

Parish of St Alban, Martyr & St Mark the Evangelist, Southend

25 January 2026
Conversion of St Paul

We pray for the church around the world: Especially those who are persecuted for their faith. We pray for compassion and kindness, inclusion and love for all. We pray for all who have not yet let Jesus into their lives.

We pray for our world: All the casualties of war and conflict; victims of natural or manmade disasters; those who are living in poverty or under oppressive regimes; for all who have no safe place to live in. For the earth and all the damage done to it by humankind. For more empathy and compassion

We pray for our local community:
[25: Musicians, artists, poets and performers of the parish] [26: Clifton Terr, Milton Pl.] [27: Southend Care Bank; Milton Community Partnership and SAVS] [28: Barons court School, all who are home-schooled] [29: Other Faith Groups in the parish] [30: 10th Southend [St Mark's Own]] [31: All those who use our hall/church]

We pray for all on our long-term list.

Prayers for all sick in hospitals, hospices, care homes and at home. For those who are caring for them. For all sick or in need: Margaret, Mark, Terry, Valerie, Tony, Kat, Judith, Rosetta, Jean Wren, Diana, Sarah, Laura, Gabby, Ann and Terry, Gary, June and Sally Binks, Rosie, Clare.

For All in Need.

Recently departed: Joan Young, Jim Wren, Gloria Burwell, Jane Read, Sandy

In Memoriam: January. Muriel Stevens 1/1; Graham Rogers 3/1, Joel Kirk 5/1; Betty Crabtree 7/1, Pat Boosey 10/1; Mike Tunley 11/1; Andrew Chapman 19/1; Elsa Cook 22/1; Michael Evans 25/1; Gill Hinton 27/1; Alastair Ross Ker 29/1

All who have died with no-one to pray for them.

NOTE: Words for final prayer for the departed and for Hail Mary is in Mass Book

Notices:

Monday 26 : Morning Prayer at 9am, Low Mass 1pm

Sunday 1 Feb: Candlemas



Our parish is a member of Inclusive Church. This means that we are committed to work towards being a church which celebrates and affirms every person and does not discriminate on grounds of disability, economic power, ethnicity, gender, gender identity, learning disability, mental health, neurodiversity, or sexuality. Please help us to work towards our aims.



Peter Paul Rubens, **Conversion of Paul**, [1614]

This became a favourite subject for artists from the 16th century onward. This period of time is known as the Baroque and it is characterised by drama and emotion, as well as bold use of colour. One of the most famed versions of the story is by the Italian artist, Caravaggio, but it was also painted twice by the Flemish artist, Rubens. This version is in the Courtauld Gallery, London. It is not really a surprise that the story excited artists at this time, because it is such a dramatic story as you will hear today in the reading from Acts 9: 1-22. The artist uses the strong contrasts in dark and light to connect Saul [who becomes Paul after the conversion] and Christ who speaks to him directly on the road to Damascus. The artist also picks up the way in which the voice of Jesus affects Saul's companions. It is almost like a chaotic battle scene as horses and riders react to what seems a disembodied voice to them. **Blessings, Mother Cherry**

Contact Details

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St Mark's Website:

<https://www.stmarkschurchsouthend.org/>

St Alban's Website: [Saint Alban the Martyr, Westcliff-on-Sea - A Church Near You](#)