



The Magazine for the Parish of  
Chigwell & Chigwell Row

February 2026



Love is patient;  
love is kind;  
love is not  
envious  
or boastful  
or arrogant.

1 Corinthians 13: 4

£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](http://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](http://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 19<sup>th</sup> February, in lieu of Morning Prayer

### St Winifred's Church

Manor Road, Chigwell IG7 5PS [www.stwinifredschurch.org.uk](http://www.stwinifredschurch.org.uk)

Churchwarden: Daniel Forshaw 07591 857657



Sunday Service: 11:15am with Tiga Club on the 2<sup>nd</sup> & 4<sup>th</sup> 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.

**Lorraine writes...**

## **Love is in the air**

When thinking about February, I guess the 14<sup>th</sup> Valentines Day is one of the first dates to come to mind. Do we really need to have a date to celebrate love? In this world that is more

polarised than ever, maybe we do. I was interested to read that very little is known about St Valentine or why he has been associated with love. In fact, one of the possible connections is that many birds began pairing around this date.

Anyway with these things in mind, I could not help but think of the song 'What the world needs now is love, sweet love...' by the Isley Brothers. In 1 John 4.8 we are told that 'God is love.' So, what the world really needs now is Christ, in their lives and to truly understand what it is to have your identity in Christ.

If we could all truly love one another then most of our problems and difficulties would disappear. We are given a list of the attributes of love in 1 Corinthians 13.4-9. We hear that it is patient and kind, it does not envy or boast and is not proud. It does not dishonour others, is not self-seeking or easily angered and keeps no record of wrongs. This is about half of the list. Have you faltered or failed in any of these? I certainly have. Being patient is a problem for many of us. Being kind is probably the easiest one, but if you know when you are being kind that is not the same as it being second nature, which as Christians I think perhaps it should be. Many of us certainly struggle with keeping no wrongs.

The passage goes on to tell us that love does not delight in evil, but rejoices with the truth. Truth is not very popular these days is it. Most politicians and some world leaders seem to think if they say it loud enough and often enough it will become truth!

Love always protects, trusts, hopes, perseveres and it never fails. Now we can see why unless we live in Christ there is no way we can



even begin to attain these things. It is only with the Holy Spirit and the grace of God that we can truly begin to love one another. Then to make matters worse we are called to 'Love our neighbour as ourselves,' and the parable of the good Samaritan reminds us that all mankind is our neighbour. Wow a tall order!!

I guess, that as this is only the second month of the year, it is a good time to go through the checklist and lift to God the aspects of love, we are struggling with and ask if by His grace and Holy Spirit, He will change our hearts and help us to love more. Because if we cannot begin to do it, then how can we expect others to?

Every blessing...

Lorraine



1 Corinthians 13:6



## We mourned the loss of...

Janet Mary

6<sup>th</sup> February

Funeral

St Winifred's Church &  
Forest Park Crematorium

Remon

Terence Robert

7<sup>th</sup> February

Funeral

Forest Park Crematorium

Britton (Terry)

### Prayer – of thanks for Candlemas and the Presentation at the Temple

Dear Lord,

The shortest month, the snowdrop month! February brings those beautiful, hopeful little flowers, also called Candlemas Bells. Thank You, Lord, for the beauty and the hope.

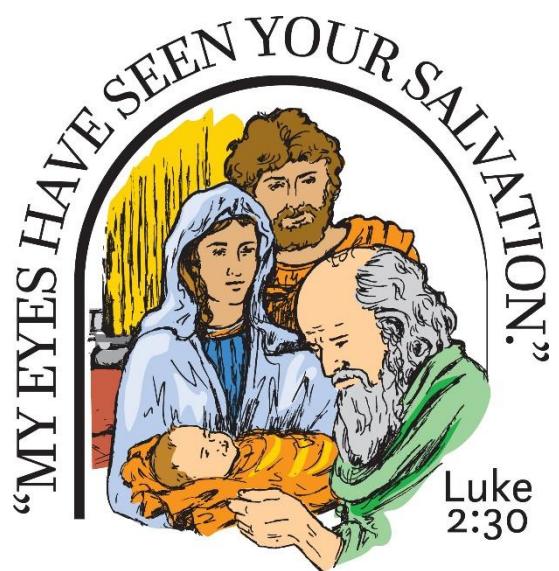
Thank You for the reminder of when Jesus was presented at the Temple as a baby. Thank You, for Simeon recognising in that vulnerable baby the promised Saviour of all the world.

Oh Lord, how this world needs to hear afresh that message of salvation.

Open eyes to see You and to know You.  
Open ears to hear Your message of hope  
and reconciliation. Open hearts to receive  
Your love and to share it, for the sake of all  
the suffering people of the world.

In Jesus' name, Amen.

by Daphne Kitching



## Winnie the Pooh and Lent 2026

Remember the Winnie the Pooh stories? And Kanga's insistence on Baby Roo's taking his Strengthening Medicine? It's 'really quite a nice taste when you get used to it', she explained, although I'm not convinced Baby Roo always agreed.



It can be helpful to think of Lent as a sort of medicine; an opportunity to strengthen us in the things that are good, rein in other facets of our personality, and reset the compass to the true North of following Jesus. A Spring-clean of the soul, if you like.

Baby Roo (and Piglet on the one occasion he was subject to it) found Strengthening Medicine not to their liking, and we may groan inwardly at the thought of 'giving up something for Lent'. Think of what lies behind this 'giving up'. It's so that we may be strengthened, our character refined, our prejudices examined, our junk thrown overboard, and we may come to Passontide and Easter more fit to walk the way of the Cross, and rise in new life with Jesus at His Resurrection.

Nor is Lent just a case of giving up chocolate. One year I gave up Facebook for Lent, having spent far too much time scrolling through it each day. It freed me to do other, more constructive things. And instead of giving up, why not take up something you've been meaning to do but never got round to; something life-affirming, something good for God.

Lent begins on Ash Wednesday, which this year falls on 18<sup>th</sup> February. Many Christians go public with their intention to keep a good Lent by being 'ashed' - the sign of the Cross made on the forehead in a mixture of ash and holy oil at a special service that day. The ash is usually the burnt remains of the palm crosses from last year. Having been ashed, the intention of the 40 days of Lent is to maintain a steady course closer to God, symbolised by the giving up of something - like chocolate - which has a hold on us. We walk

with Jesus on the way to the Cross, mindful of the ‘riches of God’s kindness, forbearance and patience’ as St Paul has it, and mindful too of Jesus’ choice of the Cross as a way for us to enter those riches more fully.

And to face the immensity of that sacrifice, and the immensity of God’s riches made available to us in Jesus, we need all the Strengthening Medicine we can get!

*by the Rev’d Roy Shaw, a retired but active priest in the diocese of York, where he is a spiritual director.*

**Ash Wednesday** is on  
18<sup>th</sup> February.

Services of Holy Communion  
with Ashing:

10:30am at St Mary’s  
7:30pm at All Saints’



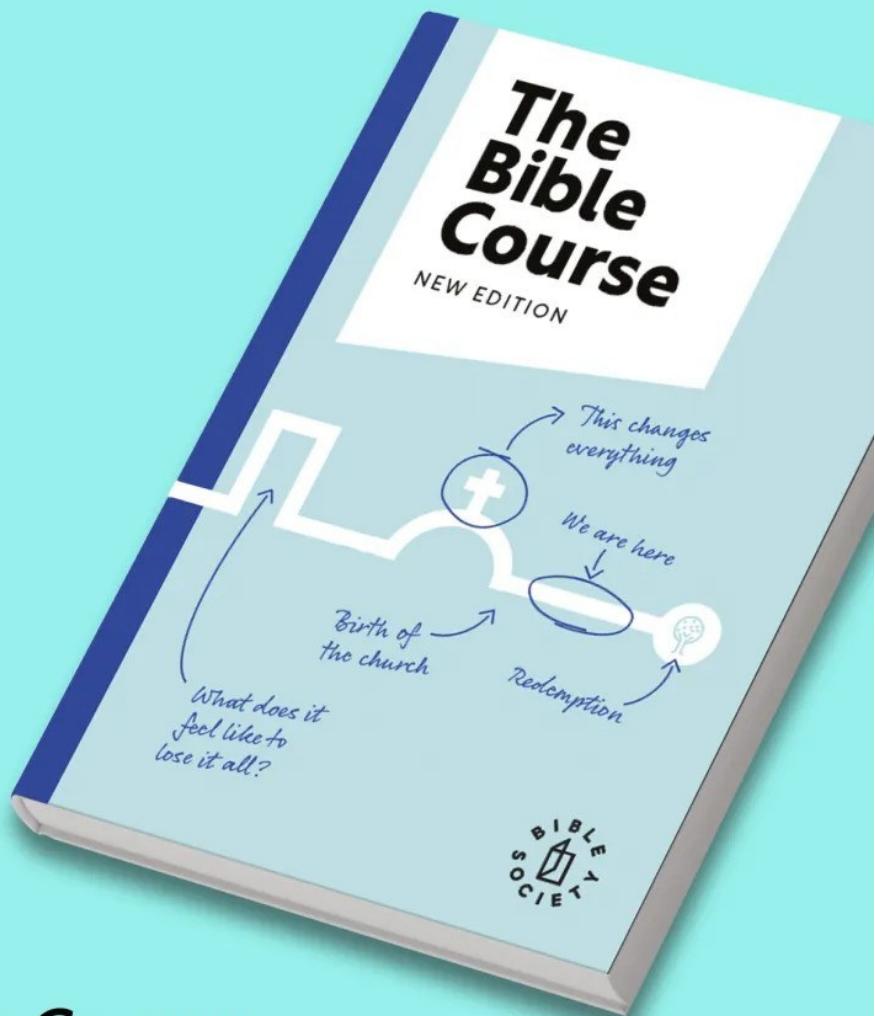
**Benefice Lent Course**  
details coming soon

Each Wednesday during Lent  
25<sup>th</sup> February, 4<sup>th</sup>, 11<sup>th</sup>,  
18<sup>th</sup> March,  
7:30pm on Zoom

# The Bible Course

NEW EDITION

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



Join *The Bible Course*  
New Edition

[biblesociety.org.uk/thebiblecourse](http://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](mailto: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!!

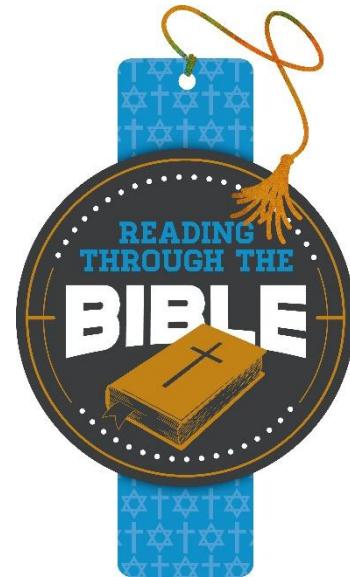
This is a new course, if you enjoyed the last one in 2020,  
come along to this one too!

[stwinifredschurch.org.uk](http://stwinifredschurch.org.uk)

*The Rev'd Dr Jo White considers reading the Bible in church.*

## Reflecting Faith: 'Breaking' the Word

For the last few months, we've been looking at the way that church services are put together. Last time we looked at the reading of the gospel, and how we honour that in our own body language (by standing up).



This month we will move on to 'The Sermon' which is often known as 'Breaking the Word'. This parallels if you like, the 'Breaking of the Bread' which follows later in the service.

The Sermon is intended to be an expansion and perhaps an explanation of the Bible readings that have been used in the service. Often it sets the scene and context for the verses which are set at what often seems quite random and disconnected.

This is particularly true of the Old Testament reading, where not only the verses may be unconnected to readings from previous services, but often they are taken from totally different books; Isaiah one week and Jeremiah another.

So what is the preacher's task here? It was once described to me as: to comfort the disturbed and to disturb the comfortable! That sounds a bit harsh, but when you think about it, isn't that what we really need from our God? When we are in difficulties, whatever the cause, we need to know He's there, and that He has our back, so to speak.

When things are going well for us, then that's a good time to be working on recognising another weakness in ourselves and working towards lessening it.

There's no sitting back on our laurels when we work for the Lord.

### ***This month***

As we start Lent this month, have a good listen to a few sermons. You can catch them in a church service or even on your computer.

Most cathedrals have a website where they record their Sunday service in whole or in part, which you can listen to and take part wherever you are.

How were you before the sermon started and how did you feel at the end – was there something in it that you will think about over the coming week, or was it lovely comfort food? Whichever it was, may it bless you as you prepare for Lent.

## **Holy Days: 14<sup>th</sup> February: Aspects of Romantic Love**

God obviously approves of romance – after all, putting Adam and Eve alone together in the Garden of Eden was His idea.

The history of the Israelites began with three great romances: Abraham and Sarah, Isaac and Rebekah, and Jacob and Rachel. The ongoing history of Israel was deeply affected by later romances: Esther and King Xerxes, David's love affair with Bathsheba, and Solomon's marriage to hundreds of foreign wives. There is even an entire book in the Old Testament devoted to the love of a man and woman: the Song of Solomon!

When we reach the New Testament, we find real love between Joseph and Mary (even when Joseph thought Mary had been faithless, he did not want to harm her). St Paul, though himself a bachelor, nevertheless spent a lot of time urging Christians to love and be kind and faithful and considerate to their spouses. He even wrote 1 Corinthians 13 – the great love chapter that is read at millions of weddings worldwide 2000 years later.

Down the centuries ever since, romantic love has been critical in shaping history (Anthony and Cleopatra), in shaping cultural ideals (King Arthur and the Knights of the Round Table). Some of our favourite stories are built on romance. (Puccini's Tosca, Shakespeare's Romeo and Juliet, Jane Austen's Pride and Prejudice, Charlotte Bronte's Jane Eyre.)



People make amazing sacrifices for love. They defy their family, forsake their culture, and turn their back on wealth and position, just to be with their loved one. (King Edward VIII and Mrs Simpson.)

People give their loved ones amazing gifts. The most extravagant is probably the gift of the Shah Jahan, who built the Taj Mahal in India for his favourite wife, Mumtaz Mahal.

Today, romance is still alive and well in Britain – last year we sent about 25 million Valentines to each other.

And what of the future? Well, just as the Bible begins with a love story, so it ends with one. And you are involved! For actually the greatest Love Story of all time is that between God and his people.

Christ is described in Revelation as our heavenly Bridegroom, and the Church is His beloved Bride. He has given us the most expensive present of all – Himself. And, just as in all the best romances, the story will end with the bride and groom getting together at last, so at the End of Time, Christ will return for His Bride.

**18<sup>th</sup> February:**

**Ash Wednesday: Mourning our sins**

Lent begins with Ash Wednesday. But why 'Ash' Wednesday? The reason has to do with getting things right between you and God, and the tradition goes right back to the Old Testament.



In the Old Testament, the Israelites often sinned. When they finally came to their senses, and saw their evil ways as God saw them, they could do nothing but repent in sorrow. They mourned for the damage and evil they had done. As part of this repentance, they covered their heads with ashes. For the Israelites, putting ashes on your head, and even rending your clothes, was an outward sign of their heart-felt repentance and acknowledgement of sin. (See Genesis 18:27; 2 Samuel 13:19; Job 2:8, 30:19; Isaiah 58:5; Jeremiah 6:26; Jonah 3:6)

In the very early Christian Church, the yearly 'class' of penitents had ashes sprinkled over them at the beginning of Lent. They were

turning to God for the first time, and mourning their sins. But soon many other Christians wanted to take part in the custom, and to do so at the very start of Lent. They heeded Joel's call to 'rend your hearts and not your garments' (Joel 2:12-19). Ash Wednesday became known as either the 'beginning of the fast' or 'the day of the ashes'.

The collect for today goes back to the Prayer Book, and it stresses the penitential character of the day. It encourages us with the reminder of the readiness of God to forgive us and to renew us.

The Bible readings for today are often Joel 2:1-2, 12-18, Matthew 6: 1-6, 16 – 21 and Paul's moving catalogue of suffering, "as having nothing and yet possessing everything."  
(2 Corinthians 5:20b - 6:10)

The actual custom of 'ashing' was abolished at the Reformation, though the old name for the day remained. Today, throughout the Church of England, receiving the mark of ashes on one's forehead is optional. Certainly, the mark of ashes on the forehead reminds people of their mortality: "Remember that you are dust and to dust you will return..." (Genesis 3:19)

The late medieval custom was to burn the branches used on Palm Sunday in the previous year in order to create the ashes for today.

The Collect for Ash Wednesday is:

*Almighty and everlasting God, you hate nothing that you have made and forgive the sins of all those who are penitent: Create and make in us new and contrite hearts that we, worthily lamenting our sins and acknowledging our wretchedness, may receive from you, the God of all mercy, perfect remission and forgiveness; 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.*



VALE OF RODING CHURCHES

# 60s Night with



LIVE MUSIC, RELIVE THE CLASSICS



with a two course  
meal & bar open  
for drinks

7:00 PM

Saturday 28<sup>th</sup> February

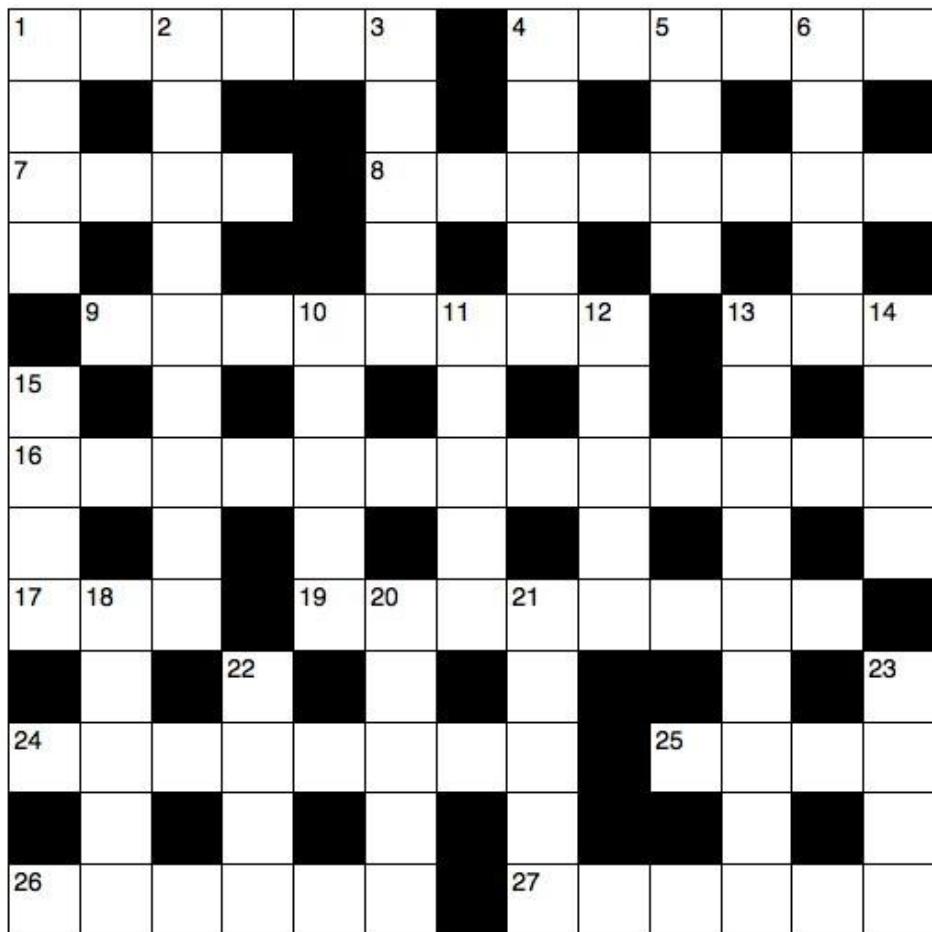
ABRIDGE VILLAGE HALL

39 ONGAR ROAD, ABRIDGE RM4 1UD

TICKETS £25 EACH AVAILABLE VIA THE PARISH OFFICE

email: [office.parish@gmail.com](mailto:office.parish@gmail.com)  
WhatsApp: 07835 721815

# CROSSWORD



## ACROSS

- 1 'If you love those who love you, what — is that to you?' (Luke 6:32) (6)
- 4 'They threw the ship's — overboard' (Acts 27:19) (6)
- 7 The first murderer (Genesis 4:8) (4)
- 8 He was the head Levite in charge of the singing when the ark of God was brought back to Jerusalem (1 Chronicles 15:22) (8)
- 9 Samson was noted for this (Judges 16:6) (8)
- 13 Solicit money or food from passers by (Acts 3:2) (3)
- 16 What William Booth's Christian Mission became in 1878 (9,4)
- 17 Alliance of Religions and Conservation (1,1,1)
- 19 'I will praise your name for ever and ever. —— I will praise you' (Psalm 145:1–2) (5,3)
- 24 Simon had (anag.) (8)

- 25 Desperate (Deuteronomy 28:48) (4)
- 26 Elisha witnessed the boy he was seeking to resuscitate do this seven times before opening his eyes (2 Kings 4:35) (6)
- 27 The belly and thighs of the statue in Nebuchadnezzar's dream were made of this (Daniel 2:32) (6)

## DOWN

- 1 'Before the — crows, you will disown me three times' (Matthew 26:75) (4)
- 2 Relating to the books of the Bible between Acts and Revelation (9)
- 3 'They have — the Lord out of the tomb, and we don't know where they have put him!' (John 20:2) (5)
- 4 Belief (5)
- 5 'Take the following fine spices: ... 250 shekels of fragrant —' (Exodus 30:23) (4)
- 6 'Do not — Jerusalem, but wait for the gift' (Acts 1:4) (5)
- 10 A seer (anag.) (5)
- 11 'Even there your hand will — me' (Psalm 139:10) (5)
- 12 The wild variety was part of John the Baptist's diet (Mark 1:6) (5)
- 13 Anon-Greek speaker who was looked down on by civilized people (Colossians 3:11) (9)
- 14 Famous 1950s musical whose characters included members of
- 16 Across, — and Dolls (4)
- 15 The province from which Paul wrote to the Corinthians (1 Corinthians 16:19) (4)
- 18 'He was standing in the gateway with a linen cord and a measuring — — his hand' (Ezekiel 40:3) (3,2)
- 20 'Today, if you hear his — , do not harden your hearts as you did in the rebellion' (Hebrews 3:15) (5)
- 21 The Jericho prostitute who hid two Israelite spies on the roof of her house (Hebrews 11:31) (5)
- 22 'And now these three remain: faith, — and love. But the greatest of these is love' (1 Corinthians 13:13) (4)
- 23 'God has numbered the days of your reign and brought it to an end' (Daniel 5:26) (4)

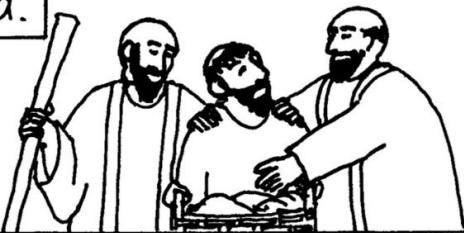
# Bible Bite

It can be read in the Bible in  
1 Samuel 2:11-17, 22-25, 3:1-21

## A short story from the Bible

As soon as he was old enough to leave his parents, Samuel went to live at God's temple in Shiloh, with the priest, Eli...

Eli's sons were also priests, but they helped themselves to what people had brought to give to God.



Eli talked to them about it. They ignored him.



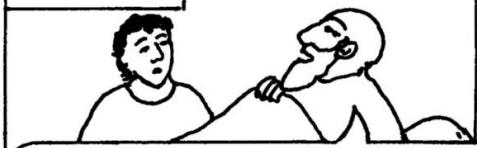
One night, after everyone had gone to bed, Samuel heard someone calling him.



He thought it was Eli, so he ran to him.

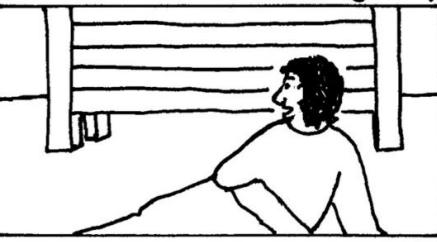


The third time, Eli knew it must be God calling Samuel.



You must say, 'Speak, Lord, your servant is listening.'

God called Samuel again,



and Samuel answered as he had been told.



The next morning, Eli demanded to be told what God had said.



Samuel was afraid, but he told him.

He is God. He will deal with us as is right.



God continued to talk to Samuel. He became known throughout Israel.



Canon Paul Hardingham continues his seven-part series.

## The Seven Deadly Sins: Greed

*'How much money is enough? Just a little bit more.'*  
(John D Rockefeller).

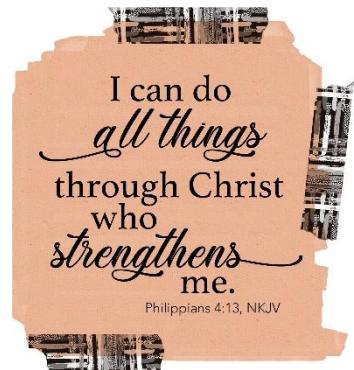


In the second of our series on the Seven Deadly Sins, we are looking at greed. It is the overwhelming desire for *more and more* in our lives. In our consumer culture it can be hard to tell the difference between needs and wants - eg buying a new laptop or shoes for different occasions? We need to ask the question: *How much is enough?*

Jesus was approached by a man who wanted Him to settle a dispute about family inheritance. He said, *'Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions.'* (Luke 12:15). Jesus goes on to tell the story of a rich farmer who builds bigger and bigger barns, but whose life is unexpectedly cut short by death. He concludes: *'This is how it will be with whoever stores up things for themselves but is not rich towards God.'* (21).

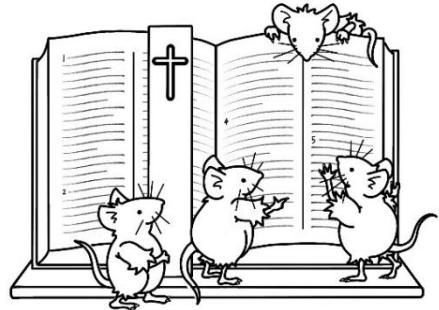
How do we overcome greed and become '*rich towards God*'? Paul writes: *'I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.'* (Philippians 4:11). Overcoming greed involves learning to be content in whatever situation we find ourselves, in need or plenty. Paul is not saying that there is anything wrong with having food, money or possessions, but these cannot be the primary source of our contentment. The secret of contentment is found in a transforming relationship with Jesus: *'I can do all this through Him who gives me strength.'* (13). He is the one who enables us to overcome greed and know riches.

*'Contentment makes poor men rich; discontent makes rich men poor.'* (Benjamin Franklin).



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

## What's the Big Idea? An Introduction to the Old Testament: Isaiah



Isaiah is often regarded as the greatest of the prophets. His name means 'The Lord saves' and he began his 50-year ministry in 740 BC when King Uzziah died (6:1). Many scholars challenge the claim that Isaiah wrote the entire book, however there are striking verbal parallels between chapters 1–39 and 40–66.

Isaiah spoke during the stormy period marking the expansion of the Assyrian empire and the decline of Israel. The Assyrians destroyed the northern kingdom in 721. Judah was left to decide whether they would make alliances with other kingdoms or rely on God to protect them. Isaiah warns Judah that her sin would bring captivity in Babylon, which eventually took place in 586.

Isaiah sees the Messiah coming from the line of David. He speaks of a new temple being established (ch2); a child born with a new kingdom (ch9) and judging differently to other kings (ch11) as well as the nature of His suffering (ch53). The 'suffering servant' (chapters 42–53) also applies to Israel as a nation, who are called to be a 'light for the Gentiles' (42:6). Not surprisingly Jesus applies Isaiah's words to His own life and ministry. eg Is 61:1 quoted in Luke 4:18. Throughout his book Isaiah presents the full dimensions of God's judgment and salvation as 'the Holy One of Israel' (6:1), as well as the 'Sovereign Lord' far above all nations (40:15–24).



Isaiah's Vision of the Lord

Isaiah looks forward to the promise of a new city of Zion (chs 60–66), in which the people offer praise to the Holy One of Israel. 'Behold, I will create new heavens and a new earth. The former things will not be remembered, nor will they come to mind.' (65:17).



# Days with a *Difference*

**Join us for fun activities, chat, and  
lunch of soup and a roll. All free.**

**Wednesday 18th February,  
open from 10:00am - 3:00pm,**

**All welcome**

**Come and go as you need.**

**St Winifred's Church Hall  
Manor Road, Chigwell IG7 5PS**

## Parish Diary

Keep up to date with the Parish Calendar on GCal: [bit.ly/3H5LXS7](https://bit.ly/3H5LXS7)



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
Thursdays	6:15pm (open 5:30)	Time 2 De-stress (except 25 <sup>th</sup> )	All Saints' House
	9:00am	Morning Prayer	All Saints' House
	9:00am	Ladies' Coffee Morning (not 19 <sup>th</sup> )	Limes Centre
	10:30am	'Open House'	St Mary's Church

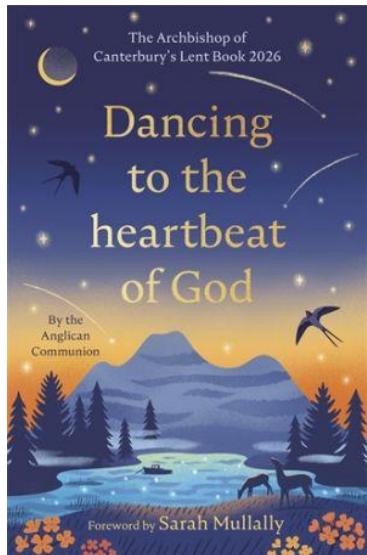
Sunday 1 <sup>st</sup> Feb	12:30	Parish Lunch	St Mary's C/rooms
Monday 2 <sup>nd</sup>	8:00pm	Hour of Prayer	St Mary's
Thursday 5th	10:30am	Bible Course	St Win's Church
	7:30pm		Zoom
Monday 9 <sup>th</sup>	8:00pm	Hour of Prayer	Lambourne
Tuesday 10 <sup>th</sup>	8:00pm	PCC	St Win's Church
Thursday 12th	10:30am	Bible Course	St Win's Church
	7:30pm		Zoom
Monday 16th	8:00pm	Hour of Prayer	All Saints' House
Tuesday 17 <sup>th</sup>	2:30pm	Time 4 Tea	All Saints' House
Ash Wed 18 <sup>th</sup>	10:30am	<b>Ash Wednesday</b>	St Mary's Church
	7:30pm	Holy Communion with Ashing	All Saints' Church
	10:30am	Day with a Difference	St Win's Hall
Thursday 19 <sup>th</sup>	9:15am	Parish Holy Communion	All Saints' House
	10:30am	Bible Course	St Win's Church
	7:30pm		Zoom
Saturday 21 <sup>st</sup>	8:00am	Men's Breakfast	All Saints' House
	8:30am	Ladies' Breakfast	St Mary's C/rooms
Monday 23 <sup>rd</sup>	8:00pm	Hour of Prayer	Stapleford Abbotts
Wed 25 <sup>th</sup>		Benefice Lent Course	Zoom
Thursday 26th	10:30am	Bible Course	St Win's Church
	7:30pm		Zoom
Sunday 1 <sup>st</sup> March	After service	St Winifred's ADCM	St Win's Church

# Sunday Services & Readings for February

<b>Sunday 25<sup>th</sup> January</b> <b>3<sup>rd</sup> Sunday of Epiphany</b>	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
<b>Sunday 1<sup>st</sup> February</b> <b>Presentation of Christ</b> <b>(Candlemas)</b>	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
<b>Sunday 8<sup>th</sup> February</b> <b>2<sup>nd</sup> Sunday before Lent</b>	Genesis 1:1-2:3 Matthew 6:25-34
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 Holy Communion
<b>Sunday 15<sup>th</sup> February</b> <b>Sunday next before Lent</b>	Exodus 24:12-18 Matthew 17:1-9
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
<b>Wednesday 18<sup>th</sup> February</b> <b>Ash Wednesday</b>	Joel 2:1-2, 12-17 John 8:1-11
St Mary's: All Saints':	10:30 Holy Communion with Ashing 7:30 Holy Communion with Ashing
<b>Sunday 22<sup>nd</sup> February</b> <b>1<sup>st</sup> Sunday of Lent</b>	Romans 5:12-19 Matthew 4:1-11
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
<b>Sunday 1<sup>st</sup> March</b> <b>2<sup>nd</sup> Sunday of Lent</b>	Romans 4:1-5, 13-17 John 3:1-17
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 & ADCM

## Dancing to the Heartbeat of God

### Stories of Discipleship: the Archbishop of Canterbury's Lent Book 2026, SPCK, £11.99



With a foreword and an afterword by the Archbishop of Canterbury designate, an introduction by the Archbishop of York, and chapters by around thirty authors drawn from across the globe, the volume creates a sense of excitement, dynamism and faithful witness in its gloriously diverse writers and readers alike.



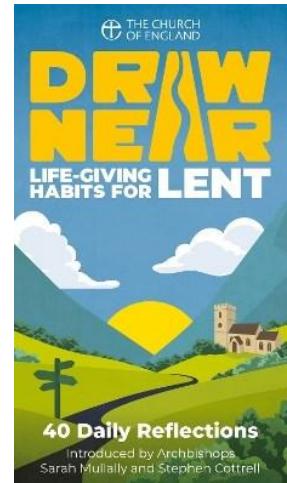
Its testimonies and stories aim to encourage people in the Church of England and across the Anglican Communion to share their faith with others.

## Draw Near – Life-Giving Habits for Lent

by Kate Bruce, Michael Leyden and Jessica Martin, CHP, £22.99 for 50

This is the official Church of England booklet for Lent 2026. It invites you to develop a rhythm of life that will help you grow as a disciple of Christ day by day, especially as we prepare to celebrate the mystery of God's saving love at Easter.

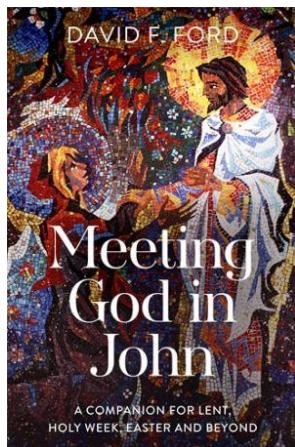
Each week a different contributor explores an activity central to Christian discipleship: worship, prayer, Scripture, communion, service to others and sharing the good news. For each day of Lent, it offers daily Bible readings, images, short reflections, prayers and practical responses to help you draw near to God this Lent and beyond.



*Editor's note:* these readings will also be available on the (free) Everyday Faith app.



**Meeting God in John – a Companion for Lent, Holy Week, Easter and Beyond** by David F. Ford, SPCK, £10.99



Whether you are completely new to John's Gospel or have read it many times before, this book offers an accessible and absorbing introduction to the main message of John's Gospel, packed with compelling observations into the personality and impact of Jesus, both in the first century and today.

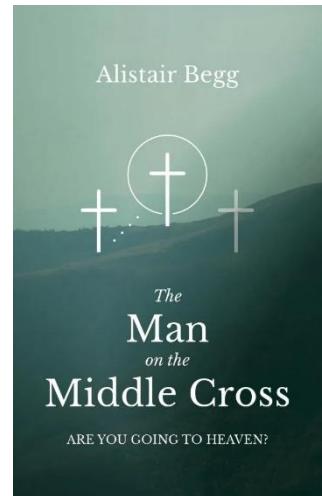
It will leave you with a renewed appreciation of and enthusiasm for John's writing. Each chapter includes questions for reflection or discussion.

**The Man on the Middle Cross - Are You Going to Heaven?**

Alistair Begg, 10Publishing, £3.99

This book focuses on three people who had their lives changed when they met Jesus. Each was given hope, restoration and a way back to God: the woman at the well, the paralysed man, and the thief on the cross.

With characteristic clarity, Alistair Begg explains how this offer is open to all who come to Jesus, the man on the middle cross.





# THE EGG THAT SHARES THE EASTER STORY



Easter Blessing Bars  
(from £3)



Fun Pack  
(from £6.00)



Original  
(from £5.50)



Dark (from £6.50)

New 24 page Easter story-activity book



All Real Easter Eggs come with an Easter story in the box. The stories range from simple guides to 24 page activity book versions.

So, buy a Real Easter Egg this spring and encourage others to give one to their loved ones, a school or sponsor a food bank donation.

## Where to buy

The 2026 Real Easter Egg will not be available in any supermarkets. The full range can be ordered at [www.realeasterereg.co.uk](http://www.realeasterereg.co.uk) or by calling 01925 877004.

Out of the 80 million Easter eggs sold in this part of the world every year, The Real Easter Egg is the only one which has a copy of the Easter story in the box, is made of Fairtrade chocolate and which supports charitable projects.

The Original and Dark eggs include a 24 page Easter story-activity book. They are Palm Oil and plastic free, and include a competition.

The Fun Pack has an Easter story activity poster and 6 milk chocolate eggs.

The Easter Blessing bar features 'The Resurrection' image. On the back it says 'May God Bless you this Easter and fill you with peace.'

See the full shop list or order at [www.realeasterereg.co.uk](http://www.realeasterereg.co.uk)

or put in your order at church, see the sign up list at the back of our churches.

## **Andy & Caroline's cruise, celebrating her 60<sup>th</sup> birthday around the Mediterranean**

**Wednesday 10<sup>th</sup>** - had a massage in the morning with the same therapists who recognised knots in my neck, shoulders and where my right had aches. Andy fell asleep too and thankfully did not snore! She worked on his feet – I felt sorry for her although I know she's getting paid!

Jago, my one, comes from India and goes back home in October for three months.



I went to see 'Taming your Dragon', which made me cry and a show too. Looking forward to going to Cadiz tomorrow and being on land again.

It will be our last port. Saw the sun setting, it was pink.

**Thursday 11<sup>th</sup>** – we stopped at Cadiz and went on a walking tour, three hours long with a short refreshment stop. It was war, so I was grateful when I could find shade and our tour guide was local and very good. Today we walked 12,000 steps. There are 120,000 inhabitants and it is the second largest city; Seville is the capital of Andalusia. It is a trading port for fish. It has three bridge in the old town and 'The Dragon Tree' (red resin and is one of the most ancient and biggest trees). There are 8km of sandy beaches. A merchant house (17<sup>th</sup>/18<sup>th</sup> century) and a stone pavement of Italian marble.



They traded tobacco, cocoa, and coffee for America. Servants lived on the lower floor – two watch towers. There's 150 watch towers and some have been turned into hotels.

The walls are made of rock similar to oyster sand. Schools are private and Catholic. The new town attracts surfers and has hotels, bars, and the best beaches. The James Bond



film 'Die Another Day' was filmed here. There are a couple of airports, Seville and Malaga, with options to go to the main areas. St James Church was built before the cathedral and pilgrims on their walk start here (1722-1838) There are three big bells and three smaller ones.

In flower square post office tiled in many colours. the watchtower nearby has 177 steps. Market has lots of fresh fruit, veg, fish, meat, and pastries, which is the main hub for the locals and tourists alike.

In the La Cava we saw traditional Spanish dancing, 50 styles of various tempos and steps.

On one of the buildings there is a statue of Hercules (1812) – symbol of peace and a statue of Mark in the square. Had time to do an hour's shopping (that was enough for Andy and it was hot). Had a nice Mediterranean meal and a late night watching John, a comedian and juggler.

**Friday 12<sup>th</sup>** (sea day) – joined in a half exercise that was partly Pilates too with a personal trainer, with three other ladies. You definitely felt you'd had a workout and I won't feel guilty eating another cake.

Weather not so good today so plenty of fun beds free (I wonder why!). Saw 'Matilda' in the cinema and had a lovely canapé before having a three course Indian meal and seeing 'Festival' in the theatre later, that was a mixture of the festivals that we have in England and a storyline too.

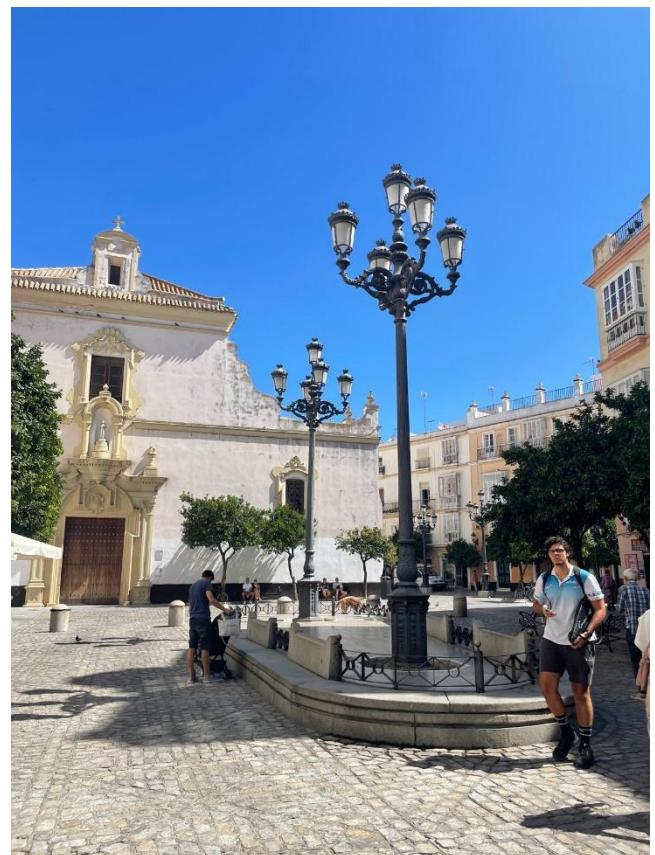
Borrowed a book from the library that had been autographed (Stan, 2025 an Ariva, the ship's name). It was called '[Come back with me](#)' by Stephen S Matthews, which is a Christian book based on some of the main stories in the Bible including the crucifixion, and was told in a story style (like the book 'Phoebe' by Paula Gooder to some degree). It gave me hope that there was at least one more Christian on board.

**Saturday 13<sup>th</sup>** (sea day) – weather brightened up mid-morning so was able to sit on a sun lounger and on our balcony too. Played crib, a card game, with Andy, who kept beating me. I'm not saying he was cheating or I'm a bad loser!

We've done our packing and had an early night as we need to be up early tomorrow. It's sad that our holiday is nearing its end, but thankful for all the memories, the rest and all we were able to do. I'm looking forward to my bath as there is only a shower in our room, and our own bed. I have missed church, the fellowship and things I may have taken for granted.

**Sunday 14<sup>th</sup>** up at 6am and had breakfast by 7:00. We were able to leave the ship by 8:30 and in the car by 9. Arrived home at 10:40. Thankfully it was dry for a while so I could do three loads of laundry and unpacking.

Looking forward to catching up with everyone and sort of getting back to normal... cleaning, shopping, and going back to work!



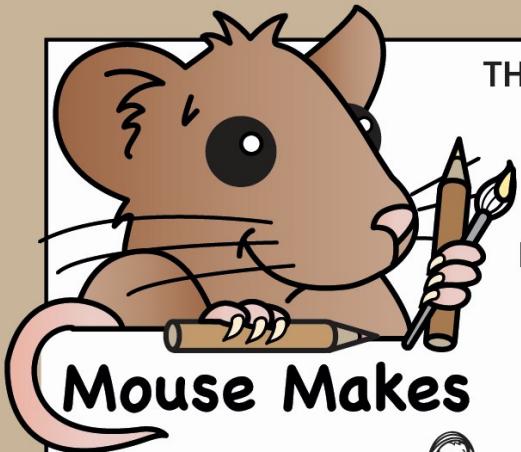
## WORDSEARCH – The Presentation of Christ in the Temple/ Candlemas

Candlemas, 2nd February, comes exactly 40 days after Christmas. In New Testament times 40 days old was an important age for a baby boy: it was when they made their first ‘public appearance’. Mary, like all good Jewish mothers, went to the Temple with Jesus, her first male child - to ‘present Him to the Lord’. Thus, we have the Festival of the Presentation of Christ in the Temple (Luke 2: 22-40). So where does the Candlemas bit come in? Jesus is described in the New Testament as the Light of the World, and early Christians developed the tradition of lighting many candles in celebration of this day.

Words to search for:

Candlemas	forty	days	after
Christmas	new	testament	important
age	baby	boy	first
public	appearance	Mary	Jewish
temple	festival	presentation	described
light	world	candles	lighting
early			





Read the story in

Luke 4:1-13



### THE TEMPTATION OF JESUS

After Jesus was baptised in the River Jordan where did the Holy Spirit lead him to? v1

How many days was Jesus being tempted by the devil? v2

What did Jesus eat? v2

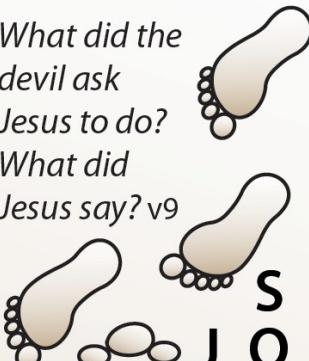
What did the devil tempt Jesus to turn a stone into?  
What did Jesus say? v3-4



What did the devil offer Jesus if He worshipped him?

What did Jesus say? v7-8

What did the devil ask Jesus to do?  
What did Jesus say? v9



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



### WE LEARN:

Read the Bible

Learn God's word.

### SECOND TEMPTATION

#### THE DEVIL SAID:

"I will give you power and wealth if you worship me."

#### JESUS REPLIED:

"Worship the Lord your God and serve only Him."

Read Deuteronomy 6:13

#### WE LEARN:

Put God first

Worship only Him.

1

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

JESUS • BAPTISED • RIVER • JORDAN • HOLY SPIRIT • LED WILDERNESS • DESERT • FORTY DAYS • HUNGRY • DEVIL TEMPTATION • STONE • BREAD • WRITTEN • SON • WORLD KINGDOMS • GLORY • WORSHIP • SERVE • GOD • HIGH JERUSALEM • TEMPLE • SON • JUMP • DOWN • LIFT • LORD • TEST • LENT

### FIRST TEMPTATION

#### THE DEVIL SAID:

"If you are God's Son order this stone to turn into bread."

#### JESUS REPLIED:

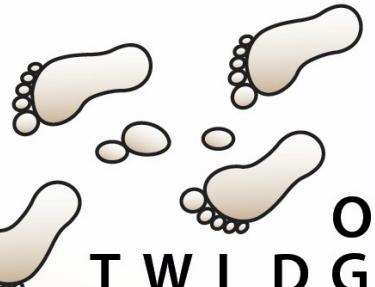
"Man shall not live on bread alone."

Read Deuteronomy 8:3

### WE LEARN:

Read the Bible

Learn God's word.



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



### THIRD TEMPTATION

#### THE DEVIL SAID:

"If you are God's Son throw yourself down, the scriptures say God will take care of you."

#### JESUS REPLIED:

"Do not put the Lord your God to the test."

Read Deuteronomy 6:16

### WE LEARN:

God cares, trust

Him do not test Him.



# 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

For the over 50s, free  
Afternoon Teas, an  
enjoyable afternoon  
with friendly chat, for  
all faiths or none.

3<sup>rd</sup> Tuesday of every  
month, 2:30-4:00pm  
at All Saints' House,  
All Saints' Church,  
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 21st February

8:00 men at

All Saints' House

8:30 ladies at

St Mary's Churchrooms

# Afternoon Tea

The  
Children's  
Society

No child  
should feel  
alone



Friday 13<sup>th</sup> March, 3:00pm

St Mary's Churchrooms

High Road, Chigwell

Entry by donation,  
with a small selection of stalls

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Mondays to Fridays during term time  
for children aged 2 to 5 years  
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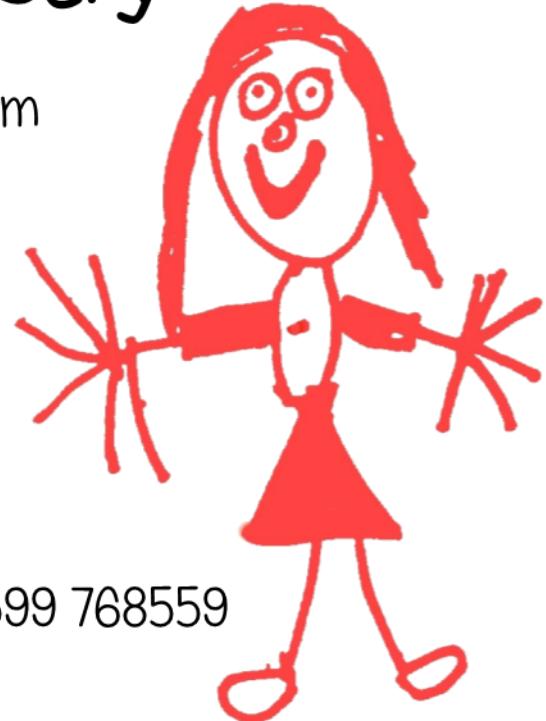
# St Winifred's Nursery

Mondays to Fridays, 9:15am—12:15pm  
term-time, for 2-5 year olds.

St Winifred's Church Hall,  
Manor Road, Chigwell IG7 5PS  
Government funding available.

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## The Rules of Marriage

*Here are the real-life answers from a group of children:*

**Question:** How do you decide who to marry?

No person really decides before they grow up who they're going to marry. God decides it all way before, and you get to find out later who you're stuck with. - Kirsten, age 10

**Question:** What is the right age to get married?

No age is good to get married at. You got to be a fool to get married. - Freddie, age 6 (very wise for his age)

**Question:** How can a stranger tell if two people are married?

You might have to guess, based on whether they seem to be yelling at the same kids. - Derrick, age 8

**Question:** What do you think your Mum and Dad have in common?

Both don't want any more kids. - Lori, age 8

**Question:** What do most people do on a date?

Dates are for having fun, and people should use them to get to know each other. Even boys have something to say if you listen long enough. - Lynnette, age 8

**Question:** When is it okay to kiss someone?

The rule goes like this: If you kiss someone, then you should marry them and have kids with them. It's the right thing to do. - Howard, age 8

**Question:** Is it better to be single or married?

It's better for girls to be single but not for boys. Boys need someone to clean up after them. - Anita, age 9

**Question:** How would the world be different if people didn't get married?

There sure would be a lot of kids to explain, wouldn't there? - Kelvin, age 8

*And the #1 Favourite is.....*

**Question:** How would you make a marriage work?

Always tell your wife that she looks pretty, even if she looks like a train wreck - Ricky, age 10



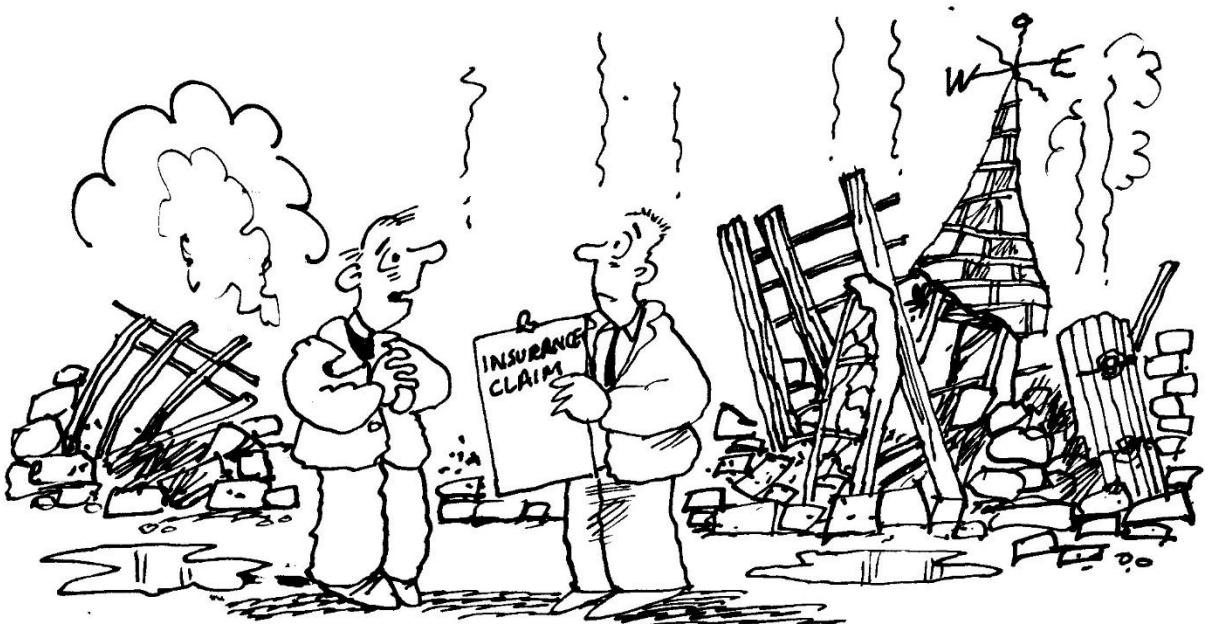
Henry is making a real effort for Lent – he's giving up the remote control and walking to the TV

## Answers

### Crossword

ACROSS: 1, Credit. 4, Tackle.  
7, Cain. 8, Kenaniah.  
9, Strength. 13, Beg.  
16, Salvation Army. 17, ARC.  
19, Every day. 24, Admonish.  
25, Dire. 26, Sneeze.  
27, Bronze.

DOWN: 1, Cock. 2, Epistolic.  
3, Taken. 4, Tenet. 5, Cane.  
6, Leave. 10, Erase. 11, Guide.  
12, Honey. 13, Barbarian.  
14, Guys. 15, Asia. 18, Rod in.  
20, Voice. 21, Rahab. 22, Hope.  
23, Mene.



...er... apart from this little hiccup... it was an excellent church pancake supper...

A Church and Community  
Barn Dance with Supper  
Saturday 21<sup>st</sup> February 2026  
7.30-10.30pm  
Abridge Village Hall RM4 1UD  
Free off-street parking  
Adults -£12, children under 15- £6



Book your place through  
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or phone 01992 523849



Saturday 7<sup>th</sup> March 2026  
10am - 2pm  
at

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RM4 1UH

**Free  
Admission**

Refreshments

Easy access  
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# QUIZ EVENING

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FRIDAY 6th March 2026  
7:00pm for 7:30pm start  
Tickets £11 including ploughman's supper  
Bar Open all night

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or phone 01992 523849

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yourself a great evening

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[office.parish@gmail.com](mailto:office.parish@gmail.com)  
07835 721815

<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: <a href="mailto:sandie.forshaw@btinternet.com">sandie.forshaw@btinternet.com</a> Tel: 07749 258616</p>	<p>To advertise in the magazine, please contact the Parish Office.</p> <p>Parish Calendar on GCal: <a href="https://bit.ly/3H5LXS7">bit.ly/3H5LXS7</a></p>
<p><b>The Parish Office</b> c/o All Saints' House Romford Road, Chigwell Row IG7 4QD</p> <p>Email: <a href="mailto:office.parish@gmail.com">office.parish@gmail.com</a> Tel/WhatsApp: 07835 721815 (closed Monday)</p>	<p><b>All Saints' Office</b> All Saints' House Romford Road, Chigwell Row IG7 4QD</p> <p>Email: <a href="mailto:info.allsaintschigwell@gmail.com">info.allsaintschigwell@gmail.com</a> 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: Rev'd Charlie Kosla (*rest day Friday*)  
St Mary's Rectory  
66 High Road, Chigwell IG7 6QB  
Tel: 020 8501 2077  
Email: [charliekosla@gmail.com](mailto:charliekosla@gmail.com)

Team Vicar: Rev'd Paula Preston (*rest day Saturday*)  
All Saints' Vicarage  
Romford Road, Chigwell Row IG7 4QD  
Tel: 020 8501 5226 / 07743 534647  
Email: [revpaulapreston@gmail.com](mailto:revpaulapreston@gmail.com)

Associate Team Priests: Rev'd Lorraine Smart (*parish duties: Sundays, Mondays, & Thursdays*)  
Tel: 020 8502 2017  
Email: [lorraine.smart@btinternet.com](mailto:lorraine.smart@btinternet.com)

Rev'd Ann Kosla  
Tel: 020 8501 2077  
Email: [annkosla@gmail.com](mailto:annkosla@gmail.com)

Licensed Lay Minister: Mrs Sandie Forshaw (*rest day Monday*)  
Tel: 07749 258616  
Email: [sandie.forshaw@btinternet.com](mailto:sandie.forshaw@btinternet.com)



# 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: <a href="http://girlguiding.org.uk">girlguiding.org.uk</a>		
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	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	Olivia Murton 07939135669
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	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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