

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:

[8: Park Rd, Avenue Rd, Park Lane, Parkgate] [9: Our local government councillors and MPs] [10: South Essex College, Uni of Essex, Southend Campus] [11: Southend Street Pastors] [12: Market Pl, Royal Terrace] [13: Clifton Mews, Clifftown Parade] [14: Forum, Southend Central Station]

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: David Duncan, Jane Read In Memoriam: February. 15/2: Len Morrison, 18/2: Eileen Walker, 27/2: Sandy Sandover, 28/2: Ann Harvey

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 9 : Morning Prayer at 9am, Service of the Word 1pm
Tues 17: Proud Pancakes Wed 18: Ash to Go in High Street 1230-2; Ash Wednesday Services at St Alban's 1015 & 7.30



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.

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

8 February 2026
2 Sunday Before Lent



Van Gogh, *Iris*, [1889]

In the year before his death, Vincent van Gogh struggled with increasing episodes of mental illness. . Accompanied by Rev Frederic Salles he committed himself to the Asylum in the Monastery of Saint Paul de Mausole, a former Roman Catholic 11th century Benedictine monastery in Saint-Rémy-de-Provence. Vincent's studio overlooked the garden of the institution. He often worked there, producing the most beautiful drawings and paintings. Sometimes, he painted the garden as a whole, sometimes he created close-ups of flowers, plants, and all kinds of small creatures he found there. Painting was the best remedy for his psychiatric disorder and while he was concentrating on the natural world he was more able to live in the moment. .Blessings, Mother Cherry

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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