

St Michael and All Angels Mill Hill



The fifteenth Sunday after Trinity
with a Memorial for Jennifer Ayele Cronje



**Sunday 13th September
2026**

10:30am



London Pro Arte Choir



Join us to sing
Brahms
German Requiem

=====

Free
Scores provided

Conductor - Tom Winpenny

=====

Open rehearsals

Thursday 17 & 24 September 2026
at 7.30pm

Hartley Hall, Flower Lane, Mill Hill
NW7 2JA

More information:

chairman@lpac.org.uk
www.lpac.org.uk

The Processional Hymn (NHWS 91)

Please stand

1 Great is thy faithfulness, O God my father,
 There is no shadow of turning with thee;
Thou changest not, thy compassions they fail not;
 As thou hast been thou forever wilt be.

Refrain:

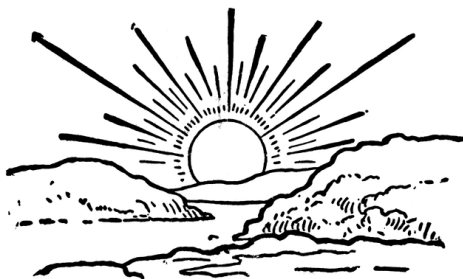
Great is thy faithfulness!
Great is thy faithfulness!
Morning by morning new mercies I see;
All I have needed thy hand hath provided,
Great is thy faithfulness,
Lord unto me!

2 Summer and winter, and springtime and harvest,
 Sun, moon, and stars in their courses above,
 Join with all nature in manifold witness
 To thy great faithfulness, mercy, and love.

Refrain

3 Pardon for sin and peace that endureth,
 Thine own dear presence to cheer and to guide;
Strength for today and bright hope for tomorrow,
 Blessings all mine with ten thousand beside!

Refrain



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.

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

The musical notation for the Kyrie is written on two staves in 3/4 time with a key signature of one sharp (F#). The lyrics are distributed across the staves with performance directions above them.

Staff 1:

- Choir*: Lord_ have mer-cy.
- All*: Lord_ have mer-cy.
- Choir*: Christ_ have mer-cy.

Staff 2:

- All*: Christ_ have mer-cy.
- Choir*: Lord_ have mer-cy.
- All*: Lord_ have mer-cy.

Gloria

Glo - ry to God in the high - est and peace to his peo - ple on earth.

Lord God, heav - nly King, al - migh - ty God and Fa - ther. We

wor - ship you, we give you thanks, we praise you for your glo - ry.

Lord Je - sus Christ, on - ly Son of the Fa - ther, Lord God, Lamb of

God, you take a - way the sins of the world, have mer - cy on us. You are

seat - ed at the right hand of the Fa - ther, re - ceive our prayer.

For you a - lone are the ho - ly one, you a - lone are the Lord.

You a - lone are the most high Je - sus Christ, with the Ho - ly Spi - rit, in the

glo - ry of God the Fa - ther A - men. A - men. A - men.

Collect

God, who in generous mercy sent the Holy Spirit
upon your Church in the burning fire of your love:
grant that your people may be fervent
in the fellowship of the gospel
that, always abiding in you,
they may be found steadfast in faith and active in service;
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

Exodus 14: 19-31

¹⁹ The angel of God who was going before the Israelite army moved and went behind them; and the pillar of cloud moved from in front of them and took its place behind them. ²⁰It came between the army of Egypt and the army of Israel. And so the cloud was there with the darkness, and it lit up the night; one did not come near the other all night.

²¹ Then Moses stretched out his hand over the sea. The Lord drove the sea back by a strong east wind all night, and turned the sea into dry land; and the waters were divided. ²²The Israelites went into the sea on dry ground, the waters forming a wall for them on their right and on their left. ²³The Egyptians pursued, and went into the sea after them, all of Pharaoh's horses, chariots, and chariot drivers. ²⁴At the morning watch the Lord in the pillar of fire and cloud looked down upon the Egyptian army, and threw the Egyptian army into panic. ²⁵He clogged their chariot wheels so that they turned with difficulty. The Egyptians said, 'Let us flee from the Israelites, for the Lord is fighting for them against Egypt.'

²⁶ Then the Lord said to Moses, 'Stretch out your hand over the sea, so that the water may come back upon the Egyptians, upon their chariots and chariot drivers.' ²⁷So Moses stretched out his hand over the sea, and at dawn the sea returned to its normal depth. As the Egyptians fled before it, the Lord tossed the Egyptians into the sea. ²⁸The waters returned and covered the chariots and the chariot drivers, the entire army of Pharaoh that had followed them into the sea; not one of them remained.

²⁹But the Israelites walked on dry ground through the sea, the waters forming a wall for them on their right and on their left.

³⁰ Thus the Lord saved Israel that day from the Egyptians; and Israel saw the Egyptians dead on the seashore. ³¹Israel saw the great work that the Lord did against the Egyptians. So the people feared the Lord and believed in the Lord and in his servant Moses.

This is the word of the Lord.

All: Thanks be to God.

Psalm 103 v1-13



**R The Lord is full of compassion and mercy,
slow to anger and of great kindness.**

¹Bless the Lord, | O my | soul,
and all that is within me, bless his | holy | Name.

²Bless the Lord, | O my | soul,
and forget not | all his | benefits. **R**

³He forgives | all your | sins
and heals all | your in|firmities;

⁴He redeems your life | from the | grave
and crowns you with mercy and | loving | kindness; **R**

⁵He satisfies you | with good | things,
and your youth is renewed | like an | eagle's.

⁶The Lord executes righteousness
and judgment for all who | are op|pressed.

⁷He made his ways known to Moses
and his works to the | children of | Israel. **R**

⁸The Lord is full of com|passion and | mercy,
slow to anger and of | great | kindness.

⁹He will not always accuse us,
nor will he keep his | anger for | ever.

¹⁰He has not dealt with us according to our sins,
nor rewarded us according | to our | wickedness. **R**

¹¹For as the heavens are high above the earth,
so is his mercy great upon | those who | fear him.

¹²As far as the east is from the west,
so far has he removed our | sins | from us.

¹³As a father cares | for his | children,
so does the Lord care for | those who | fear him. **R**

Second Reading

Romans 14: 1-12

Welcome those who are weak in faith, but not for the purpose of quarrelling over opinions. ²Some believe in eating anything, while the weak eat only vegetables. ³Those who eat must not despise those who abstain, and those who abstain must not pass judgement on those who eat; for God has welcomed them.

⁴Who are you to pass judgement on servants of another? It is before their own lord that they stand or fall. And they will be upheld, for the Lord is able to make them stand.

⁵Some judge one day to be better than another, while others judge all days to be alike. Let all be fully convinced in their own minds. ⁶Those who observe the day, observe it in honour of the Lord. Also those who eat, eat in honour of the Lord, since they give thanks to God; while those who abstain, abstain in honour of the Lord and give thanks to God.

⁷We do not live to ourselves, and we do not die to ourselves.

⁸If we live, we live to the Lord, and if we die, we die to the Lord; so then, whether we live or whether we die, we are the Lord's.

⁹For to this end Christ died and lived again, so that he might be Lord of both the dead and the living.

¹⁰Why do you pass judgement on your brother or sister?

Or you, why do you despise your brother or sister? For we will all stand before the judgement seat of God. ¹¹For it is written,

‘As I live, says the Lord, every knee shall bow to me,
and every tongue shall give praise to God.’

¹²So then, each of us will be accountable to God.

This is the word of the Lord.

All: Thanks be to God.

The Gradual Hymn (NEH 342 *tune 178*)

Please stand

Breathe on me, Breath of God,
Fill me with life anew,
That I may love what thou dost love,
And do what thou wouldst do.

2 Breathe on me, Breath of God,
Until my heart is pure,
Until with thee I will one will,
To do and to endure.

3 Breathe on me, Breath of God,
Till I am wholly thine,
Until this earthly part of me
Glows with the fire divine.

4 Breathe on me, Breath of God,
So shall I never die,
But live with thee the perfect life
Of thine eternity.

The Gospel



The Lord be with you

All: And also with you.

Hear the Gospel of our Lord Jesus Christ
according to Matthew

All: Glory to you, O Lord.

Matthew 18: 31-25

²¹ Then Peter came and said to him, ‘Lord, if another member of the church sins against me, how often should I forgive? As many as seven times?’ ²²Jesus said to him, ‘Not seven times, but, I tell you, seventy-seven times.

²³ ‘For this reason the kingdom of heaven may be compared to a king who wished to settle accounts with his slaves.

²⁴When he began the reckoning, one who owed him ten thousand talents was brought to him; ²⁵and, as he could not pay, his lord ordered him to be sold, together with his wife and children and all his possessions, and payment to be made. ²⁶So the slave fell on his knees before him, saying, “Have patience with me, and I will pay you everything.” ²⁷And out of pity for him, the lord of that slave released him and forgave him the debt. ²⁸But that same slave, as he went out, came upon one of his fellow-slaves who owed him a hundred denarii; and seizing him by the throat, he said, “Pay what you owe.” ²⁹Then his fellow-slave fell down and pleaded with him, “Have patience with me, and I will pay you.” ³⁰But he refused; then he went and threw him into prison until he should pay the debt. ³¹When his fellow-slaves saw what had happened, they were greatly distressed, and they went and reported to their lord all that had taken place. ³²Then his lord summoned him and said to him, “You wicked slave! I forgave you all that debt because you pleaded with me. ³³Should you not have had mercy on your fellow-slave, as I had mercy on you?” ³⁴And in anger his lord handed him over to be tortured until he should pay his entire debt. ³⁵So my heavenly Father will also do to every one of you, if you do not forgive your brother or sister from your heart.’

This is the Gospel of the Lord

All: Praise to you, O Christ.

The Sermon

Please be seated

Memorial for Jennifer Ayele Cronje

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 Dalglish, Chandralakha and Scott Singh, Christine, Christopher Brown, Chris Robins, Claire, Clifford Brown, Crystal, Daniel Ejelonu, Daniel Whittard, David Mulloy, 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, Fr Luke Demetri, 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:

David White

and all whose anniversaries of death fall at this time:

Jennifer Cronje, Peter Dudley, Maria Thaler, Jack Dowlen, Harold Wheeler, Charles Cottrell Nellie Quance, Edwin Howard Cobb.

Rest eternal grant them, O Lord;

All: And let light perpetual shine upon them.

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 364 *tune 408*)

God is Love: let heav'n adore him;

God is Love: let earth rejoice;

Let creation sing before him,

And exalt him with one voice.

He who laid the earth's foundation,

He who spread the heav'ns above,

He who breathes through all creation,

He is Love, eternal Love.

2 God is Love: and he enfoldeth
All the world in one embrace;
With unfailing grasp he holdeth
Every child of every race.
And when human hearts are breaking
Under sorrow's iron rod,
Then they find that selfsame aching
Deep within the heart of God.

3 God is Love: and though with blindness
Sin afflicts the souls of men,
God's eternal loving-kindness
Holds and guides them even then.
Sin and death and hell shall never
O'er us final triumph gain;
God is Love, so Love for ever
O'er the universe must reign.

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

The musical score for 'Sanctus' is written for a choir and all voices. It is in the key of D major (indicated by two sharps) and uses a variety of time signatures: 6/8, 3/8, 6/8, 3/4, 2/4, 3/8, 2/4, 3/4, 2/4, and 3/4. The score is divided into four staves. The first staff is marked 'Choir' and the second 'All'. The third staff is marked 'Choir' and the fourth 'All'. The lyrics are: 'Ho ly, ho - ly, ho - ly Lord, God - of pow - er 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.'

Choir
Ho ly, ho - ly, ho - ly Lord, God - of pow - er and might.

All
Heav'n and earth are full of your glo - ry, Ho - san - na in the

Choir
high - est. Blessed is he who comes in the name of the

All
Lord. 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.

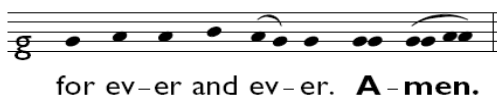
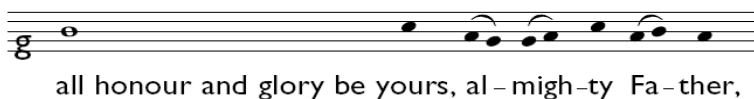
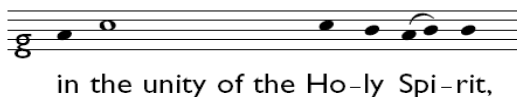
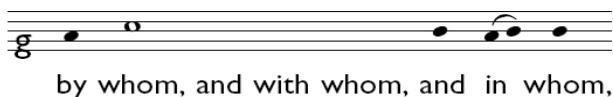
In the same way, after supper
he took the cup and gave you thanks;
he gave it to them, saying:
Drink this, all of you;
this is my blood of the new covenant,
which is shed for you and for many for the forgiveness of sins.
Do this, as often as you drink it,
in remembrance of me.

Great is the mystery of faith:



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;



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

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

Invitation to Communion

Jesus is the Lamb of God
who takes away the sin of the world.
Blessed are those who are called to his supper.

**All: Lord, I am not worthy to receive you,
but only say the word, and I shall be healed.**

The Communion

*Communicant members of all Christian Churches are
warmly welcome to receive Holy Communion.
Any member of the congregation may receive a blessing.
Those wishing to receive a blessing should please bring this
order of service with them.*

The Communion Hymns (NEH 292)

Jesu, thou joy of loving hearts,
Thou fount of life, thou light of men,
From the best bliss that earth imparts
We turn unfilled to thee again.

2 Thy truth unchanged hath ever stood,
Thou savest those that on thee call,
To them that seek thee thou art good,
To them that find thee, all in all.

3 We taste thee, O thou living bread,
And long to feast upon thee still;
We drink of thee, the fountain-head,
And thirst our souls from thee to fill.

4 Our restless spirits yearn for thee,
Where'er our changeful lot is cast,
Glad when thy gracious smile we see,
Blest when by faith we hold thee fast.

5 O Jesu, ever with us stay,
Make all our moments calm and bright;
Chase the dark night of sin away,
Shed o'er the world thy holy light.

(NEH 471)

We love the place, O God,
Wherein thine honour dwells;
The joy of thine abode
All earthly joy excels.

2 We love the house of prayer,
Wherein thy servants meet;
And thou, O Lord, art there
Thy chosen flock to greet.

3 We love the sacred font,
For there the holy Dove
To pour is ever wont
His blessing from above.

4 We love thine altar, Lord;
O, what on earth so dear!
For there, in faith adored,
We find thy presence near.

5 We love the word of life,
The word that tells of peace,
Of comfort in the strife,
And joys that never cease.

6 We love to sing below
For mercies freely given;
But O, we long to know
The triumph-song of heaven!

7 Lord Jesus, give us grace
On earth to love thee more,
In heaven to see thy face,
And with thy saints adore.



The Post Communion Prayer

God our creator,
you feed your children with the true manna,
the living bread from heaven:
let this holy food sustain us through our earthly pilgrimage
until we come to that place
where hunger and thirst are no more;
through Jesus Christ our Lord.

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

Please stand

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 (NHWS 198)

O Lord my God, when I in awesome wonder,
Consider all the works thy hand has made;
I see the stars, I hear the rolling thunder,
thy power throughout the universe displayed.

Refrain:

*Then sings my soul, my Saviour God, to thee,
How great thou art, how great thou art.
Then sings my soul, my Saviour God, to thee,
How great thou art, how great thou art.*

- 2 When through the woods and forest glades I wander,
and hear the birds sing sweetly in the trees;
when I look down, from lofty mountain grandeur,
and hear the brook, and feel the gentle breeze.

[Refrain]

- 3 And when I think that God, his Son not sparing;
sent him to die, I scarce can take it in
that on the cross, my burden gladly bearing,
He bled and died to take away my sin.

Refrain:

*Then sings my soul, my Saviour God, to thee,
How great thou art, how great thou art.
Then sings my soul, my Saviour God, to thee,
How great thou art, how great thou art.*

- 4 When Christ shall come with shout of acclamation,
and take me home, what joy shall fill my heart;
then shall I bow in humble adoration,
and there proclaim: My God, how great thou art.

[Refrain]

The Dismissal

Go in peace to love and serve the Lord.

All: Thanks be to God.





Services and events this week

- **Morning Prayer – Monday to Thursday**
10:00am on Zoom only
Friday 10:00am in the Lady Chapel and on Zoom
- **Wednesday 16th September 1:00 – 2:00pm**
Community Banquet in Hartley Hall
- **Thursday 17th September 7:30pm**
Pro Arte Choir Open Rehearsal (*see page 2*)
- **Sunday 20th September – the sixteenth Sunday after Trinity**
No 8:00am Mass this week
10:30am Family Mass in the church
Celebrant and Preacher the Revd Brian Lewis
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:





GNS QUIZ on Saturday 26th September 2026

The quiz is being held at The Trinity Church Hall 100 The Broadway.

Please arrive at 6:15pm for a 6:30pm start.

The tickets are £17 per head.

Booking and payment in advance if possible please.

There will be tables of up to 8.

Fish and chips or veggie option will be supplied;
please let us know dietary requirements when you book.
Please bring your own drinks as there will **not** be a bar.

There will be a raffle and tickets will be sold on the night
at a cost of 50p per ticket.

Please contact GNS for tickets on 020-8906-3340
or via email on manager@thegoodneighbourschememhbo.org.uk

A detailed stained glass window depicting St. Michael the Archangel. He is shown from the waist up, wearing a red robe over a gold tunic. He has large, feathered wings and a golden halo. He holds a sword in his right hand and a shield in his left. The background is dark blue with gold stars.

St Michael and All Angels Mill Hill

Patronal
Festival Mass

Sunday 27th September
10:30am

St Michael and All Angels HARVEST FESTIVAL

4th October

10:30 am



Homeless Action in Barnet and NW7 Hub Foodbank
will be very grateful for your donations of
non-perishable food and other essential items.

Tinned meat, fish, soup, vegetables
Coffee, tea, sugar, milk, fruit juice
Biscuits, jam, ketchup, gravy granules, sauces
Rice, cooking oil, Cuppa Soups and Pot Noodles

Shampoo, shower gel, razors, shaving foam
Soap, toothpaste and toothbrushes
Nappies (all sizes) sanitary towels and tampons
Toilet paper, washing powder, washing-up liquid
Men's socks and underwear