith, and who gently educated many of us - clergy or lay - in how to express our faith through the sacred ceremonies and rituals that characterise our community. This vicar tries hard to be a good Christian - Jean just is.

We send off Jean and Marie with our love and gratitude, and with a very real sense of loss felt when any truly great person moves away. Leeds will indeed be blessed to receive his ministry and service.

CHRISTINGLE SERVICE

This year's Christingle was held to mark the end of the Christmas season. A tradition which originated in 1747, Moravia, using a ribbon wrapped around a candle has evolved into today's Christingle: an orange symbolising the world, a red ribbon for Jesus' love, cocktail sticks for the seasons or corners of the earth, and sweets for the fruits of God's creation.

Thank you to Teddington's Sainsbury's Local for kindly donating the oranges and sweets everyone used within the service to create the Christingles, before standing in the candlelight to sing "Bring us Light". A beautiful end to the Christmas season.

Rev. Sarah

PARISH REGISTER

Funerals: we remember with thanksgiving:-

16 January: Alfie Summers (68)

Jean Merry (88)

20 January: Jill Sutherland (90)

23 January: Andrew Coote (62)

26 January: Jean Crowther (89)

27 January: Chris Manning (74)

 indicates both in-person and live-streamed on our YouTube channel

HOLY WEEK & EASTER

Palm Sunday - 29th March

8am - Said Eucharist BCP

9am - Morning Worship with Palms

10am - Liturgy of Palm Sunday with Procession 

Holy Week Monday to Wednesday

7.30pm - Said Eucharist with Meditation

Maundy Thursday - 2nd April

10.30am - Chrism Mass at St. Paul's Cathedral

7.30pm - Maundy Thursday Agapé with Washing of Feet
at St Mary's Parish Hall

9pm - Prayer Vigil until Midnight at the Garden of Repose

Good Friday - 3rd April

9am - Family Service

10am - Walk of Witness, Churches Together

12pm - Stations of the Cross at Ss. Peter & Paul

12pm - Prayer Vigil until 2.30pm

2.30pm - Liturgy of Good Friday

Easter Sunday - 5th April

6am - Dawn Vigil & Paschal Eucharist

9am - Morning Worship of Easter

10am - Parish Eucharist of Easter 

28 January: Helen Driver (57)

10 February: David Morrison (84)

11 February: John Murray (90)

16 February: Gerald Hayes (75)



WHAT'S ON - MARCH

church service

requires booking



MONDAYS
2,9,16
23,30



COMMUNITY CAFÉ
1.30-4pm
Peter & Paul Centre

TUESDAYS
3,17

MEMORY CAFÉ
1.30-3pm
Peter & Paul Centre

WEDNESDAYS
4,11
18,25

LENT COURSE
11.30am-1pm
Mina Hogan Room

WEDNESDAY
4



PINTS OF VIEW
From 8pm
unscripted fellowship
in The Tide End Pub

THURSDAY
5

FELLOWSHIP SOCIAL: COFFEE
10.30am
Zoom

SATURDAY
7

PARISH PLOD
9am
continuing along the
N.Middx Greenway

TUESDAY
10

FELLOWSHIP SOCIAL: LUNCH
12noon
Piazza Firenze

TUESDAYS
10,24

PLAIN & PEARL SOCIAL CRAFTING
7.30pm
Mina Hogan Room

SATURDAY
14

POSY MAKING FOR MOTHERING SUNDAY
10am-12noon
SMWSA Church



SUNDAY
15

MOTHERING SUNDAY ALL-AGE PARISH EUCHARIST
10am
SMWSA Church



SUNDAY
15

CHORAL EVENSONG
6.30pm
SMWSA Church

MONDAY
16

BEREAVEMENT CAFÉ
10-11.30am
Peter & Paul Centre

THU & SAT
19,21



CHURCHYARD GARDENING
10am-12noon
SMWSA Churchyard

SUNDAY
22

ANNUAL PAROCHIAL CHURCH MEETING
12noon
St Mary's Parish Hall

TUESDAY
24

FELLOWSHIP SOCIAL: COFFEE
10.30am
Shambles Restaurant

THURSDAY
26



NEWSLETTER BUNDLING
2.30pm
St Mary's Parish Hall

SATURDAY
28

PALM CROSS MAKING
10am-12noon
SMWSA Church



SUNDAY
29

PALM SUNDAY WITH PROCESSION
10am
SMWSA Church

SUNDAY
29

LENT LUNCH FOR WELCARE
from 12noon
All welcome
St Mary's Parish Hall
With Preserves Sale & Speaker Ann Khan
CEO of Welcare

visit www.teddingtonparish.org for more details

Vicar: Revd. David Cloake: vicar@teddingtonparish.org

email us: enquiries@teddingtonparish.org

call us: 020 8943 2262

and find us on social media: @teddingtonparish

Church (SMWSA): St. Mary with St. Alban, Ferry Road, TW11 9NN

Parish Hall, Mina Hogan Room, Balcony Room and Parish Office:

St. Mary's Parish Hall, Langham Road, TW11 9HF

Peter & Paul Centre: Church Road, TW11 8PS