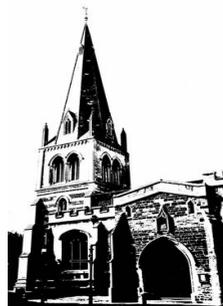


Welcome to All Hallows

24 February 2019

Second Sunday before Lent

11:15 Family Eucharist



*Feel free to ask the Priest before the service if you have any special intentions to be included in today's **Intercessions**.*

We do not practise Intinction (dipping the consecrated bread, or host, into the consecrated wine before consumption by the communicant) in this church. If you are unable to partake of the Common Cup, then it is legitimate to receive the host alone, since the body and blood are present in both species.

Be aware of the step-up if you use the pews on the north and south walls – we don't want anyone falling.

In case of an accident during the service, if there is a trained medic in church, they should take control and others should remain in their seats. A churchwarden should call for an ambulance if needed and the accident book should be filled in. The service will continue as normal if at all possible.

HYMN

1 All creatures of our God and King,
lift up your voice and with us sing
Alleluya, alleluya!
Thou burning sun with golden beam,
thou silver moon with softer gleam:

Refrain *O praise him, O praise him,
alleluya, alleluya, alleluya!*

2 Thou rushing wind that art so strong,
ye clouds that sail in heaven along,
O praise him, alleluya!

Thou rising morn, in praise rejoice,
ye lights of evening, find a voice:

3 Thou flowing water, pure and clear,
 make music for thy Lord to hear,
 Alleluya, alleluya!
 Thou fire so masterful and bright,
 that givest man both warmth and light:

4 Let all things their Creator bless,
 and worship him in humbleness;
 O praise him, alleluya!
 Praise, praise the Father, praise the Son,
 and praise the Spirit, Three in One;

*William Henry Draper (1855-1933) based on Laudato sii, O me signore
St Francis of Assisi's Canticle of the Sun, HymnQuest ID: 50228*

GREETING

The President says

In the name of the Father,
and of the Son, and of the Holy Spirit.

All Amen.

The Lord be with you,
All and also with you.

Words of welcome may be said.

PRAYER OF PREPARATION

**All Almighty God, to whom
 all hearts are open, all desires known,
 and from whom no secrets are hidden:
 cleanse the thoughts of our hearts
 by the inspiration of your Holy Spirit,
 that we may perfectly love you,
 and worthily magnify your holy name;
 through Christ our Lord. Amen.**

SUMMARY OF THE LAW

Our Lord Jesus Christ said:

The first commandment is this:
'Hear, O Israel, the Lord our God is the only Lord.

You shall love the Lord your God
with all your heart, with all your soul,
with all your mind, and with all your strength.'

The second is this:
'Love your neighbour as yourself.'

There is no other commandment greater than these.
On these two commandments hang all the law and the prophets.

All **Amen. Lord, have mercy.**

CONFESSION

Minister God so loved the world
 that he gave his only Son Jesus Christ to save us from our sins,
 to be our advocate in heaven, and to bring us to eternal life.

Let us confess our sins in penitence and faith,
firmly resolved to keep God's commandments
and to live in love and peace with all.

Silence may be kept.

All **Almighty God, our heavenly Father,
 we have sinned against you,
 through our own fault,
 in thought, and word, and deed,
 and in what we have left undone.
 For your Son our Lord Jesus Christ's sake,
 forgive us all that is past;
 and grant that we may serve you in newness of life
 to the glory of your name. Amen.**

ABSOLUTION

The President says

May the God of love
bring us back to himself,
forgive us our sins,
and assure us of his eternal love in Jesus Christ our Lord.

All **Amen.**

GLORIA

All **Glory to God, glory to God, glory to God in the highest.**

**Glory to God in the highest and peace to his people on earth.
Lord God, heavenly King, almighty God and Father,
we worship you, we give you thanks, we praise you for your glory.**

Glory to God, glory to God, glory to God in the highest.

**Lord Jesus Christ, only Son of the Father, Lord God, Lamb of God,
you take away the sin of the world; have mercy on us;
you are seated at the right hand of the Father, receive our prayer.**

Glory to God, glory to God, glory to God in the highest.

**For you alone are the Holy One, you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit, in the glory of God the Father.**

Glory to God, glory to God, glory to God in the highest.

COLLECT

*The President introduces a period of silent prayer with the words 'Let us pray'
or a more specific bidding.*

The Collect is said:

Almighty God,
give us reverence for all creation and respect for every person,
that we may mirror your likeness
in Jesus Christ our Lord.

All **Amen.**

FIRST READING Genesis 2.4b-9,15-25

In the day that the LORD God made the earth and the heavens, when no plant of the field was yet in the earth and no herb of the field had yet sprung up for the LORD God had not caused it to rain upon the earth, and there was no one to till the ground; but a stream would rise from the earth, and water the whole face of the ground then the LORD God formed man from the dust of the ground, and breathed into his nostrils the breath of life; and the man became a living being. And the LORD God planted a garden in Eden, in the east; and there he put the man whom he had formed. Out of the ground the LORD God made to grow every tree that is pleasant to the sight and good for

food, the tree of life also in the midst of the garden, and the tree of the knowledge of good and evil.

The LORD God took the man and put him in the garden of Eden to till it and keep it. And the LORD God commanded the man, 'You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.'

The LORD God said, 'It is not good that the man should be alone; I will make him a helper as his partner.' So out of the ground the LORD God formed every animal of the field and every bird of the air, and brought them to the man to see what he would call them; and whatever the man called every living creature, that was its name. The man gave names to all cattle, and to the birds of the air, and to every animal of the field; but for the man there was not found a helper as his partner. So the LORD God caused a deep sleep to fall upon the man, and he slept; then he took one of his ribs and closed up its place with flesh. And the rib that the LORD God had taken from the man he made into a woman and brought her to the man. Then the man said, 'This at last is bone of my bones and flesh of my flesh; this one shall be called Woman, for out of Man this one was taken.' Therefore a man leaves his father and his mother and clings to his wife, and they become one flesh. And the man and his wife were both naked, and were not ashamed.

At the end the reader may say

This is the word of the Lord.

All Thanks be to God.

Silence may be kept.

PSALM 65

- 1 Praise is due to you, O God, in Zion; *
to you that answer prayer shall vows be paid.
- 2 To you shall all flesh come to confess their sins; *
when our misdeeds prevail against us, you will purge them away.
- 3 Happy are they whom you choose and draw to your courts to dwell
there. * We shall be satisfied with the blessings of your house,
even of your holy temple.
- 4 With wonders you will answer us in your righteousness,
O God of our salvation, *
O hope of all the ends of the earth and of the farthest seas.

- 5 In your strength you set fast the mountains *
and are girded about with might.
- 6 You still the raging of the seas, *
the roaring of their waves and the clamour of the peoples.
- 7 Those who dwell at the ends of the earth tremble at your marvels; *
the gates of the morning and evening sing your praise.
- 8 You visit the earth and water it; * you make it very plenteous.
- 9 The river of God is full of water; *
you prepare grain for your people, for so you provide for the earth.
- 10 You drench the furrows and smooth out the ridges; *
you soften the ground with showers and bless its increase.
- 11 You crown the year with your goodness, *
and your paths overflow with plenty.
- 12 May the pastures of the wilderness flow with goodness *
and the hills be girded with joy.
- 13 May the meadows be clothed with flocks of sheep *
and the valleys stand so thick with corn that they shall laugh and sing.
- Glory to the Father, and to the Son,
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.

SECOND READING Revelation 4

I looked, and there in heaven a door stood open! And the first voice, which I had heard speaking to me like a trumpet, said, 'Come up here, and I will show you what must take place after this.' At once I was in the spirit, and there in heaven stood a throne, with one seated on the throne! And the one seated there looks like jasper and cornelian, and around the throne is a rainbow that looks like an emerald. Around the throne are twenty-four thrones, and seated on the thrones are twenty-four elders, dressed in white robes, with golden crowns on their heads. Coming from the throne are flashes of lightning, and rumblings and peals of thunder, and in front of the throne burn seven flaming torches, which are the seven spirits of God; and in front of the throne there is something like a sea of glass, like crystal. Around the throne, and on each side of the throne, are four living creatures, full of eyes in front and behind: the first living creature like a lion, the second living creature like an ox, the third

living creature with a face like a human face, and the fourth living creature like a flying eagle. And the four living creatures, each of them with six wings, are full of eyes all around and inside. Day and night without ceasing they sing, 'Holy, holy, holy, the Lord God the Almighty, who was and is and is to come.'

And whenever the living creatures give glory and honour and thanks to the one who is seated on the throne, who lives for ever and ever, the twenty-four elders fall before the one who is seated on the throne and worship the one who lives for ever and ever; they cast their crowns before the throne, singing, 'You are worthy, our Lord and God, to receive glory and honour and power, for you created all things, and by your will they existed and were created.'

At the end the reader may say

This is the word of the Lord.

All Thanks be to God.

Silence may be kept.

HYMN

- 1 Around the throne of God a band
 of glorious angels ever stand;
 bright things they see, sweet harps they hold,
 and on their heads are crowns of gold.
- 2 Some wait around him, ready still
 to sing his praise and do his will;
 and some when he commands them, go
 to guard his servants here below.
- 3 Lord, give thy angels every day
 command to guide us on our way,
 and bid them every evening keep
 their watch around us while we sleep.
- 4 So shall no evil thing draw near,
 to do us harm or cause us fear;
 and we shall dwell, when life is past,
 with angels round thy throne at last.

John M Neale (1818–1866) HymnQuest ID: 50644

GOSPEL READING Luke 8.22-25

All Alleluia! [x4]

Minister I am the light of the world, says the Lord.
Whoever follows me will never walk in darkness
but will have the light of life.

All Alleluia! [x4]

Minister Hear the Gospel of our Lord Jesus Christ according to Luke.

All Glory to you, O Lord.

One day Jesus got into a boat with his disciples, and he said to them, 'Let us go across to the other side of the lake.' So they put out, and while they were sailing he fell asleep. A gale swept down on the lake, and the boat was filling with water, and they were in danger. They went to him and woke him up, shouting, 'Master, Master, we are perishing!' And he woke up and rebuked the wind and the raging waves; they ceased, and there was a calm. He said to them, 'Where is your faith?' They were afraid and amazed, and said to one another, 'Who then is this, that he commands even the winds and the water, and they obey him?'

This is the Gospel of the Lord.

All Praise to you, O Christ.

SERMON

After the Sermon silence may be kept.

CREED

The President says

Let us declare our faith in God: Father, Son and Holy Spirit.

**All We believe in one God, the Father, the Almighty,
maker of heaven and earth, of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ, the only Son of God,
eternally begotten of the Father,
God from God, Light from Light, true God from true God,
begotten, not made, of one Being with the Father;
through him all things were made.**

**For us and for our salvation he came down from heaven,
was incarnate from the Holy Spirit and the Virgin Mary,
and was made man.**

**For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.**

**On the third day he rose again in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is worshipped and glorified,
who has spoken through the prophets.**

**We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.**

Silence may be kept.

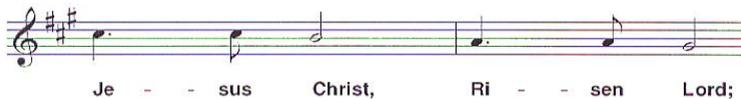
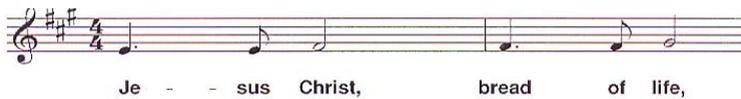
PRAYERS OF INTERCESSION

Let us pray to the Father.

This response may be included:

We pray to the Lord.

All



Silence may be kept.

PEACE

The President says

‘Where two or three are gathered together in my name,’
says the Lord, ‘there am I in the midst of them.’

The peace of the Lord be always with you.

All **And also with you.**

Minister Let us offer one another a sign of peace.

All may exchange a sign of peace.

PREPARATION OF THE TABLE

During the hymn a collection takes place.

HYMN

- 1 Praise to the Holiest in the height,
and in the depth be praise,
in all his words most wonderful,
most sure in all his ways.
- 2 O loving wisdom of our God!
When all was sin and shame,
a second Adam to the fight
and to the rescue came.
- 3 O generous love! that he who smote
in Man for man the foe,
the double agony in Man
for man should undergo;
- 4 And in the garden secretly,
and on the cross on high,
should teach his brethren, and inspire
to suffer and to die.
- 5 Praise to the Holiest in the height,
and in the depth be praise,
in all his words most wonderful,
most sure in all his ways.

John Henry Newman (1801-1890) HymnQuest ID: 46228

TABLE PRAYER

Blessed be God
who feeds the hungry,
who raises the poor,
who fills our praise.

All Blessed be God forever.

EUCCHARISTIC PRAYER

The Lord be with you
and also with you.

Lift up your hearts.
All We lift them to the Lord.

Let us give thanks to the Lord our God.
All It is right to give thanks and praise.

It is truly right and just,
our duty and our salvation,
always and everywhere to give you thanks,
holy Father, almighty and eternal God.

From sunrise to sunset this day is holy,
for Christ has risen from the tomb
and scattered the darkness of death
with light that will not fade.

This day the risen Lord
walks with your gathered people,
unfolds for us your word,
and makes himself known
in the breaking of the bread.

And though the night will overtake this day
you summon us to live in endless light,
the never-ceasing sabbath of the Lord.

And so, with choirs of angels
and with all the heavenly host,
we proclaim your glory
and join their unending song of praise:

**All Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.**

Hosanna, hosanna, hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna, hosanna, hosanna in the highest.

Lord, you are holy indeed,
the source of all holiness;
grant that by the power of your Holy Spirit,
and according to your holy will,
these gifts of bread and wine
may be to us the body and blood of our Lord Jesus Christ;

who, in the same night that he was betrayed,
took bread and gave you thanks;
he broke it and gave it to his disciples, saying:

Take, eat;
this is my body which is given for you;
do this in remembrance of me.

In the same way, after supper
he took the cup and gave you thanks;
he gave it to them, saying:

Drink this, all of you;
this is my blood of the new covenant,
which is shed for you and for many
for the forgiveness of sins.
Do this, as often as you drink it,
in remembrance of me.

Minister Great is the mystery of faith.

All Christ has died;
Christ is risen;
Christ will come again.

And so, Father,
calling to mind his death on the cross,
his perfect sacrifice made once
for the sins of the whole world;
rejoicing in his mighty resurrection and glorious ascension,
and looking for his coming in glory,
we celebrate this memorial of our redemption.

As we offer you this our sacrifice
of praise and thanksgiving,
we bring before you this bread and this cup
and we thank you for counting us worthy
to stand in your presence and serve you.

Send the Holy Spirit on your people
and gather into one in your kingdom
all who share this one bread and one cup,
so that we, in the company of *[N and]* all the saints,
may praise and glorify you for ever,
through Jesus Christ our Lord;

by whom, and with whom, and in whom,
in the unity of the Holy Spirit,
all honour and glory be yours,
almighty Father, for ever and ever.

All **Amen.**

Silence may be kept.

THE LORD'S PRAYER

As our Saviour taught us, so we pray.

All	Our Father in heaven,	<i>(Or)</i>	Our Father, who art in heaven,
	hallowed be your name,		hallowed be thy name,
	your kingdom come,		thy kingdom come,
	your will be done,		thy will be done,
	on earth as in heaven.		on earth as it is in heaven.
	Give us today our daily bread.		Give us this day our daily bread.
	Forgive us our sins		And forgive us our trespasses
	as we forgive those		as we forgive those
	who sin against us.		who trespass against us.
	Lead us not into temptation		And lead us not into temptation,
	but deliver us from evil.		but deliver us from evil.
	For the kingdom, the power,		For thine is the kingdom,
	and the glory are yours		the power, and the glory
	now and for ever. Amen.		for ever and ever. Amen.

BREAKING OF THE BREAD

The President breaks the consecrated bread.

We break this bread to share in the body of Christ
All **Though we are many, we are one body,**
 because we all share in one bread.

AGNUS DEI

All **Lamb of God,**
 you take away the sins of the world,
 have mercy on us.

Lamb of God,
you take away the sins of the world,
have mercy on us.

Lamb of God,
you take away the sins of the world,
grant us peace.

GIVING OF COMMUNION

God's holy gifts for God's holy people.
All **Jesus Christ is holy, Jesus Christ is Lord,**
 to the glory of God the Father.

*The people come forward to receive communion, authorized words of distribution are used and the communicant replies **Amen.***

QUIRE ANTHEM O Saviour of the world

Silence is kept.

PRAYER AFTER COMMUNION

God our creator, by your gift
the tree of life was set at the heart of the earthly paradise,
and the bread of life at the heart of your Church:
may we who have been nourished at your table on earth
be transformed by the glory of the Saviour's cross
and enjoy the delights of eternity;
through Jesus Christ our Lord.

All **We thank you, Lord,**
 that you have fed us in this sacrament,
 united us with Christ,

**and given us a foretaste of the heavenly banquet
prepared for all peoples. Amen.**

NOTICES

BLESSING

The peace of God,
which passes all understanding,
keep your hearts and minds in the knowledge and love of God,
and of his Son Jesus Christ our Lord;
and the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always.

All Amen.

HYMN

- 1 Thou whose almighty word
chaos and darkness heard,
and took their flight;
hear us, we humbly pray,
and where the gospel day
sheds not its glorious ray
let there be light.
- 2 Thou who didst come to bring
on thy redeeming wing
healing and sight,
health to the sick in mind,
sight to the inly blind,
O now to all mankind
let there be light.
- 3 Spirit of truth and love,
life-giving, holy Dove,
speed forth thy flight;
move o'er the water's face,
bearing the lamp of grace,
and in earth's darkest place
let there be light.

4 Blessed and holy Three,
glorious Trinity,
Wisdom, Love, Might,
boundless as ocean's tide
rolling in fullest pride,
through the world far and wide
let there be light.

John Marriott (1780-1825), Thomas Raffles (1788-1863) HymnQuest ID: 62785

Minister Go in peace to love and serve the Lord.

All In the name of Christ. Amen.

The ministers and people depart.

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NOTICES

LENT COURSE based on Les Miserables by Victor Hugo: 14 Mar – 11 Apr, every Thur 13:30 – 15:00 or 19:30 – 21:00, All Hallows' Hall. The afternoon and evening sessions will be the same, thus interchangeable. To see the film version of Les Miserables, join us on Thur 7 Mar at 13:30 or 19:30 in the hall.

JOINT BENEFICE FUND RAISING PROTOCOL We are aware of the pressure we put on our parishioners to collect much needed monies for various fund raising projects, and therefore adopt a set of guidelines which everyone should adhere to: ANY request for the congregation's support (sponsorship, cake sales, fundraising by uniformed groups etc.) MUST be agreed and authorised by a member of the Standing Committee (wardens, treasurer and incumbent for each church) well in advance. Our aim is to avoid clashes with multiple requests, not to ask too often and mostly of the same group of people, and to give those requesting assistance a better chance of success. Our principal and annual events will take precedence: both Summer fêtes; Winter Fayre; Christmas Bazaar; Ride 'n' Stride; Christmas card sales.

ASH WEDNESDAY Please return your palm crosses from last year and leave them in the basket in church, so we can burn them to make the ashes.

THE FOODBANK NEEDS canned potato or fruit, coffee, jam, marmalade, packeted mash potato or rice, UHT milk, UHT fruit juice, shampoo, toilet paper, can opener, strong carrier bags.

ALL SAINTS

THE ELECTORAL ROLL is due for rewriting prior to the APCM. The existing roll has to be 'torn up' and new forms submitted for everyone who wishes to be included. We will circulate forms, to be returned by the 1st April, so that a new list is ready for our APCM on the 28th April. I will leave copies at the back of the church or you can ask me for them. *Bob Allen, Electoral Roll Officer*

ALL HALLOWS

ALL HALLOWS' MOTHERS' UNION MEETING 26 Feb, 19:30, 33 Croyland Rd. Lynda Norris will talk about the Red Cross.

WORLD DAY OF PRAYER SERVICE 1 Mar 14:00, All Hallows.

THE NEXT MOTHERS' UNION COMMUNION will turn into a memorial service for Pam Newton, a life long member of the MU and All Hallows' first woman churchwarden. Sat 2 Mar 9:30, followed by refreshments in the hall.

QUIZ EVENING WITH BANGERS & MASH SUPPER Sat 2 March 18:30, All Hallows' Hall. Though you will be able to just turn up and buy a ticket (£5) at the door, it would really help our planning and catering if you bought them in advance from Margaret, Pat, Maureen or Ann.

INTERCESSIONS

PRAY FOR THE CHURCH Iglesia Anglicana de la Region Central de America; The Porvoo Churches: Peterborough, Meath and Kildare

PRAY FOR Christian Smalley, Mick Mutlow, Atu Pele, Helen Smith, George, Nicholas Parker, Stuart, young Felix, Richard Hole, Ollie Ray, Doreen Stock, Phillip Byles, Ella Reid, Betty Metcalf, Angela, Adam, Stephen, Jean, Roger, Sue, Julie

THE HOUSEBOUND Margaret O, Doreen A, Sylvia P, Ruth S, Diana B

ANNIVERSARIES Mary Poole, Robbie Adamson, Margaret Bayes, Alan Palmer, Baby Tia Marie Bates, Tony Cuthbert, Mark Leonard Carroll, Winston Holder, Henry Jewell, James Burton, James McClusky, Jean Peploe, Sylvia Irene Carter, Edith Mary Shelford, Barbara Joan Bean, Winifred Windatt, Richard Lane Felstead, Reginald Worley, Keith Tomkins, Joyce Mandeville

CONTACT THE BENEFICE OFFICE:

to ask if a notice might be added to the folio;
or if a name might be added to the prayer/anniversary lists.

HOW THE PRAYER LIST WORKS:

1. Please obtain the consent of the person you wish us to pray for.
2. Tell the Benefice Office whom to pray for and the reason why.
3. A name remains on the list for three months, unless discussed otherwise.

TO DOWNLOAD THE WEEKLY FOLIO:

please go to our website allhallowsandallsaintswellingborough.co.uk, then Resources / Weekly folio.

COMMUNICATION

A word fitly spoken is like apples of gold in a setting of silver.

Proverbs 25:11

It is clearly important that we keep open good channels of communication. Mike Jennings is the person who uploads information on to the web page, so if you want to include something do speak with him. And Agnes keeps the online calendar, so do inform her if something you are involved in changes or needs to be added.

DIARY

Sun 24 Feb	2nd before Lent	
8:00	Eucharist	All Saints
9:15	Family Eucharist	All Saints
10:30	Coffee & catch-up	All Hallows
11:15	Family Eucharist	All Hallows
18:00	Compline	All Saints
Mon 25 Feb		
18:00	Cubs	All Saints' Hall
18:15	Brownies & Rainbows	All Hallows' Hall
19:30	Scouts	All Saints' Hall
Tue 26 Feb		
8:00	Morning Prayer	All Hallows
9:30	Coffee morning	All Hallows' Hall
10:00	Open church	All Hallows
Wed 27 Feb	George Herbert	
8:00	Morning Prayer	All Saints
9:30	Coffee morning	All Hallows' Hall
10:00	Open church	All Hallows
12:15	Midweek Eucharist	All Hallows
Thu 28 Feb		
8:00	Morning Prayer	All Hallows
9:45	Tiny Tots	All Hallows' Hall
10:00	Holy Communion BCP	All Saints
18:00	Beavers	All Saints' Hall
Fri 1 March	David, Patron Saint of Wales	
8:00	Morning Prayer	All Saints
9:30	Coffee morning	All Hallows' Hall
10:00	Open church	All Hallows
13:00	World Day of Prayer	All Hallows
18:30	Junior choir practice	All Saints
19:00	Choir practice	All Saints
19:00	Quire practice	All Hallows
Sat 2 March	Chad	
9:30	Coffee morning	All Hallows' Hall
9:30	MU / memorial service	All Hallows
10:00	Open church	All Hallows

Sun 3 March	Sunday before Lent	
8:00	Eucharist	All Saints
9:15	Family Eucharist	All Saints
10:30	Coffee & catch-up	All Hallows
11:15	Family Eucharist	All Hallows
19:30	Explorer Scouts	All Saints

*Please take this folio home
for your prayers during the week*

All Hallows Church Wellingborough

Office open: Tues, Wed, Thurs 8:00-12:00
 phone: 01933 278484
 email: officeallhallows@btinternet.com
 website: allhallowsandallsaintswellingborough.co.uk