

St Michael and All Angels Mill Hill



The sixth Sunday of Easter



Sunday 10th May 2026

10:30 am



**THE CHURCH
OF ENGLAND**



Christian Aid Week 2026 10-17 May

You are warmly invited to Trinity Church for the annual fundraising afternoon for Christian Aid

Thursday 14th May 2-4pm

The Eversfield Centre, Eversfield Gardens, NW7 2AE

Entrance £2.50

Bring and Buy stall

Talk on Christian Aid's work, in particular this year focussed on small scale urban farming in Nairobi, Kenya

And enjoy a cream tea

Do come and support Christian Aid's work

All are welcome

The Processional Hymn (NEH 103)

Please stand

Alleluya! Alleluya!

Hearts to heaven and voices raise:
Sing to God a hymn of gladness,
Sing to God a hymn of praise;
He who on the cross a victim
For the world's salvation bled,
Jesus Christ, the King of glory,
Now is risen from the dead.

Christ is risen, Christ, the first-fruits
Of the holy harvest field,
Which will all its full abundance
At his second coming yield;
Then the golden ears of harvest
Will their heads before him wave,
Ripened by his glorious sunshine
From the furrows of the grave.

Christ is risen, we are risen;
Shed upon us heavenly grace,
Rain, and dew, and gleams of glory
From the brightness of thy face;
That we, Lord, with hearts in heaven,
Here on earth may fruitful be,
And by angel-hands be gathered,
And be ever safe with thee.

Alleluya! Alleluya!

Glory be to God on high;
To the Father, and the Saviour
Who has gained the victory;
Glory to the Holy Spirit,
Fount of love and sanctity;
Alleluya! Alleluya!
To the Triune Majesty.

The Greeting

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.

Alleluia! Christ is risen!

All: He is risen indeed! Alleluia!

The priest introduces the service

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.**

Prayers of Penitence

In a moment of quietness, let us prepare ourselves to celebrate the sacred mysteries by calling to mind the ways in which we have failed God and our neighbour, and then 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.

**All: Almighty God, our heavenly Father,
 we have sinned against you
 and against our neighbour
 in thought and word and deed,
 through negligence, through weakness,
 through our own deliberate fault.
 We are truly sorry
 and repent of all our sins.
 For the sake of your Son Jesus Christ,
 who died for us,
 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

Almighty God, who forgives all who truly repent,
 have mercy upon us,
 pardon and deliver us from all our sins,
 confirm and strengthen us in all goodness,
 and keep us in life eternal;
 through Jesus Christ our Lord.

All: Amen.

Kyrie

Choir *All* *Choir*

Lord, have mer - cy. Lord, have mer - cy. Christ, have mer - cy.

All *Choir* *All*

Christ, have mer - cy. Lord, have mer - cy. Lord, have mer - cy.

Gloria

Glo - ri - a, glo - ri - a, in ex - cel - sis De - o.
Glo - ri - a, glo - ri - a, in ex - cel - sis De - o.

- 1, 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. **R**
2. Lord Jesus | Christ, only | Son of the | Father,
Lord | God, | Lamb of | God,
you take away the sins of the | world; have | mercy on | us;
you are seated at the | right hand of the Father;
re|ceive our | prayer. **R**
3. For you a|lone are the | Holy | One,
you a|lone | are the | Lord,
you alone are the Most | High, | Jesus | Christ,
with the Holy | Spirit, in the glory of God the | Father. A|men. **R**

Collect

God our redeemer,
you have delivered us from the power of darkness
and brought us into the kingdom of your Son:
grant, that as by his death he has recalled us to life,
so by his continual presence in us he may raise us to eternal joy;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

All: Amen.

First Reading

Please be seated

Acts 17: 22-31

²²Then Paul stood in front of the Areopagus and said, ‘Athenians, I see how extremely religious you are in every way.

²³For as I went through the city and looked carefully at the objects of your worship, I found among them an altar with the inscription, “To an unknown god.” What therefore you worship as unknown, this I proclaim to you.

²⁴The God who made the world and everything in it, he who is Lord of heaven and earth, does not live in shrines made by human hands, ²⁵nor is he served by human hands, as though he needed anything, since he himself gives to all mortals life and breath and all things.

²⁶From one ancestor he made all nations to inhabit the whole earth, and he allotted the times of their existence and the boundaries of the places where they would live,

²⁷so that they would search for God and perhaps grope for him and find him—though indeed he is not far from each one of us.

²⁸For “In him we live and move and have our being”; as even some of your own poets have said,

“For we too are his offspring.”

²⁹Since we are God’s offspring, we ought not to think that the deity is like gold, or silver, or stone, an image formed by the art and imagination of mortals.

³⁰While God has overlooked the times of human ignorance, now he commands all people everywhere to repent,

³¹because he has fixed a day on which he will have the world judged in righteousness by a man whom he has appointed, and of this he has given assurance to all by raising him from the dead.’

This is the word of the Lord.

All: Thanks be to God.

Psalm 66 v7-18

Bless our God, O you peo - ples, make the voice of his praise to be heard.

R Bless our God, O you peoples,
make the voice of his praise to be heard.

- ⁷ Bless our God, | O you | peoples; ♦
make the voice of his | praise to be | heard,
- ⁸ Who holds our | souls in | life ♦
and suffers not our | feet to | slip. **R**
- ⁹ For you, O God, have proved us; ♦
you have tried us as | silver is | tried.
- ¹⁰ You brought us into the snare; ♦
you laid heavy burdens up|on our | backs.
- ¹¹ You let enemies ride over our heads;
we went through | fire and | water; ♦
but you brought us out into a | place of | liberty. **R**
- ¹² I will come into your house with burnt offerings
and will | pay you my | vows, ♦
which my lips uttered
and my mouth promised when | I was in | trouble.
- ¹³ I will offer you fat burnt sacrifices
with the | smoke of | rams; ♦
I will sacrifice | oxen and | goats. **R**
- ¹⁴ Come and listen, all | you who fear | God, ♦
and I will tell you what he has | done for my | soul.
- ¹⁵ I called out to him with my mouth ♦
and his praise was | on my | tongue.
- ¹⁶ If I had nursed evil in my heart, ♦
the Lord would | not have | heard me. **R**

- ¹⁷ But in truth | God has | heard me; ♦
he has heeded the | voice of my | prayer.
¹⁸ Blessed be God, who has not rejected my | prayer, ♦
nor withheld his loving | mercy | from me. **R**

Second Reading

I Peter 3: 13-22

¹³Now who will harm you if you are eager to do what is good?
¹⁴But even if you do suffer for doing what is right, you are
blessed. Do not fear what they fear, and do not be intimidated,
¹⁵but in your hearts sanctify Christ as Lord. Always be ready
to make your defence to anyone who demands from you
an account of the hope that is in you; ¹⁶yet do it with gentleness
and reverence. Keep your conscience clear, so that, when you
are maligned, those who abuse you for your good conduct
in Christ may be put to shame. ¹⁷For it is better to suffer
for doing good, if suffering should be God's will, than to suffer
for doing evil. ¹⁸For Christ also suffered for sins once for all,
the righteous for the unrighteous, in order to bring you to God.
He was put to death in the flesh, but made alive in the spirit,
¹⁹in which also he went and made a proclamation to the spirits
in prison, ²⁰who in former times did not obey, when God waited
patiently in the days of Noah, during the building of the ark,
in which a few, that is, eight people, were saved through water.
²¹And baptism, which this prefigured, now saves you—
not as a removal of dirt from the body, but as an appeal to God
for a good conscience, through the resurrection of Jesus Christ,
²²who has gone into heaven and is at the right hand of God,
with angels, authorities, and powers made subject to him.

This is the word of the Lord.

All: Thanks be to God.

The Gradual Hymn (NEH 107)

Please stand

Good Christian men, rejoice and sing!
Now is the triumph of our King:
To all the world glad news we bring:
Alleluya, Alleluya, Alleluya!

The Lord of life is risen for ay:
Bring flowers of song to strew his way;
Let all mankind rejoice and say:
Alleluya, Alleluya, Alleluya!

Praise we in songs of victory
That Love, that Life, which cannot die,
And sing with hearts uplifted high:
Alleluya, Alleluya, Alleluya!

Thy name we bless, O risen Lord,
And sing today with one accord
The life laid down, the life restored:
Alleluya, Alleluya, Alleluya!



The Gospel

Al - le - lu - ia, al - le - lu - ia! Al - le - lu - ia, al - le - lu - ia! Al -
le - lu - ia, al - le - lu - ia! Al - le - lu - ia, al - le - lu - ia! Al - le - lu - ia!

The Lord be with you

All: And also with you.

Hear the Gospel of our Lord Jesus Christ
according to John

All: Glory to you, O Lord.

John 14: 15-21

¹⁵ 'If you love me, you will keep my commandments.

¹⁶ And I will ask the Father, and he will give you another
Advocate, to be with you for ever.

¹⁷ This is the Spirit of truth, whom the world cannot receive,
because it neither sees him nor knows him. You know him,
because he abides with you, and he will be in you.

¹⁸ 'I will not leave you orphaned; I am coming to you.

¹⁹ In a little while the world will no longer see me, but you will
see me; because I live, you also will live. ²⁰ On that day you will
know that I am in my Father, and you in me, and I in you.

²¹ They who have my commandments and keep them are those
who love me; and those who love me will be loved by my Father,
and I will love them and reveal myself to them.'

This is the Gospel of the Lord

All: Praise to you, O Christ.

The Sermon

Please be seated

The Creed

Please stand

**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.**

Prayers of Intercession

Please be seated, or kneel if you prefer

In the power of the Spirit and in union with Christ
let us make our prayer to our heavenly Father.

Lord, in your mercy or Lord, hear us
All: Hear our prayer. Lord, graciously hear us.

Please pray for those who are sick or housebound

We remember by name:

*Anil Ameer Subryan, Anna Morison, Arlen, Ashraf Jafari, Fr Barry Wright,
Beryl, Catherine Dalgiesh, Chandralakha and Scott Singh, Christine,
Christopher Brown, Chris Robins, Colin Izzard, Claire, Clifford Brown,
Crystal, Daniel Ejelonu, Daniel Whittard, David Mulloy,
Fr Desmond Tillyer, Deirdre Mullooly, Devon White, Edd Heimrich,
Edna McGregor, Edward, Evelyn Semlyen, Gail Sparrow, Helen Cloke,
Iren Fabian-Toth, Janet B, Jenny Wardle, John, Johnny, Jordan,
Judi Bryant, Julian, Katherine Barker, Laura Newbury, Lauren Reeves,
Lisa Sweet, Logan, Mark, Mary, Mary Akpieyi, Mandy,
Mina and Reginald Apiafi, Muriel Doris Bloch, Nicola, Nicole,
Pamela Ashcroft, Pavol Husar, Rachel, Rahema Charles, Ray,
Rella Persaud, Remi Babatunde, Richard Johnson, Robert Winston,
Saffron Leigh, Sandra, Sarah, Sebastian, Susan and Vanessa Husarov,
Susan Paterson, Taiwo Odebode, Venita Delpino, Victoria.*

We remember those who have recently departed this life:

and all whose anniversaries of death fall at this time:
Doris Rope, Edith Cooke, Doreen May Stanton.

May they rest in peace,
All: And rise in glory.

Merciful Father

**All: Accept these prayers for the sake of your son
our saviour Jesus Christ. Amen.**

The Peace

Please stand

We are the body of Christ.
In the one Spirit we were all baptized into one body.
Let us then pursue all that makes for peace
and builds up our common life.

The Peace of the Lord be always with you
All: And also with you.

Let us offer one another a sign of peace

All may exchange a sign of peace.



The Offertory Hymn (NEH 390)

Jesus, where'er thy people meet,
There they behold thy mercy-seat;
Where'er they seek thee, thou art found,
And every place is hallowed ground.

For thou, within no walls confined,
Inhabitest the humble mind;
Such ever bring thee where they come,
And going, take thee to their home.

Dear Shepherd of thy chosen few,
Thy former mercies here renew;
Here to our waiting hearts proclaim
The sweetness of thy saving Name.

Here may we prove the power of prayer,
To strengthen faith and sweeten care;
To teach our faint desires to rise,
And bring all heaven before our eyes.

Lord, we are few, but thou art near;
Nor short thine arm, nor deaf thine ear;
O rend the heavens, come quickly down,
And make a thousand hearts thine own!

You can make an offering online using this QR code:



The Preparation of the Altar

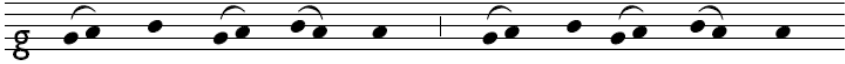
Blessed are you, Lord God of all creation:
through your goodness we have this bread to offer you,
which earth has given and human hands have made.
It will become for us the bread of life

All: Blessed be God forever.

Blessed are you, Lord God of all creation:
through your goodness we have this wine to offer you,
fruit of the vine and work of human hands.
It will become for us the cup of salvation.

All: Blessed be God forever.

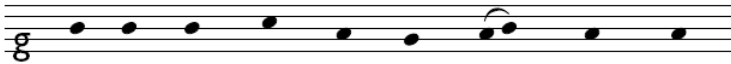
The Eucharistic Prayer



The Lord be with you **R.** and al-so with you.



Lift up your hearts. **R.** **We lift them to the Lord.**



Let us give thanks to the Lord our God.

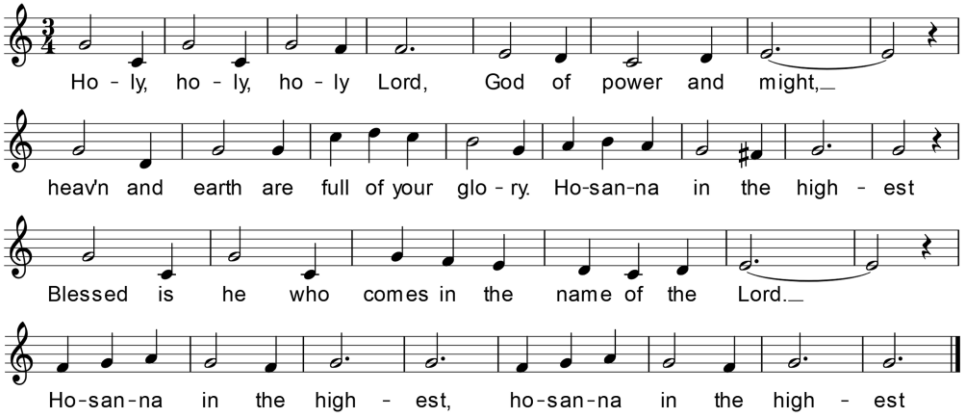


R. **It is right to give thanks and praise.**

Father, we give you thanks and praise
through your beloved Son Jesus Christ, your living Word,
through whom you have created all things;
who was sent by you in your great goodness to be our Saviour.

By the power of the Holy Spirit he took flesh;
as your Son, born of the blessed Virgin,
he lived on earth and went about among us;
he opened wide his arms for us on the cross;
he put an end to death by dying for us;
and revealed the resurrection by rising to new life;
so he fulfilled your will and won for you a holy people.
Therefore with angels and archangels,
and with all the company of heaven,
we proclaim your great and glorious name,
for ever praising you and singing:

Sanctus



Ho - ly, ho - ly, ho - ly Lord, God of power and might, _
heav'n and earth are full of your glo - ry. Ho-san-na in the high - est
Blessed is he who comes in the name of the Lord. _
Ho-san-na in the high - est, ho-san-na in the high - est

Please be seated, or kneel if you prefer

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.

Great is the mystery of faith:

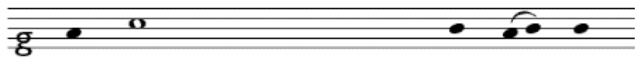


Christ has died. Christ is ri - sen. Christ will come a - gain.

The musical notation is in 4/4 time, starting with a treble clef and a common time signature. It features three dynamic markings: *mf* (mezzo-forte) for the first measure, *f* (forte) for the second, and *ff* (fortissimo) for the third. The melody consists of quarter and eighth notes, with a final whole note.


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 the Blessed Virgin Mary,
St Michael and all the angels and saints,
may praise and glorify you for ever,
through Jesus Christ our Lord;



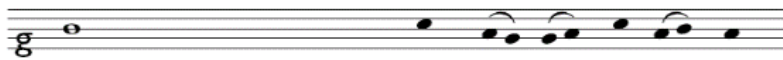
by whom, and with whom, and in whom,

The musical notation is in G-clef (soprano clef) and 4/4 time. It features a half note followed by a quarter note, then a pair of eighth notes beamed together, and another quarter note.



in the unity of the Ho-ly Spi-rit,

The musical notation is in G-clef and 4/4 time. It features a half note followed by a quarter note, then a pair of eighth notes beamed together, and another quarter note.



all honour and glory be yours, al - migh - ty Fa - ther,

The musical notation is in G-clef and 4/4 time. It features a half note followed by a quarter note, then a pair of eighth notes beamed together, another pair of eighth notes beamed together, and a final quarter note.



for ev - er and ev - er. **A - men.**

The musical notation is in G-clef and 4/4 time. It features a half note followed by a quarter note, then a pair of eighth notes beamed together, another pair of eighth notes beamed together, and a final quarter note.

The Lord's Prayer

As our Saviour taught us so we pray:



Our Fa-ther who art in hea-ven, hal-lowed be thy name; thy king-dom come,
thy will be done on earth as it is in heaven. Give us this day our dai-ly bread.
And for-give us our tres-pas-ses, as we for-give those who tres-pass a-gainst us.
And lead us not in-to temp-ta-tion; but de-li-ver us from e-vil.
For thine is the king-dom, the power and the glo-ry, for e-ver and e-ver. A-men...

The Breaking of the 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



Lamb of God, you take a-way the sins of the world: have mer-cy on us, have
mer-cy on us. Lamb of God, you take a-way the sins of the world: have
mer-cy on us, have mer-cy on us. Lamb of God you take a-way the
sins of the world: grant us peace, grant us peace.

Invitation to Communion

Alleluia. Christ our Passover is sacrificed for us

All: Therefore let us keep the feast. Alleluia.

The Communion

The Communion Hymns (NEH 123)

Walking in a garden
At the close of day,
Adam tried to hide him
When he heard God say:
"Why are you so frightened,
Why are you afraid?
You have brought the winter in,
Made the flowers fade."

Walking in a garden
Where the Lord had gone,
Three of the disciples,
Peter, James and John;
They were very weary,
Could not keep awake,
While the Lord was kneeling there,
Praying for their sake.

Walking in a garden
At the break of day,
Mary asked the gardener
Where the body lay;
But he turned towards her,
Smiled at her and said:
"Mary, spring is here to stay,
Only death is dead."

(NEH 122)

Thou hallowed chosen morn of praise,
That best and greatest shinest;
Lady and queen and day of days,
Of things divine, divinest!
On thee our praises Christ adore
For ever and for evermore.

Come, let us taste the Vine's new fruit,
For heavenly joy preparing;
To-day the branches with the Root
In Resurrection sharing:
Whom as true God our hymns adore
For ever and for evermore.

Rise, Sion, rise! and looking forth,
Behold thy children round thee!
From east and west, from south and north,
Thy scattered sons have found thee;
And in thy bosom Christ adore
For ever and for evermore.

O Father, O co-equal Son,
O co-eternal Spirit,
In persons Three, in Godhead One,
And One in power and merit;
In thee baptized, we thee adore
For ever and for evermore. Amen.

The Post Communion Prayer

God our Father,
whose Son Jesus Christ gives the water of eternal life:
may we thirst for you,
the spring of life and source of goodness,
through him who is alive and reigns, now and for ever.

All: Amen.

**All: Almighty God, we thank you for feeding us
with the body and blood of your son Jesus Christ,
Through him we offer you our souls and bodies
to be a living sacrifice.
Send us out in the power of your Spirit
to live and work to your praise and glory. Amen.**

Notices

The Blessing

The Lord be with you

All: And also with you.

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.

The Recessional Hymn (NEH 119)

Please stand

The strife is o'er, the battle done;
Now is the Victor's triumph won;
O let the song of praise be sung.
Alleluya!

2 Death's mightiest powers have done their worst,
And Jesus hath his foes dispersed;
Let shouts of praise and joy outburst.
Alleluya!

3 On the third morn he rose again
Glorious in majesty to reign;
O let us swell the joyful strain.
Alleluya!

4 *He brake the age-bound chains of hell;
The bars from heaven's high portals fell;
Let hymns of praise his triumph tell.
Alleluya!

5 *Lord, by the stripes which wounded thee
From death's dread sting thy servants free,
That we may live, and sing to thee.
Alleluya!

The Dismissal

Go in peace to love and serve the Lord. Alleluia, alleluia.

All: Thanks be to God. Alleluia, alleluia.



Services and events this week

- **Morning Prayer - Monday to Friday 10:00am
on Zoom only**
See the QR code below for the Zoom link
- **Thursday 14th May 2:00pm**
Christian Aid Week fundraising afternoon
at Trinity Church Eversfield Centre,
Eversfield Gardens, NW7 2AE
- **Sunday 17th May – Ascension Sunday**
10:30am Parish Mass in the church
also streaming on Zoom

Services on Zoom

You can join any of our services which are streamed on Zoom, including our daily Morning Prayer, using this QR code:



ANNUAL MEETING



Notice of Annual Parochial Church Meeting **Sunday 31st May 2026 at 12 noon**

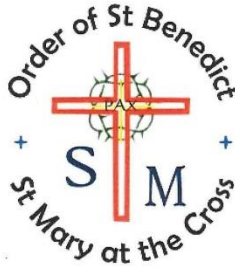
This meeting is your chance to hear what God has been doing by His grace in our church during 2025 and 2026.

It is also an opportunity to offer your voice and prayers to help us discern how we might do God's will in the future, particularly through:

- election of Churchwardens
- election of members of the PCC
- election to Deanery Synod

Any member of the congregation who is on the church Electoral Roll is eligible to stand for these positions and to vote at the meeting. Nomination forms are available in church. If you are interested, you will need to be proposed and seconded.

If you are not already on the Electoral Roll and would like to be, please speak to either Daniel Ejelonu or a member of the PCC.



EDGWARE ABBEY

SUMMER FESTIVAL

SATURDAY 13TH JUNE 2026

**The Community of St Mary at the Cross
Commemorates**

THE 160TH YEAR OF FOUNDATION

And

Mother Abbess Mary-Therese OSB

Celebrates

**THE GOLDEN JUBILEE OF
MONASTIC PROFESSION**

FESTIVAL EUCHARIST 12 NOON

**CELEBRANT: The Rt. Revd. Peter Wheatley
Visitor to the Community**

**PREACHER: Rev Dom Francis Hutchinson OSB
St Benedict's Priory, Salisbury**

Followed by picnic lunch and fellowship

PLEASE bring packed lunch

RSVP : is Essential by 10th May 2026 :

Edgware Abbey, 94A Priory Field Drive, Edgware HA8 9PU

info@edgwareabbey.org.uk Tel: 020 8958 7868

www.edgwareabbey.org.uk

Registered Charity No: 209261

Mothers' UNION

Christian care for families



St Michael's Mothers' Union

Summer Strawberry Tea

Hartley Hall

June 20th 2pm

Admission £5 (for charity)

Tombola, Quiz, Music

London Pro Arte Choir

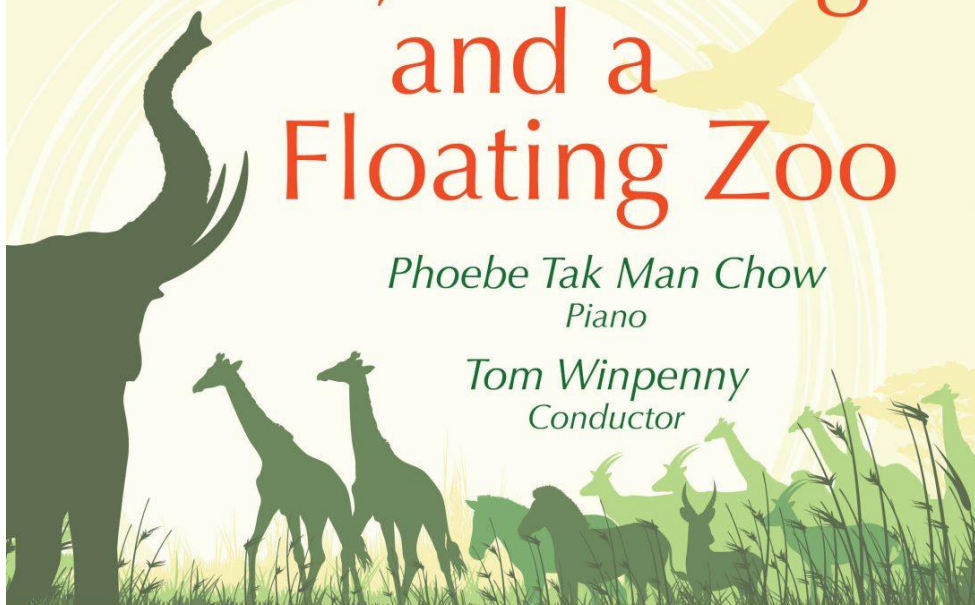


Saturday 27 June 2026 at 7:30pm
St Michael's Church, Flower Lane, Mill Hill NW7 2JA

Fables, Folksongs and a Floating Zoo

Phoebe Tak Man Chow
Piano

Tom Winpenny
Conductor



Tickets: £20; under 18 years - free
from www.lpac.org.uk or phone 020 8420 7238
or on the door



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