



The Magazine for the Parish of Chigwell & Chigwell Row

January 2026



Is 11:10, Ps 20:5

£1

where sold,
online free!

St Mary's Church, Chigwell Village
All Saints' Church, Chigwell Row
St Winifred's Church, Chigwell



The Churches in Chigwell and Chigwell Row, open & online

St Mary's Church

High Road, Chigwell IG7 6QA www.stmaryschigwell.org.uk

Churchwarden: Joy Madeiros 07976 803887

Sunday Services: 9:15am – traditional CofE service
10:45am – service on a big screen with a blend of informality and liturgy, and our children's group, Treasure Seekers, during term time.

Morning Prayer: 9:00am on Wednesdays



All Saints' Church

Romford Road, Chigwell IG7 4QD www.allsaintschigwellrow.org

Churchwardens: Helen Ellis-Poole 07887 731320
Cindy Barber 07506 387070

Sunday Service: 10:00am

Morning Prayer: 9:00am on Thursdays

Holy Communion: 9:15am, on 15th January, in lieu of Morning Prayer



St Winifred's Church

Manor Road, Chigwell IG7 5PS www.stwinifredschurch.org.uk

Churchwarden: Daniel Forshaw 07591 857657

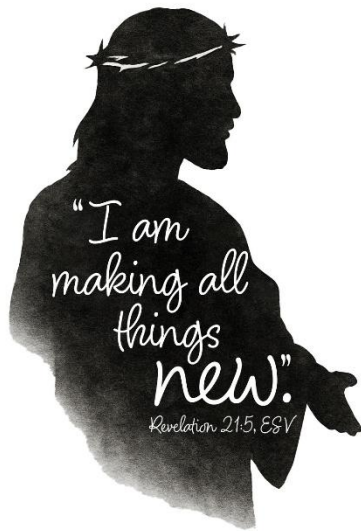
Sunday Service: 11:15am with Tiga Club
on the 2nd & 4th Sundays

Morning Prayer: 9:00am on Tuesdays



Morning Prayer is online as well as meeting in person as above. It is hosted on the Parish of Chigwell & Chigwell Row Facebook page at 9:00am on Tuesdays, Wednesdays and Thursdays. Watch live or later.

The Parish of Chigwell & Chigwell Row is part of the [Vale of Roding](#) benefice, alongside the parishes of Lambourne with Abridge, and Stapleford Abbotts.



Charlie writes...

Behold I make all things new – Revelation 21:5

It seems so strange that we are now in 2026, and as a boy I still remember saying to my cousin ‘*just think we will be so ... old in the year 2000.*’ Entering 2026 means we have made it into a world and society which is as unpredictable as ever.

Globalisation, which once was hailed as the future with free trade and movement of people, driven by the internet and enabling worldwide co-operation, is now seen in more negative views. The rise of nationalism and ‘secure borders’ in many places in the world. A sense of we must protect ourselves at all costs, with for example, calls for all foreign aid to be scrapped. Yes, the world is changing rapidly and not feeling any more secure. One irrational fear being a future take over by AI and the possible annihilation of the human race.

We are overall healthier, wealthier and living longer, but are we better as human beings, is the inevitable progress of the human race removing the consequences of origin sin?

Certainly not, which is why we will always need the grace and forgiveness of God shown by the cross and resurrection. The only way to be free from the penalty we deserve being part of a sinful race, is to turn to Jesus Christ by faith, committing our lives to Him.

So at the beginning of this year, let us start with a pause and see some words of encouragement for 2026 and beyond.

- *³ Blessed be the God and Father of our Lord Jesus Christ! By his great mercy he has given us a new birth into a living hope through the resurrection of Jesus Christ from the dead, ⁴ and*

into an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, - 1 Peter 1:3-4

- *We know that all things work together for good¹ for those who love God, who are called according to his purpose. – Romans 8:28*
- *Do not fear, for I am with you, do not be afraid, for I am your God;
I will strengthen you, I will help you, I will uphold you with my victorious right hand. – Isaiah 41:10*

And if we are fearful for what 2026 may hold, Jesus says...

- *²⁷Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid. – John 14:27 (NIV)*

May 2026 be a year walking closer with Jesus wherever he leads us.

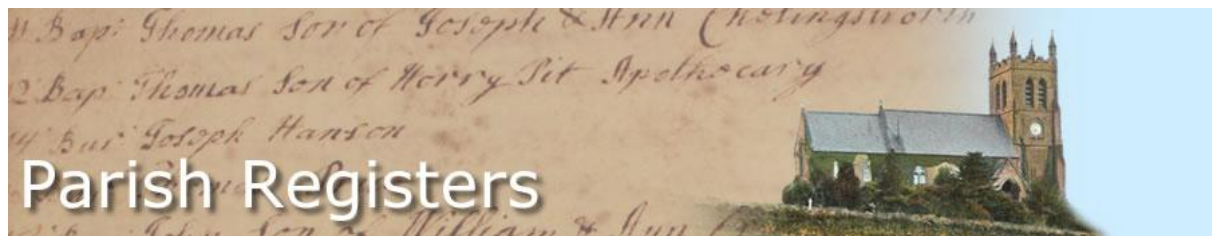
God bless

Charlie



John 14:27, NRSV

My *Peace*
I give to you.



We mourned the loss of...



| | | | |
|------------------------|---------------------------|---------|--|
| Laurisa Braithwaite | 1 st December | Funeral | St Winifred's Church & Chigwell Cemetery |
| Garfield Clarke | 22 nd December | Funeral | All Saints' Church & Forest Park Cemetery |

Prayer for the New Year 2026

Dear Father, Lord of all time,
Here we are! Another New Year!



So many mixed emotions for different people, for different reasons. For some, the reluctance to leave a year which brought joy and happiness; for some the relief of leaving behind a difficult year; for some, sadness at moving into a year where a loved one has never been; for some, apprehension and insecurity about what might lie ahead in this world of polarisation, conflict and confusion about what is true.

Lord, help us to take time at the start of 2026 to refocus our hearts, minds and spirits – to tune into you, our un-changing God.

Help us to be calmed and encouraged by the promise of Jesus that He is the Way, the Truth and the Life. The safe Way. The ultimate Truth. The Life, your gift, to be with you for all eternity.

You promised never to leave us or forsake us. When we put our trust in you, through what Jesus did on the cross, we are secure, we are accompanied, no matter what the New Year brings.

We can go forward, safely.
Thank you, in Jesus' name,
Amen.

by Daphne Kitching

Bishop Guli's New Year's Message 2026

It was a joy to meet Pope Leo in Rome in November of last year. The occasion was the declaration of Cardinal Newman as a Doctor of The Church, made all the more meaningful in the Jubilee Year, themed "Pilgrims of Hope". It seems to me that as we stand on the threshold of a New Year, we are called to travel this path of Hope together.



It's always a temptation to be drawn towards despair. A febrile political environment, the diminished standing of the Church, even our own weariness can lead us to forget that we are called to be people of Hope. Those whose Hope is in the Word made Flesh -the message that's been proclaimed in churches throughout our Diocese this Christmas period and because of which we can journey confidently into a new year.

And Hope abounds not just when all is well, not just in life's joys and successes. In his November message for World Day of the Poor, the Pope urges us to recognise those experiencing poverty as "witnesses to a strong and steadfast hope, precisely because they embody it in the midst of uncertainty, poverty, instability and marginalisation". That is not how a secular society usually measures Hope. Christian Hope has nothing to do with whether a successful outcome can be predicted but everything to do with the conviction of things not seen and the determination to travel well in times of uncertainty, for our Hope is in the one who renews all things.

In my Persian childhood we celebrated New Year on 21st March - a time of new life bursting forth at the Spring Equinox. Joyful though that remembrance is, I've also come to see the blessing of the western tradition - of the New Year coming at a time of darkness and even a certain bleakness. Every morning in the small chapel at Bishops court, I see the words of St John engraved on the stain glass window: *Light shines in the darkness and the darkness has not overcome it.*

Now that is Hope, and that is what I wish for you, your loved ones and your communities. May you have a happy and Hope-filled 2026.

+ Guli Chelmsford

The Rt Revd Dr Guli Francis-Dehqani,
Bishop of Chelmsford



**The Thursday Club &
the Men's Group
invite you to celebrate
the New Year**

**with Wine & Nibbles at
John & Cindy's home**

Thursday 8th January, 7:30pm

2026



**Twelfth
Night
Benefice
Party**

**Friday
9th January,
7:00pm
at Abridge
Village Hall**

Our irrepressible poet Nigel Beeton was inspired to write another version of a famous carol ...

See, Amid the Winter's Snow

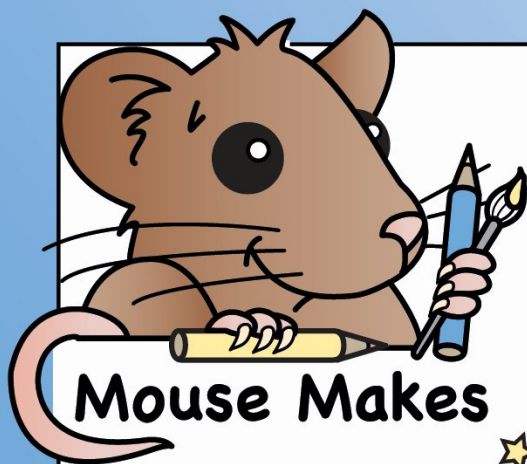
See, amid the winter's snow
Lots of cars that just won't go;
It is not the drivers' fault –
Councils have run out of salt!
 Here, we sit the whole night long!
 Where have all the snowploughs gone?
 If we'd known we'd be delayed
 We'd perhaps have brought a spade!

Say, ye cheerful children, say
Why aren't you in school today?
'We are skating round and round
'Cos the heating's broken down!
 'Yes, the heating's gone beserk!
 'Mum has missed a day at work!
 'Though she's cross and seems on edge,
 'We can ride upon our sledge!'

Sages on the weather show
Said the sun would surely glow,
And, said they, we may be sure
Of a glorious day in store!
 But they missed a detail, small
 And the snow did thickly fall!
 But the met-men feel no shame –
 Their computer takes the blame!



by Nigel Beeton



Mouse Makes

DID YOU KNOW?

Stars shine different colours, the colour we see depends on the temperature of the star. The hottest stars shine **blueish-white**, then **yellowish-white**, **yellow**, **orange** and the coolest stars shine **red**.

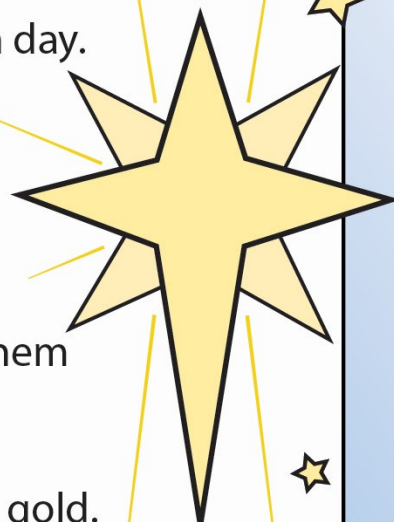
WISE MEN FROM THE EAST

The Wise Men came from a land far away, they had seen a star that shone brighter than day.

The star was a sign of the birth of a king, so they followed that star to pay homage to him.

They found him in Bethlehem as the prophets fortold, they gave him three gifts: myrrh, frankincense and gold.

The star led to Jesus our saviour and king, let us join with the Wise Men and go worship Him!



Read the story of the Wise Men in **Matthew 2:1-12**

S B E T H L E H E M J O I Y
T K J E S U S K I N O W W C
A G O E P I P H A N Y O I V
R I U M E S S I A H G R S I
K F R A N K I N C E N S E S
I T N G O L D M Y R R H M I
N S E I J V S I G N B I E T
G O Y A C H R I S T C P N M

Can you find these words in the word search?

WISE MEN • MAGI
STAR • SIGN
JOURNEY • BETHLEHEM
VISIT • JESUS • MESSIAH
CHRIST • KING
GIFTS • GOLD • MYRRH
FRANKINCENSE
WORSHIP • JOY
EPIPHANY

New research into how communities think about the Bible

Insights into how people across the world engage with and relate to the Bible have been released by Bible Society, who says that the results can be useful to local churches with intercultural congregations.

The Patmos Typology Report, created in partnership with United Bible Societies, offers exclusive data for each of the 85 countries and territories surveyed, exploring their relationship with the Bible and religion.



Bible Society says it is “excited about this new report”, as it “can inform Bible engagement approaches that lead to real lives being transformed by the Bible.”

Bible Society stresses that: “More churches than ever before have intercultural congregations or are reaching out to diaspora communities. We hope they can use this report to see how those communities might think about the Bible, and use the data to help people in their communities encounter the Bible for themselves.”

For more visit: patmos.bfbs.org/Patmos-the-report



Stop press... as well as saving the dates for the Bible Course, come along to

60s Night with the Beatniks

including a 2 course meal,
with the bar open for drinks



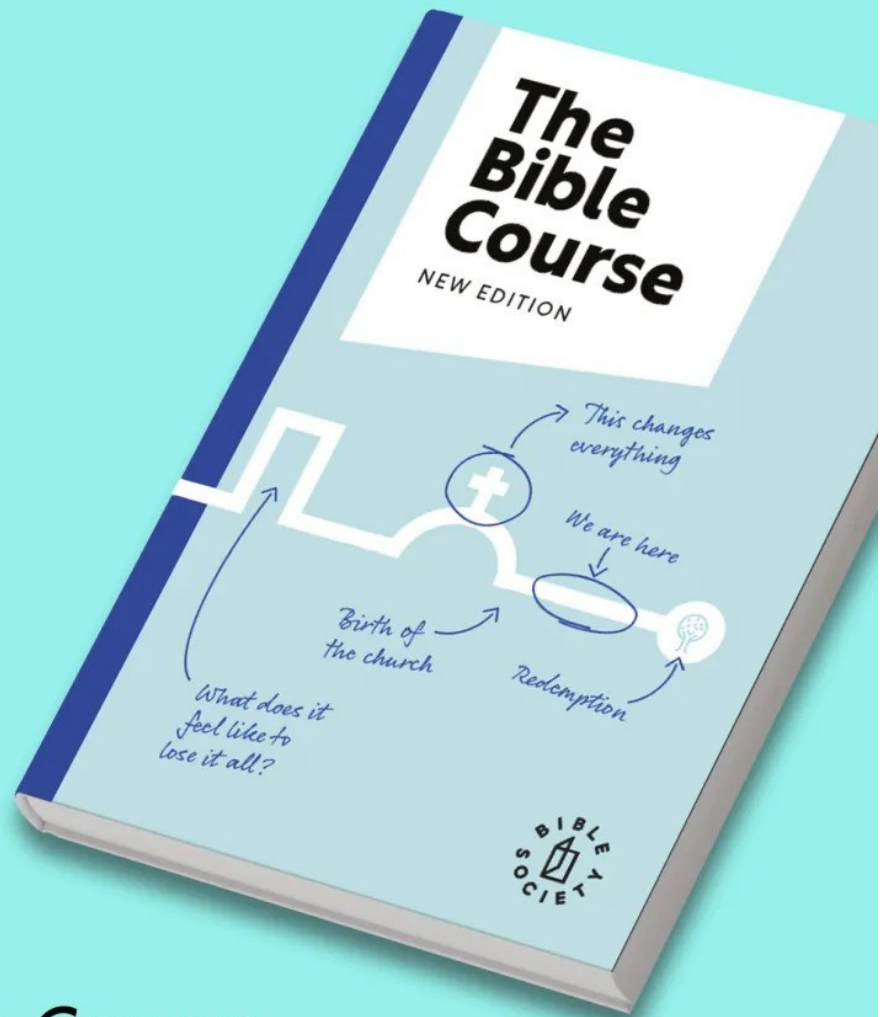
Saturday 28th February, 7:00pm, Abridge Village Hall

Tickets £25 each, save the date
and look out for booking info!

The Bible Course

NEW EDITION

**Want to
feel more
connected
to God's
word?**



Join *The Bible Course*
New Edition

biblesociety.org.uk/thebiblecourse



Thursdays 5th February - 26th March, on Zoom: 7:30pm,
in person 10:30am at St Winifred's Church.

Please register your interest: sign up in church,
✉ office.parish@gmail.com or  WhatsApp
07835 721815.

We need to order the course books (£10 each) by mid-January, maybe we can get a discount!!

This is a new course, if you enjoyed the last one in 2020,
come along to this one too!

stwinifredschurch.org.uk

How to keep those New Year Resolutions

We are full of good intentions at the start of each year. How come we usually fizzle out by February? Here are some tips to keep you going...



Be realistic. If you have several goals, don't attempt them all at once. Research has found that if you stagger your goals, you will have more success. So, for example, if this year you want to spend less money, do more exercise and spend more time with your family, start one change this month, another in February, and start the third in March.

Be specific. For example, don't tell yourself: Lose weight. Decide exactly how much you want to lose. When do you want to lose it by? How will you do it? If you want more time with your family, how and when will you do that? The more exact you can be, the more likely you are to succeed.

Write it down. There's something about committing thoughts to paper that helps to cement your resolve. Why not start some sort of journal this year, to track your thoughts, your hopes, your goals – and your successes!

Tell other people. If you intend to do something, tell someone, and therefore you will feel more obliged to get going with it... your pride may keep you going when all else fails!

Focus on GAIN, not loss. Ever notice how many resolutions are about giving something up? Why not put it the other way round - instead of saying you will eat less, tell yourself you are headed for those skinny jeans....

Give yourself rewards. If you are quitting smoking or sweets, for example, put the money that you would have spent in a jam jar, and treat yourself to something nice (and healthy) with it.

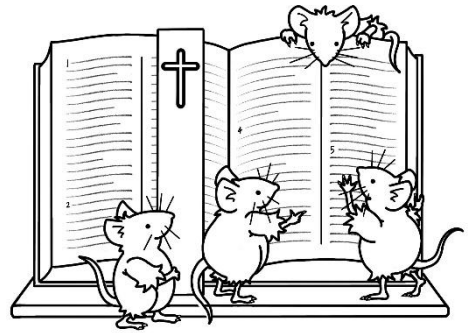
Break your resolution into steps. Some goals will take months to achieve. So, break each one down into tiny steps, and simply head for each step. Build in some time frames, to prevent you procrastinating.

Finally, don't let failure defeat you. You will make mistakes. But the secret is to simply get up again and to keep going. Only if you stop are you *really* defeated. None of us are perfect, and the Bible encourages us to always start again.

Canon Paul Hardingham continues
his series on the books of the Bible.

What's the Big Idea?

An Introduction to the Books of the Old Testament: Song of Songs



The title of this book, '*Solomon's Song of Song*' (1:1), claims to be written by Solomon, and while his name is mentioned seven times and several verses speak of the '*king*', the book may be more about Solomon rather than written by him. However, it is reasonable to assume that Song of Songs was written in the tenth century BC, during Solomon's reign (971-931 BC).

The focus of the Song is God's choicest gifts of love and the voice of this love belongs to a woman, the beloved. It is her experience of love, both as the one who loves and as the one who is loved, that is most clearly expressed. The Song begins with her wish for her lover's kiss and ends with an invitation for intimate love. It describes the intimacies of married love as God intends it to be. She speaks profoundly of love; of its beauty and delight; its exclusiveness (2:16); its spontaneity (2:7) and its overwhelming power: *'Place me like a seal over your heart, like a seal on your arm; for love is as strong as death, its jealousy unyielding as the grave. It burns like blazing fire, like a mighty flame. Many waters cannot quench love; rivers cannot wash it away.'* (8:6,7)

God created man and woman, and established marriage as His purpose for society (Genesis 1:27; 2:20-24). This Song is part of the wisdom literature and shows us how to receive and live the gift of God's love with thanksgiving and celebration. However, the Song also speaks symbolically of the experience of intimacy to be found in our relationship with Christ: *'My lover is mine and I am his...and his banner over me is love.'* (2:16,4).



Bishop of Tewkesbury to be new lead safeguarding bishop

The Bishop of Tewkesbury, Robert Springett, is to be the Church of England's new Lead Safeguarding Bishop, taking over from Bishop Joanne Grenfell who leaves the role at the end of March 2026, when her three-year term ends.

Bishop Robert will work closely with the National Director of Safeguarding and other members of the National Safeguarding Team.

The C of E is continuing to strengthen its safeguarding practices by committing to independent scrutiny and improving delivery. Bishop Robert said, "Safeguarding should not be seen as a burden, but embraced with joy for the opportunity it offers to serve others."

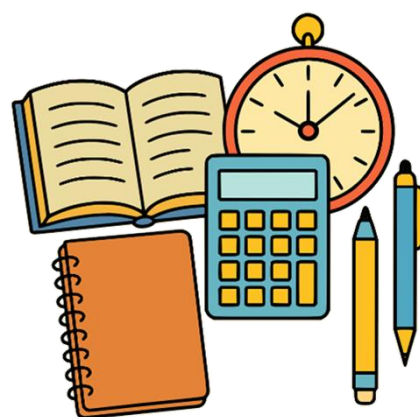
Details of all our Safeguarding Officers are available in church and on the back page of this magazine.

Embedding Religious Education is key to building understanding

In response to the Government's recent Curriculum and Assessment Review, the Church of England has welcomed the scrapping of the EBacc (English Baccalaureate).

The CofE believes this will have positive implications for Religious Education, making it easier for pupils to study Religious Education at GCSE as part of a broad and balanced curriculum.

The Church's Chief Education Officer, Nigel Genders, said: "At a time where the need for understanding and dialogue



across different faith groups and worldviews is increasingly evident, the importance of children studying RE could not be clearer.

“We look forward to continuing to engage with proposals to develop RE, and to enabling church schools to continue to provide RE in a way that is consistent with their designation as schools with a religious character.”

Bishop Martyn welcomes end of two-child limit

Following the recent announcement in the Budget, the Bishop of Leicester, Martyn Snow, the Church of England’s lead bishop for child poverty issues, has said:

“I warmly welcome the Government’s decision to remove the two-child limit from next April. This will make a profoundly positive difference to hundreds of thousands of children and their families.

“The Church of England has long called for this day as we believe in the equal and unsurpassable worth of every single child.

“As we celebrate the end of the two-child limit and commend the Government for taking action, we will continue to draw attention to the barriers – such as the household benefit cap – which still prevent many families from accessing vital support for their children.”



David Pickup, a solicitor, gives some guidance on...

Complaints and refunds – what about consumer protection?



‘Use honest scales and honest weights’ Leviticus 19:36

‘The Lord detests dishonest scales, but accurate weights find favour with him.’ Proverbs 11:1

These verses are not about the scales you use to weigh yourself, to see how much weight you have put on over Christmas! It is a biblical warning for businesspeople to act fairly and not cheat the buyer. As such it is one of the earliest pieces of consumer protection.

The law has been updated to reflect changes in buying. Many of us do our shopping online and much of what is bought are not goods in the old-fashioned sense, but electronic items such as downloaded music or games. Whether you do your Christmas shopping in the January sales or on Christmas Eve, what legal rights do you have? This is a complex area, and the following is a guide only.

The law gives us some basic rights about the quality and standard of things we buy from a business. They must be of ‘satisfactory quality’ which means what a reasonable person would consider satisfactory. They must be ‘fit for purpose’ and ‘as described’. So, if you bought a Bible, it must be in good condition; and it must be the whole Bible if it says Bible; and it should not fall apart when you start to read it. If it is a leather-bound church Bible, you would expect it to last longer than a cheap paperback.

So, what if there is a problem?

Normally within the first 30 days, if it is faulty, you can get a refund. Up to 6 months, if it cannot be repaired or replaced, you are entitled to a refund - in most cases

Up to 6 years, if goods do not last a reasonable time, you may be entitled to some money back.

Some shops give you more rights. They offer money back guarantees if you change your mind. Always keep the receipt. Check that what you buy works, and that it is ok when you get it. No point buying something in November and then find out on Christmas Eve that it is broken. Watch out for those scales!



Crufts welcomes crossbreeds

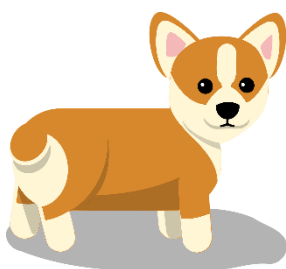
The Royal Kennel Club, which runs Crufts, is going to admit crossbreeds for the first time in its 150-year history.

Crufts will become a 'year-round community', available to all dog owners, whatever kind of dog they have. Its new online platform will launch in February 2026.

Jannine Edgar, chief executive of the RKC explains: "While our initiatives in areas such as health, research and breeding have historically been focused on pedigree dogs, we recognise that dog ownership has evolved and therefore we must too.

"So now our remit extends to all dogs, and we will be investing our efforts to do more for every dog and their owners through the Crufts brand, which will be much more than an annual show."

This year Crufts Dog Show takes place 5th to 8th March at the NEC in Birmingham. Crufts has also held events aimed at non-pedigree dogs since 2000, after launching the crossbreed competition 'Scruffts'.



The late Queen, who was devoted to her corgis, was patron of The Kennel Club for 70 years. Following her death, the King granted the organisation a royal prefix in 2023.

Canon Paul Hardingham begins a new series

The Seven Deadly Sins: Pride



Our new series looks at the Seven Deadly Sins, a list compiled by Pope Gregory 1 in AD 590 to describe the nature of sin. This month we consider pride, *'the beginning of all sin'* (Augustine).

Pride is preoccupied with self and denies the need for others or God. We see it present in the first sin, when Adam and Eve wanted to become like God (Genesis 3:5).

What does pride look like? Jesus told the story of two men, a Pharisee and a tax collector, who went to pray in the Temple (Luke 18: 9-14). The Pharisee stood by himself and prayed: *'God, I thank you that I am not like other people, robbers, evildoers, adulterers, or even like this tax collector. I fast twice a week and give a tenth of all I get.'* (11,12). He illustrates how pride is essentially putting ourselves in God's place and believing we can run our own lives. It's subtle and self-deceptive and eats away our lives: *'Pride goes before destruction, a haughty spirit before a fall.'* (Proverbs 16:18).

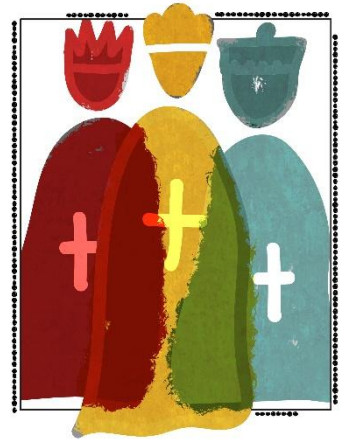
So how do we deal with pride? The answer is humility. The tax collector stood at a distance *'he would not even look up to heaven, but beat his breast and said, 'God, have mercy on me, a sinner.'* (13). This man was right with God, because he acknowledged his sin and his need for forgiveness. Humility is being realistic about ourselves, and acknowledging our total dependence on God. We develop it by giving ourselves wholeheartedly to God and repenting of our desire to do things our way: *'Humble yourselves, therefore, under God's mighty hand, that he may lift you up.'* (1 Peter 5:6).

'Humility is not in thinking less of yourself, but in thinking of yourself less' (Rick Warren).



Holy Days: 6th January: Epiphany

On 6th January we celebrate Epiphany - the visit of the Wise Men to the baby Jesus. But who were these Wise Men? No one knows for sure. Matthew calls them 'Magi', and that was the name of an ancient caste of a priestly kind from Persia. It wasn't until the third century that they were called kings - by a church father, Tertullian.



Another church father, Origen, assumed there were three - to correspond with the gifts given. Later Christian interpretation came to understand gold as a symbol of wisdom and wealth, incense as a symbol of worship and sacrifice, and myrrh as a symbol of healing - and even embalming. Certainly Jesus challenged and set aright the way in which the world handled all three of these things. Since the 8th century, the Magi have had the names Balthasar, Caspar and Melchior.

25th Jan: Conversion of St Paul

January is a month of the beginning of great things! As well as the naming of the Son of God, we celebrate the conversion of the greatest ever apostle of the Christian faith. Many books have been written on Paul, and here is the briefest of introductions.

He was a Jew, born as 'Saul' at Tarsus, and brought up by the rabbi Gamaliel as a Pharisee. A devout, fanatical Jew, Saul persecuted the Christians, and watched with satisfaction the first Christian martyrdom, the stoning of Stephen. Then, on his way to Damascus, Saul had a vision of Christ that stopped him in his tracks. He realised that this Jesus whom he was persecuting was in fact the Messiah for whom he had longed.

Saul changed overnight. He was given a new name, Paul, and became an evangelist for the cause of Christ. He became a leader in the early Church, and his special calling was as an apostle to the Gentiles. He wrote epistles to the young churches that he founded - and thus, inadvertently, wrote a great part of the New Testament.

Life as the greatest apostle was hardly full of perks: Paul was stoned, beaten, mobbed, homeless, hated, imprisoned, and finally martyred. Tradition has it that he was beheaded in Rome during the persecution of Nero in 64AD and buried where the basilica of St Paul 'outside the walls' now stands. His mighty faith in Christ has kindled similar belief in many hundreds of millions of people down the centuries.

Sunday Services & Readings for January

| | |
|--|---|
| Sunday 28th December 1st Sunday of Christmas | Hebrews 2:10-18-18 Matthew 2:13-23 |
| All Saints': St Mary's: St Winifred's: | 10:00 Holy Communion 10:30 Holy Communion 11:15 Holy Communion |
| Sunday 4th January Epiphany | Isaiah 60:1-6 Matthew 2:1-12 |
| St Mary's: All Saints': St Mary's: St Winifred's: | 9:15 Holy Communion BCP 10:00 All Age Holy Communion 10:45 All Age Morning Worship 11:15 All Age Morning Worship |
| Sunday 11th January Baptism of Jesus | Acts 10:34-43 Matthew 3:13-17 |
| St Mary's: All Saints': St Mary's: St Winifred's: | 9:15 Holy Communion BCP 10:00 Morning Worship 10:45 Holy Communion 11:15 Morning Worship |
| Thursday 15th January | |
| All Saints' House | 9:15 Holy Communion |
| Sunday 18th January 2nd Sunday of Epiphany | 1 Corinthians 1:1-9 John 1:29-42 |
| St Mary's: All Saints': St Mary's: St Winifred's: | 9:15 Holy Communion 10:00 Holy Communion 10:45 Morning Worship 11:15 Morning Worship |
| Sunday 25th January 3rd Sunday of Epiphany | 1 Corinthians 1:10-18 Matthew 4:12-23 |
| St Mary's: All Saints': St Mary's: St Winifred's: | 9:15 Matins 10:00 Morning Worship 10:30 Holy Communion 11:15 Holy Communion |
| Sunday 1st February Presentation of Christ (Candlemas) | Hebrews 2:14-18 Luke 2:22-40 |
| St Mary's: All Saints': St Mary's: St Winifred's: | 9:15 Holy Communion BCP 10:00 All Age Holy Communion 10:45 All Age Morning Worship 11:15 All Age Morning Worship |



Parish Diary

For Sunday services, please see the Sunday Readings page.



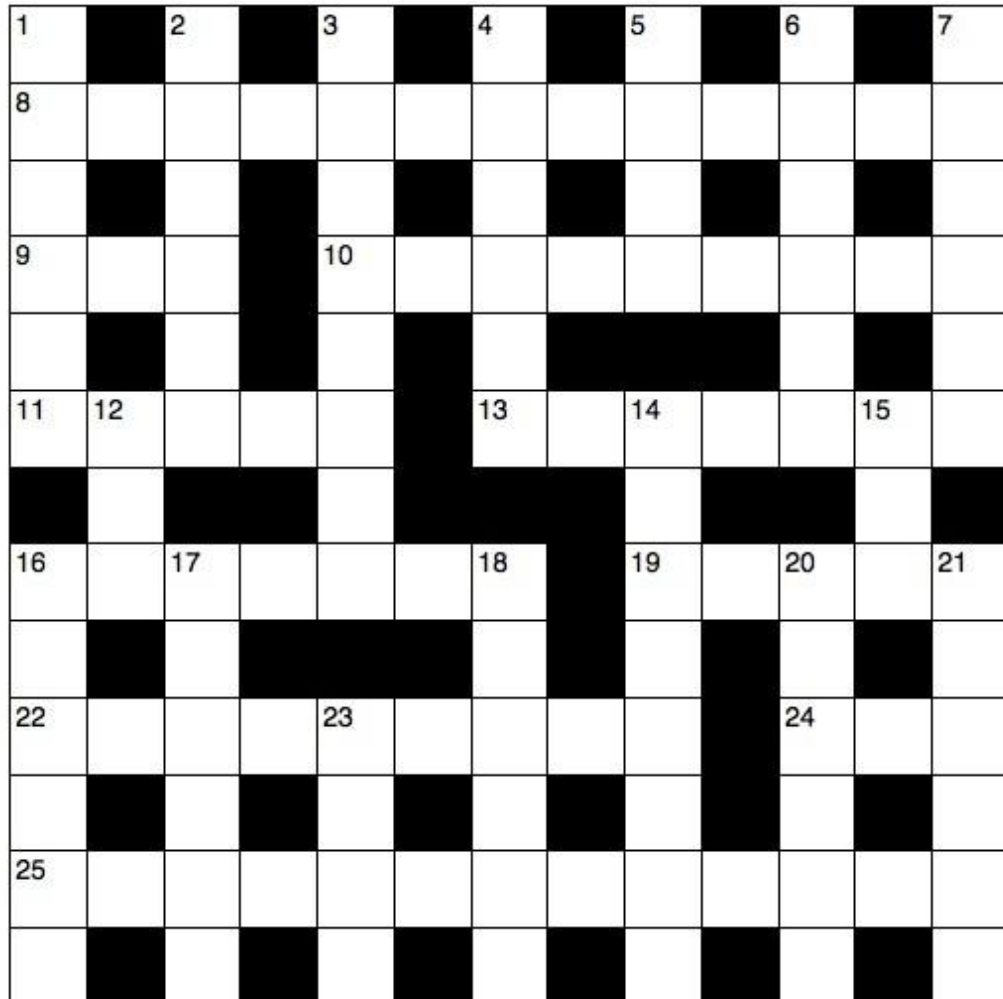
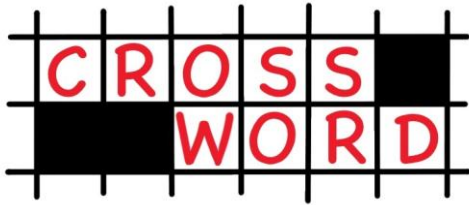
| Date | Time | Event | Venue |
|------------|---------|---|--------------------------------|
| Mondays | 8:00pm | Hour of Prayer | circulates around the benefice |
| Tuesdays | 9:00am | Morning Prayer | St Win's Church |
| Wednesdays | 9:00am | Morning Prayer | St Mary's Church |
| | 10:30am | 'Open House' | St Mary's Church |
| | 6:15pm | Time 2 De-stress (not 7 th or 14 th) | All Saints' House |
| Thursdays | 9:00am | Morning Prayer | All Saints' House |
| | 10:30am | 'Open House' | St Mary's Church |

| | | | |
|-----------------------------------|---------|--|----------------------|
| Monday 5 th January | 7:30pm | Bellringers' 12 th Night Social | All Saints' Vicarage |
| | 8:00pm | Hour of Prayer | Lambourne Church |
| Wednesday 7 th | 10:00am | Ladies' Coffee & Chat | St Win's Church |
| Thursday 8 th | 7:30pm | Men's & Ladies' New Year | John & Cindy's home |
| Friday 9 th | 7:00pm | Benefice 12 th Night Party | Abridge Village Hall |
| Monday 12 th | 8:00pm | Hour of Prayer | All Saints' House |
| Tuesday 13 th | 7:30pm | PCC Standing Committee | The Rectory |
| Thursday 15 th | 9:15am | Parish Holy Communion | All Saints' House |
| Saturday 17 th | 8:00am | Men's Breakfast | All Saints' House |
| | 8:30am | Ladies' Breakfast | St Mary's C/rooms |
| Monday 19 th | 8:00pm | Hour of Prayer | Stapleford Church |
| Tuesday 20 th | 2:30pm | Time 4 Tea | All Saints' House |
| Thursday 22 nd | 8:00pm | St Winifred's DCC | St Winifred's |
| Monday 26 th | 8:00pm | Hour of Prayer | St Win's Church |
| Tuesday 27 th | 2:00pm | Time 4 God | All Saints' House |
| | 7:45pm | All Saints' DCC | |
| Thursday 29 th | 7:30pm | St Mary's DCC | St Mary's |
| Sunday 1 st Feb | 12:30pm | Parish Lunch | St Mary's C/rooms |

Keep up to date with the Parish Calendar on GCal: bit.ly/3H5LXS7

Please contact the Parish Office for further information about any events.





ACROSS

- 8 How the Abyss (NIV) is described in the Authorised Version (Revelation 9:1) (10,3)
- 9 Frozen water (Ezekiel 1:22) (3)
- 10 The Ten Commandments (9)
- 11 In Roman Catholic theology, neither heaven nor hell (5)
- 13 Des cons (anag.) (7)
- 16 'Though [your sins] are red as — , they shall be like wool' (Isaiah 1:18) (7)
- 19 Keen (Romans 1:15) (5)
- 22 Repugnant, loathsome (Jeremiah 24:9) (9)

- 24 Drink like an animal (Judges 7:5) (3)
- 25 First and last (Revelation 22:13) (5,3,5)

DOWN

- 1 Father of Ahi, a Gadite (1 Chronicles 5:15) (6)
- 2 Where David found the stone with which he killed Goliath (1 Samuel 17:40) (6)
- 3 'Hour by hour fresh lips are making thy — doings heard on high' (8)
- 4 'And there were shepherds living out in the fields near by, keeping watch over their — at night' (Luke 2:8) (6)
- 5 United Society for Christian Literature (1,1,1,1)
- 6 'If he refuses to listen even to the church, treat him as you would — — or a tax collector' (Matthew 18:17) (1,5)
- 7 Where Paul was taken when things became difficult for him in Berea (Acts 17:15) (6)
- 12 Istituto per le Opere di Religione (Vatican Bank) (1,1,1)
- 14 'Therefore, if anyone is in Christ, he is a new — ; the old has gone, the new has come!' (2 Corinthians 5:17) (8)
- 15 Used to colour ram skins red for use in the tabernacle (Exodus 25:5) (3)
- 16 Vat car (anag.) (6)
- 17 'Be joyful — — , patient in affliction, faithful in prayer' (Romans 12:12) (6)
- 18 'The parts that are unpresentable are treated with special modesty, while our presentable parts — — special treatment' (1 Corinthians 12:23) (4,2)
- 20 Ancient rowing boat (Isaiah 33:21) (6)
- 21 Say again (2 Corinthians 11:16) (6)
- 23 What Jesus did in the synagogue in Nazareth after he stood up (Luke 4:16) (4)



Bible Bite

A short story from the Bible

It can be read in the Bible in
1 Samuel chapter 1

In the time before there were kings in Israel, there lived a rich man, Elkanah, and his two wives, Hannah and Peninnah.

Peninnah had children, but Hannah had none.



Each year they travelled to Shiloh to worship God.



After the worship, they feasted.



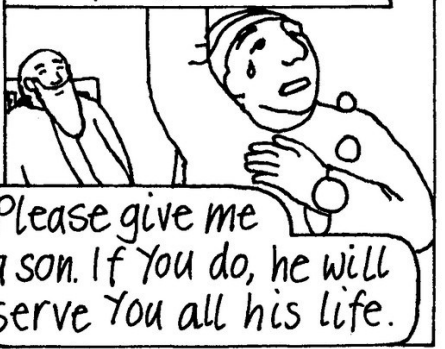
Elkanah always gave Hannah a special portion of food to show he loved her.



But Hannah was too sad to eat. She left the meal and went to pray.



She prayed silently.



Eli the priest saw Hannah's silent weeping and praying and thought she was drunk.



I'm not drunk! I was just pouring out how I feel to God.

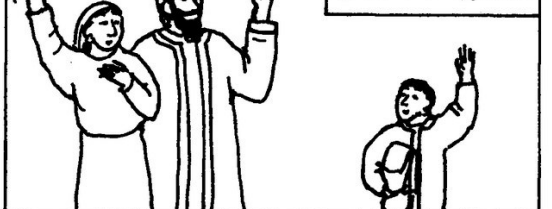


Back home, Hannah had a son, and she named him Samuel.



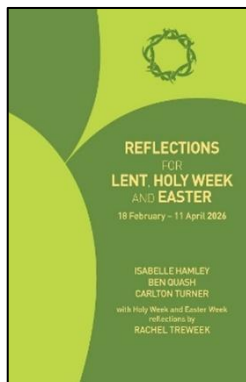
She stayed at home with him when the rest of the family went to Shiloh.

When Samuel was old enough, Hannah and Elkanah took him to Shiloh to live there and serve God.



Reflections for Lent, Holy Week and Easter 2026 - 18 February - 11 April 2026

by Isabelle Hamley, Ben Quash, and Carlton Turner, CHP,
£5.99



Reflections for Lent, Holy Week and Easter is designed to enhance your spiritual journey through the season of Lent and into Easter, from Ash Wednesday to the Saturday of Easter Week. Covering Monday to Saturday each week, it offers reflections from respected Christian authors on a reading from the Common Worship Weekday Lectionary. Each day includes: full lectionary details for Morning Prayer, a reflection on one of the Bible readings, and a Collect for the day.

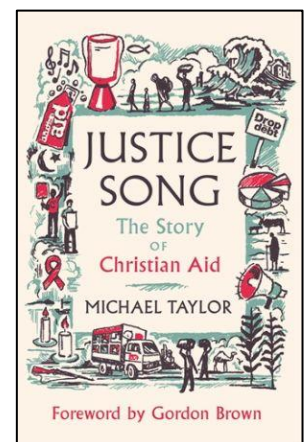


Justice Song - the Story of Christian Aid

by Michael Taylor, SPCK, £14.39

In honour of its 80th anniversary, Justice Song tells the story of Christian Aid's journey from its post-World War II origins to its emergence as a leading force in the fight against poverty and injustice.

Justice Song tells the story through a series of vivid, thematic chapters that trace its evolution from post-war beginnings to present-day campaigns. Founded in 1945 by British and Irish churches to support refugees after World War II, Christian Aid has expanded its humanitarian mission across the globe. Always rooted in a vision of justice, it has provided emergency relief, backed long-term development, and championed the rights of the marginalised. From challenging the World Bank and International Monetary Fund to helping found the Voluntary Service Overseas, Disasters Emergency Committee, and Fairtrade Foundation, Christian Aid has consistently pushed beyond the boundaries of traditional charity.

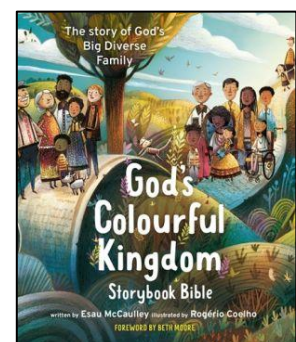


God's Colourful Kingdom Storybook Bible -

the Story of God's Big Diverse Family

by Esau McCauley. SPCK £11.99

This book tells the story of God's love of ethnic diversity and his concern for the poor, His justice and His compassion. It includes 16 Old Testament stories and 15 New Testament stories, guiding children and their parents and carers to discover God's overarching story of grace and His intentional design for a diverse church that cares about the vulnerable. Several of the stories are not traditionally included in storybook Bibles, providing new reflective opportunities for families.



Andy & Caroline's cruise, celebrating her 60th birthday around the Mediterranean (part 2)



Thursday 4th (sea day). Had my birthday champagne breakfast brought to our room. This was one of the birthday presents my daughter bought me. Just a few cakes to balance the healthy fruit and yogurt! Found two nice chairs on deck, but I'm already trying to find the shade as it's too hot and it's not even 10:30am yet! The couple sitting next to us suddenly screamed and I thought it was a spider, but it was a huge flying insect that thankfully flew off the ship. I tried the whirlpool; it was like a hot bath. After lunch, I went to see 'Broke' in the cinema and left Andy sunbathing on our balcony.



Friday 5th— went to La Palma beach de Mallorca after a half hour coach drive. Spent three hours on the beach which was lovely and is one of my happy places. After having a light lunch, we looked around the shops and I got a fan with a picture of the cathedral on it. (I'll see how long it lasts me; I have a habit of breaking them among other things)

When we sailed out, about 8:30pm, we saw the island of Minorca and the lighthouse in the distance with the moon shining on it, a beautiful sight.

Saturday 6th (sea day) – had a short spell in the spa room that includes a cold room, sauna, plunge pool, and heated sunbeds. Had evening show 'Matrix', that was good.

Sunday 7th— missing church and being with other Christians. It's not stopped me praying and reading the Bible. Watching a church service online, but it's not the same thing. Visiting Italy today (La Spezia, a fishing port). So clean and beautiful. Walking round, Andy liked it as most of the shops were shut. There are lots of churches

(Catholic) and a castle turned into a museum and a theatre. Fantastic views. We found lifts and realised later that we could have used them instead of walking up the hill! The town had real character with stone pathways, and the apartments had wooden shutters in different colours.



Monday 8th– nice temperature today. Stopped at the next port La Seyne-sur-mer (France). Shuttle boats were available to get to Toulon. It looked run down and a lot of the shops were closed but we managed to go into a Catholic church with a large organ, two statues of St Paul and mosaic style stained glass windows, unlike those to be found in English churches. The only consolation was going on the shuttle bus to Toulon. Had a chocolate and apple pastry from a cake shop which was ‘to die for’ and bigger than the ones available on the ship, so I was willing to share mine!

In the evening, we watched a ‘Take That’ tribute from 1999, the screens had subtitles/teletext. One of the top films of that time was ‘Lion King’, does anyone remember that? If I told my grandchildren about subtitles and teletext, they would not know what I was talking about.

Tuesday 9th– docking at Barcelona, which we are both excited about visiting. We did our own thing; walking around and eventually found the famous unfinished cathedral an hour later. Six cruise ships have docked so it’s very busy and warm as well. Had a drink at Starbucks and saw part of the pathway dug up and archaeologist looking for finds (possibly Roman).

Saw lots of parakeets (green budgies), they’re very noisy! When we round the cathedral, we weren’t able to go in as it has to be booked online, costing €24 each. If we had known, we may have done this from the cruise ship. We preferred the old town which was quieter and prettier. We saw a lot of homeless taking shelter by the trees (tents, cardboard boxes). We saw cable cars in the sky that take you to the shops and a hotel on the mountain.

Fuelling children's potential

The international children's charity World Vision has recently published a new research report, *School meals in our words: Choosing our future*, to demonstrate the positive ripple effect that meals at school are having on children's lives across the globe.



The report comes at a time when the World Food Programme has warned that, despite a significant increase in government-led school meals programmes, it is estimated that half the world's primary school-aged children go to school hungry.

Yet World Vision found that children worldwide consider school meals very important to their daily lives. The regular food gives them the energy to learn, and a reason to come to school on a regular basis.

World Vision prioritises school meals through its Child Sponsorship programmes and through partnership with the School Meals Coalition. In 2024, nearly one million children were provided with school meals through World Vision projects.

What makes snow stick?

Depending on whether you are a child with a sleigh or an adult trying to drive home, snow is either your friend or your foe. And sometimes snow can be hard to understand....



Matt Taylot of the BBC Weather, recently named a couple of reasons as to why snow behaves in the way that it does. For instance:

Ground temperature plays a massive part when it comes to whether snow sticks or not. When the weather has been relatively warm, the ground will store some of that warmth and melt the snow more quickly. This happens faster on roads and pavements than on grass, which transfers the heat from the ground more slowly.

Sunshine helps melt snow, and any snow covered in dirt and debris will melt even quicker, as the darker surface absorbs the warmth from the sun more readily.

Australia celebrates a milestone

This is an important month for Australia.

As of 1st January, it has been 125 years (1901) since the Commonwealth of Australia was established, when the six British colonies of New South Wales, Northern Territory, Queensland, South Australia, Victoria and Western Australia were federated.



But a British presence in Australia began long before 1901. It was way back in 1788 that the First Fleet first landed in Australia, and the Union Flag of Great Britain was raised by Captain Arthur Phillip.

The 11 ships had left England seven months before. Their passengers were mostly convicts, and Captain Phillips had been charged with the job of establishing penal colonies to house them.

The First Fleet arrived in Botany Bay, but decided to explore further. A few days later, on 26th January 1788 the fleet finally landed at Sydney Cove, a small bay on the southern shore of Sydney harbour.

That was the day that British settlers arrived on Australian shores for the first time. They formally established the Colony of New South Wales on 7th February, and 20 years later, in 1808, the convicts who had been pardoned were now emancipated convicts, and heartily celebrating the anniversary of their arrival with dinners, drinking and toasts.

The first official celebration took place in 1818 on the 30th anniversary of their arrival, with Governor Lachlan Macquarie naming the day a national holiday, called Foundation Day.

While Australians have celebrated the 26th of January as Australia Day ever since, the story is not all a happy one. For indigenous Australians, who have been there for thousands of years, faced persecution and even dozens of massacres during the 19th and early 20th centuries.

As one website puts it, nowadays Australia Day is a day when: “We **reflect** on our nation’s past, which began more than 65,000 years ago, and the impact of European settlement on the First Nations Australians. Our national day is a time, above all, for inclusion and respect, as we work towards reconciliation.

[\(https://www.australiaday.com.au/about/\)](https://www.australiaday.com.au/about/)

WORDSEARCH – Epiphany

6th January brings Epiphany - the visit of the Wise Men to the baby Jesus. Matthew calls them 'Magi', the name of an ancient priestly caste from Persia. Early church tradition says there were three: Balthasar, Caspar and Melchior. As for their gifts? Gold is a symbol of wisdom and wealth, incense is a symbol of worship and sacrifice, and myrrh is a symbol of healing - and even embalming. Jesus challenged and set aright the way in which the world handled all three of these things.

Words to search for:

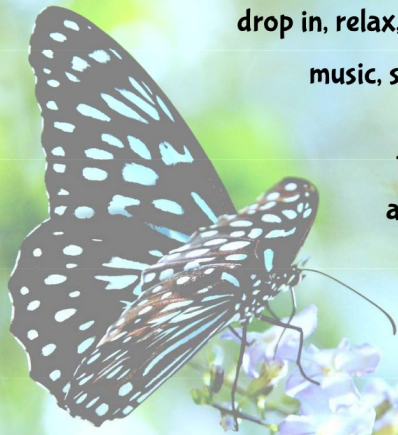
| | | | |
|----------|----------|-----------|------------|
| Epiphany | visit | wise | men |
| Magi | priestly | Persia | Balthasar |
| Caspar | Melchior | gold | wealth |
| wisdom | incense | worship | sacrifice |
| myrrh | symbol | healing | embalming |
| ancient | gifts | tradition | challenged |
| world | | | |



Time 2 Destress ...

drop in, relax, slow down ...

music, silence, prayer,
meditation on
the Scriptures,
a time of peace



Wednesdays, 30 mins of relaxation from
6:15pm, House opens at 5:30pm

All Saints' House, Chigwell Row

Further info from Rev'd Paula Preston 020 8501 5226

Time 4 Tea

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Afternoon Teas, an
enjoyable afternoon
with friendly chat, for
all faiths or none.*

3rd Tuesday of every
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at All Saints' House,
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Romford Road, Chigwell Row.

More info from
Rochelle 07817 862053
(Chigwell Row Parish
Councillor), or
Hazel 020 8500 0355
(All Saints' Church)

*Time 4 Tea is an initiative supported
by Chigwell Parish Council and
All Saints' Church, Chigwell Row.*



Breakfast!

Saturday 17th January

8:00 men at
All Saints' House

8:30 ladies at
St Mary's Churchrooms



**A little bit of
Time 2 Destress,
discussing spirituality,
with light refreshments.
Open to all.**

**4th Tuesday of each month,
2:00pm at All Saints' House,
Chigwell Row.**

Further info from Rev'd Paula Preston
020 8501 5226, 07743 534647 reupaulapreston@gmail.com

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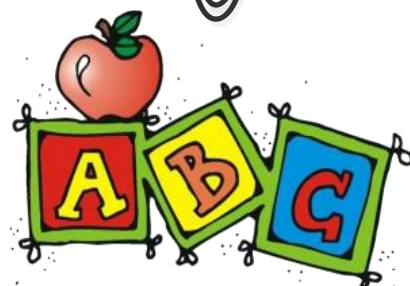
**St Mary's Church of
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adventure begins...

From 9:15 to 12:15,
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for children aged 2 to 5 years
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Deputy: Amanda Austridge

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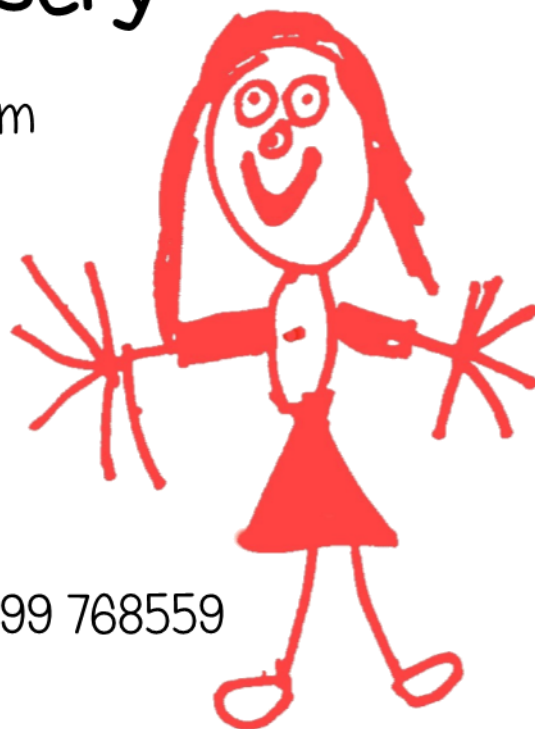
St Winifred's Nursery

Mondays to Fridays, 9:15am—12:15pm
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St Winifred's Church Hall,
Manor Road, Chigwell IG7 5PS
Government funding available.

Supervisor: Alison Sheppard. ☎ 07599 768559

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Scouts
1st Chigwell and
Chigwell Row

QUIZ NIGHT

Do you have what it takes to be the ultimate quiz champion? Then, gather your friends and join us for Quiz Night at the Grange Farm Centre. This is your chance to show off your knowledge and have fun in a friendly competition.

Saturday 24th Jan 2026

Grange Farm Centre
Chigwell

JOIN US



Scouts
1st Chigwell and
Chigwell Row

DETAILS

Grange Farm Centre
Grange Farm Lane
Chigwell
IG7 6DP

Doors Open: 6:30pm
Quiz Start: 7:00pm

Tickets are £10 per person

Tables of up to 8

Raffle and Games on the Night

Movie Night for the Kids

BYOB and Snacks

For tickets contact George
1stccrgsl@gmail.com



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Up and Down

A psychiatrist was training some young clergy who were interested in doing counselling. Deciding to test them, she asked: "How would you diagnose someone who visits your church, walks back and forth, screaming at the top of his lungs one minute, and then collapsing in a pew to weep uncontrollably the next?"

A young man at the back of the room raised his hand and ventured: "A football coach?"

Light

A fellow nurse at my hospital received a call from an anxious woman. "I'm diabetic and I'm afraid I've had too much sugar today," she said.

"Are you light-headed?" my colleague asked.

"Oh no," the caller answered, "I'm a brunette."

Softly

A churchwarden went to the Police Station wishing to see the burglar who had slipped in and out of the church during evensong. "You'll get your chance in court," said the Desk Sergeant.

"I don't want revenge," said the man. "I want to know how he got out of the service early without the vicar noticing. I've been trying to do that for years!"

The puppy

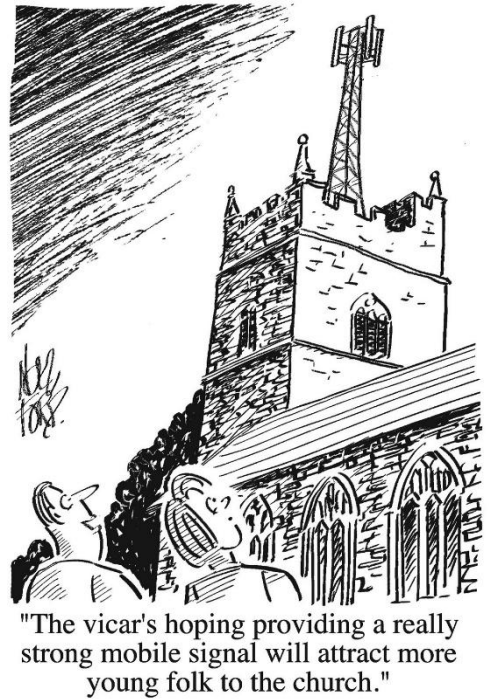
A clergyman was walking down the street when he came upon a group of about a dozen boys, surrounding a small puppy. Concerned lest the boys were hurting it, he went to investigate. One boy explained, "We just found this puppy, and we all want him. So, we've decided that whichever one of us can tell the biggest lie will get to take him home."

The minister was taken aback. "Don't you boys know it's a sin to lie? Why, when I was your age, I never told a lie." There was dead silence for a moment. The minister thought he had got through to them.

Then the smallest boy gave a deep sigh and said, "All right, give him the dog."

The bump

A vicar who had just undergone a very complicated operation kept complaining about a bump on his head and a terrible headache. Since his operation had been an intestinal one, the nurse was concerned. Finally, she spoke to the doctor about it. The doctor reassured her, saying: "Don't worry, he really does have a bump on his head. About halfway through the operation, we ran out of anesthetic."



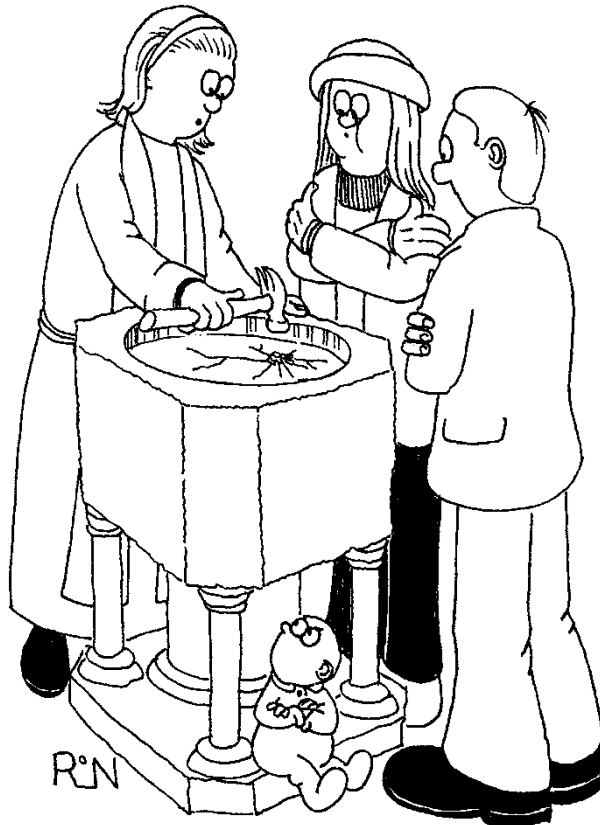
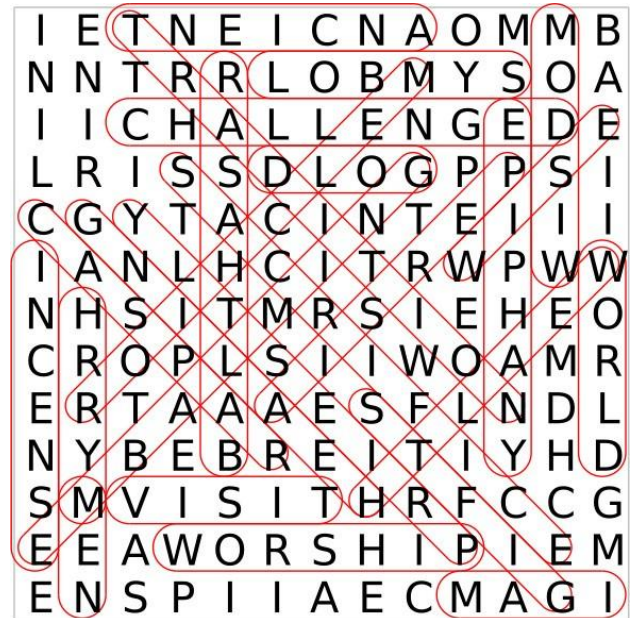
Answers




Crossword

ACROSS: 8, Bottomless pit. 9, Ice.
10, Decalogue. 11, Limbo.
13, Seconds. 16, Crimson.
19, Eager. 22, Abhorrent. 24, Lap.
25, Alpha and Omega.

DOWN: 1, Abdiel. 2, Stream.
3, Wondrous. 4, Flocks. 5, USCL.
6, A pagan. 7, Athens. 12, IOR.
14, Creation. 15, Dye. 16, Cravat.
17, In hope. 18, Need no.
20, Galley. 21, Repeat. 23, Read.



The boiler only worked if the
Vergar switched it on

| | |
|--|--|
| <p>All contributions to the Parish Mag gratefully received, no later than the 15th of the month.</p> <p>Post: c/o Parish Office (as below) Email: sandie.forshaw@btinternet.com Tel: 07749 258616</p> | <p>To advertise in the magazine, please contact the Parish Office.</p> <p>Parish Calendar on GCal: bit.ly/3H5LXS7</p>  |
| <p>The Parish Office c/o All Saints' House Romford Road, Chigwell Row IG7 4QD</p> <p>Email: office.parish@gmail.com Tel/WhatsApp: 07835 721815 (closed Monday)</p> | <p>All Saints' Office All Saints' House Romford Road, Chigwell Row IG7 4QD</p> <p>Email: info.allsaintschigwell@gmail.com Tel: 020 8500 0914</p> |

Contact phone numbers for hiring our church halls are on the back page under '**Hall Bookings**'.

Ministry Team

| | |
|-------------------------|--|
| Team Rector: | <p>Rev'd Charlie Kosla (<i>rest day Friday</i>) St Mary's Rectory 66 High Road, Chigwell IG7 6QB Tel: 020 8501 2077 Email: charliekosla@gmail.com</p> |
| Team Vicar: | <p>Rev'd Paula Preston (<i>rest day Saturday</i>) All Saints' Vicarage Romford Road, Chigwell Row IG7 4QD Tel: 020 8501 5226 / 07743 534647 Email: revpaulapreston@gmail.com</p> |
| Associate Team Priests: | <p>Rev'd Lorraine Smart (<i>parish duties: Sundays, Mondays, & Thursdays</i>) Tel: 020 8502 2017 Email: lorraine.smart@btinternet.com</p> <p>Rev'd Ann Kosla Tel: 020 8501 2077 Email: annkosla@gmail.com</p> |
| Licensed Lay Minister: | <p>Mrs Sandie Forshaw (<i>rest day Monday</i>) Tel: 07749 258616 Email: sandie.forshaw@btinternet.com</p> |

USEFUL CONTACTS

| | St Mary's | All Saints' | St Winifred's |
|-----------------------------|---|--------------------------------------|------------------------------------|
| Breakfasts etc | Men's Breakfast & Group - Paul Preston 07546 656659 Ladies' Group (The Thursday Club) - Cindy Barber 07506 387070 Ladies' Breakfast - Rev'd Ann Kosla 020 8501 2077 | | |
| Bookstall | n/a | Cindy Barber 07506 387070 | n/a |
| Brownies, Guides & Rainbows | Email: chigwellgirlguiding@gmail.com or website: girlguiding.org.uk | | |
| Cubs | Geoff Dunk 020 8500 2375 | | |
| Electoral Roll | Alison Jordan 01992 610717 | Helen Ellis-Poole 07887 731320 | Janice Randall 07512 085546 |
| Flowers | c/o Parish Office 07835 721815 | Cindy Barber 07506 387070 | c/o Parish Office 07835 721815 |
| Gift Aid | Philip Gittins 01992 814519 | John Barber 020 8500 4085 | c/o Daniel Forshaw 07591 857657 |
| Hall Bookings | Tricia Johnson 020 8500 5759 | All Saints' Office 020 8500 0914 | Alison Sheppard 07907 460278 |
| Magazine | Alison Jordan 01992 610717 | All Saints' Office 020 8500 0914 | Daniel Forshaw 07591 857657 |
| Magazine | Advertisements: c/o Parish Office - 07835 721815 Editorial: Sandie Forshaw - 07749 258616 | | |
| Parish Office | 07835 721815 | | |
| Scouts | Tom Emmett 07799 335815 Anthony Fautley 07903 291452 | | |
| Explorer Scouts | Dan Greaves 07891 652492 Michael Greaves 07890 400987 | | |
| Safeguarding | Vanessa Watling 07810 120877 | Emma White 07984 187590 | Daniel Forshaw 07591 857657 |
| Secretary | Alison Jordan 01992 610717 | Sandie Forshaw 07749 258616 | Sandie Forshaw 07749 258616 |
| Sunday Children's Groups | Andrew Barnes 020 8501 4792 | Rev'd Paula Preston 020 8501 5226 | Juliet Smith 07966 244472 |
| The Children's Society | Rosemary Sweet 01992 846028 | | |
| Tower & Bells | Graham & Maxine | Jill Leftwich 07967 820688 | n/a |
| Treasurer | Philip Gittins 01992 814519 | John Barber 020 8500 4085 | c/o Daniel Forshaw 07591 857657 |
| Worship Group | Janet Stanton 020 8501 1629 | Zoe Sims 020 8500 5787 | Andy Lambell 07738 664177 |

From the Editor:

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