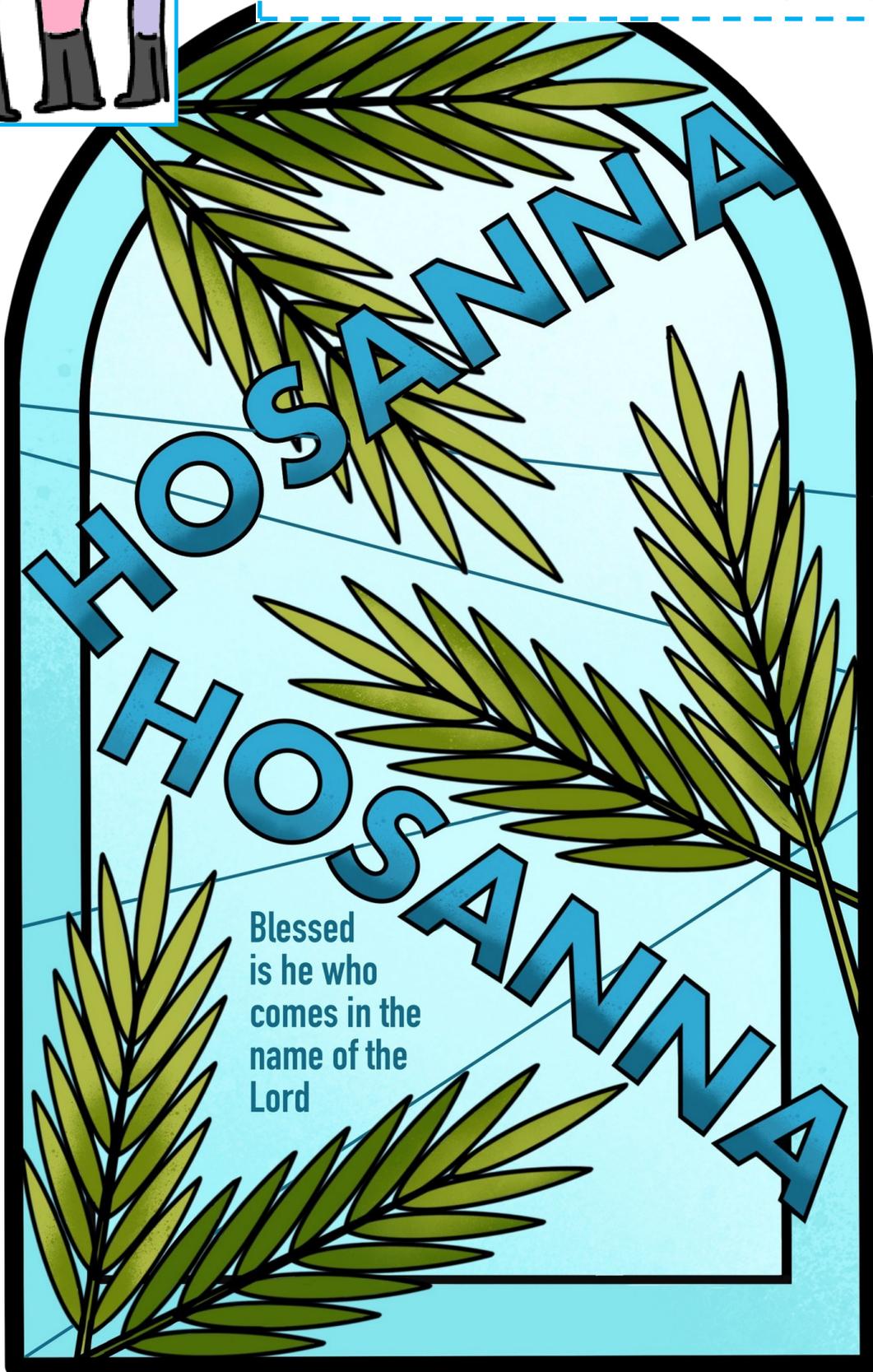




The Magazine for the Parish of
Chigwell & Chigwell Row

March 2026



Blessed
is he who
comes in the
name of the
Lord

£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 19th March, 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 Abbots.

Paula writes:

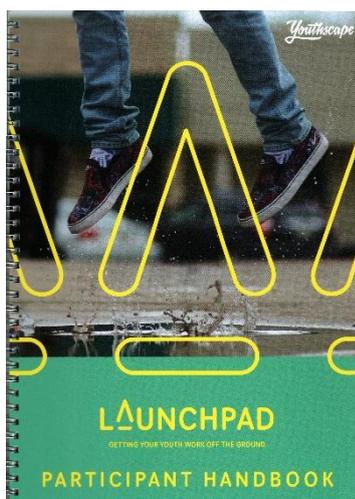
**“Let Each Generation Tell
Its Children.....”
Psalm 145 verse 4**



During January and February this year, I had the privilege of attending Youthscape Launchpad, a training programme with six other members of clergy in the area. I found the sessions challenging, inspirational and very thought provoking.

Launchpad was developed and piloted with churches in the Church of England in the Diocese of London, St Alban's and Blackburn. Launchpad is now running across over 20 Diocese representing a wide range of contexts: urban, rural, the theological breadth of the church. Further information can be found here youthscape.co.uk/launchpad

Over five two-hour sessions, Launchpad featured expert, insightful teaching on youth culture, case studies of different types of youth work, and guidance on how to build a team of volunteers. We completed simple exercises that built into a concrete strategy.



The programme showed how to develop youthwork from successful children's work already happening churches; and we explored how starting with a handful of teenagers already in the church to begin a project. Taking part in the sessions and doing the homework gave me the chance to think again and to reflect on the possibilities that could arise through prayer, innovation, informed strategy, and a renewed vision for youthwork in our

Parish; and a renewed for youthwork in our Parish; and the potential to work in collaboration with other community agencies in a similar way that members of St Winifred's church already work alongside the workers at the Limes Farm Youth Club.

On the evening of Thursday 9th May there will be a chance for members of our churches to attend a celebration hosted by Adam, the Bishop of Bradwell, where I, and the other members of my cohort, will share what progress we are making in our contexts. I will be sending personal invitations to join me on this occasion but please do get in touch if you are interested in coming along and getting involved.



As a result of taking part in Launchpad, I have been given the confidence to act on a request to initiate Preparing Children for Holy Communion *before they are confirmed* classes. **Ready to Share One Bread** will run on Thursdays 12th, 19th and 26th March at 4:00pm in All Saints' House. If you or any children you know are interested in coming along please let me know, they will be very welcome. The classes will conclude with the Seder Meal on 2nd April and the children received into communion on Easter Sunday.

I have other ideas emerging too and will be actively seeking to put them into practice in partnership with others in the churches and the community.

So as we travel through Lent towards the Last Supper, the cross and the empty tomb let's be holding the younger generation in our prayers, so that many of them too may enjoy the richness of life, purpose and love with Him: here's one you may like to use.

With my love and prayers, as ever

Paula

Team Vicar

LAUNCHPAD PRAYER

Loving God,
We hold in our hearts the young people
in our communities,
**Made in Your Image, known to You
and loved by You.**

We hold in our hearts the young people
in our churches,
**Made in Your Image, known to You
and loved by You.**

We hold in our hearts the young people
overwhelmed by life,
**Made in Your Image, known to You
and loved by You.**

Whether our resources are plentiful or
scarce, we commit to serving young
people more deeply.
May our churches become to them a
safe space, to experience Your life, Your
purpose and Your love.

**May they encounter You in us.
May we encounter You in them,
And may it transform us both. Amen**



Parish Registers



We mourned the loss of...

Winifred Elsie Gladys Read	26 th January	Burial of Ashes	All Saints' Church
Carolyn Mary Whiffin	11 th February	Funeral	St Mary's Church & Forest Park Crematorium
Frances Hall	16 th February	Burial of Ashes	St Mary's Church

Prayer for March 2026

Lord, in these weeks leading up to Easter, many of us spend time reflecting on what Jesus has done for us and how he can help us live our lives.

But we live in a harsh, confusing world, where traditional values are upended and we can hardly believe some of the things we hear from powerful world leaders. Truth seems to be lost in the darkness.

Lord, your word tells us that, whoever lives by the truth comes into the light. Jesus says he is the Truth. He also says he is the Light of the world.

Help us to hold fast to these facts. Help us to remember that Jesus said that in this world we will have trouble – so we shouldn't be surprised – but that he has overcome the world – so we should be encouraged.

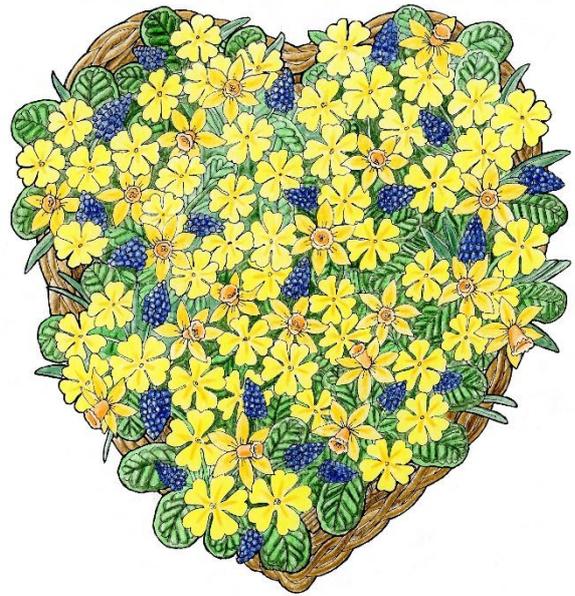
Whatever is going on in the troubled world around us - we can live by the real Truth - and in the real Light – Jesus Christ, our Lord and Saviour, who will never leave us or forsake us.

Thank you so much.
In Jesus' name.
Amen.

by Daphne Kitching

By the Revd Roy Shaw, a retired but active priest in the diocese of York, where he is a spiritual director.

THANK YOU



Mothering Sunday

Mothering Sunday - the fourth Sunday of Lent- offers families an opportunity to honour the women who have nurtured them. Lots of different streams and traditions have come together to make today's Mothering Sunday the special day that it is.

In the Middle Ages it was an occasion for everyone to visit their 'mother' church - the place where they had been baptised. Later, an opportunity for those who worked away from home to visit their mothers became added to the mix of reasons to make it a special day.

Today we honour all women who have in one way or another been special to us, and in church this is usually signalled by small bunches of flowers for every woman present.

Treating mums and grans to Sunday lunch, chocolates and flowers is also part of the present mix. And will there be a simnel cake to be seen - a tradition from ages past - with its rich layers of marzipan, and eleven balls of marzipan on top, reminders of the 11 disciples who remained faithful to Jesus?

Not everyone has enjoyed a wonderful or enduring relationship with their mum, so lest we get carried away on a wave of love and sentimentality, there is usually space in the Mothering Sunday church service to reflect on and pray for those whose relationships with their mother were not all they might have been.

Also, there are the families blighted by the lack of, or death of a child; families remembering a mum who died tragically young;

women who never had a child but would have dearly loved the opportunity; all these and more are a recognition of the imperfections of human love, human life.

These imperfections can be brought in prayer to the God who mothers us. In the Old Testament, Isaiah speaks of God comforting His people like a mother hen. In the New Testament, both Matthew and Luke bear witness to Jesus expressing His desire to gather His people as a mother hen gathers her chicks under her wings. Yes, God has strong maternal qualities which He invites us to discover and enjoy!

Have you discovered the mothering, nurturing, maternal qualities which God offers to all people? It's lovelier than flowers, more long-lasting than simnel cake, better than a visit from family, and it's free to everyone who wants it - it could be yours!

This helpful overview is an edited version of an article that comes from:
<https://christianity.org.uk/article/the-first-easter>.



Palm Sunday and Holy Week

The events of Easter took place over a week, traditionally called Passion Week. It began on Palm Sunday. After all His teaching and healing, Jesus had built a following.

On the Sunday before He was to die, Jesus and His followers arrived at Jerusalem. The city was crowded. Jewish people were arriving from to celebrate Passover. This commemorates how they had escaped from slavery in Egypt nearly 1,500 year earlier.

Jesus rode into the city on a young donkey. He was greeted like a conquering hero. Cheering crowds waved palm branches in tribute. He was hailed as the Messiah who had come to re-establish a Jewish kingdom.

The next day they returned to Jerusalem. Jesus went to the temple, the epicentre of the Jewish faith, and confronted the money-changers and merchants who were ripping off the people. He overturned their tables and accused them of being thieves. The religious authorities were alarmed and feared how He was stirring up the crowds.

On the Tuesday, they challenged Jesus, questioning His authority. He answered by challenging and condemning their hypocrisy. Later that day Jesus spoke to His disciples about future times. He warned them about fake religious leaders; the coming destruction of Jerusalem; wars, earthquakes and famines; and how His followers would face persecution.

By midweek the Jewish religious leaders and elders were so angry with Jesus that they began plotting to arrest and kill Him. One of Jesus' disciples, Judas, went to the chief priests and agreed to betray Him to them.

Jesus and the 12 disciples gathered on the Thursday evening to celebrate the Passover meal. This is known as the Last Supper. During the evening, Jesus initiated a ritual still marked by Christians – Holy Communion – which commemorates His death. Jesus broke bread and shared it and a cup of wine with His disciples.

Judas then left to meet the other plotters. Jesus continued to teach the others and then went outside into an olive grove to pray. He even prayed for all future believers. He agonised over what was to come but chose the way of obedience. The Bible book, Luke, records Him praying, *'Father if you are willing, take this cup from me; yet not my will but yours be done'*. Minutes later Judas arrived with soldiers and the chief priests and Jesus was arrested.

Easter Events!

Maundy Thursday, 2nd April

6:30pm, **Seder Meal** at All Saints' Hall

Good Friday, 3rd April

10:30am **Walk of Witness** from
All Saints' to St Winifred's

2:00pm **An Hour at the Cross**
at all three churches

Easter Day, 5th April

6:15am, **Sunrise Service** on the hill near
St Winifred's, followed by breakfast



Canon Paul Hardingham continues his seven-part series.

The Seven Deadly Sins: Anger

'Anger is never without a reason, but seldom with a good one.'
(Benjamin Franklin).



Who or what makes you angry? In the third of our Seven Deadly Sins, we are looking at *anger* (or *wrath*).

It describes uncontrolled feelings of hatred and resentment, and it can lead to resentment and grudges, quarrelling and damaged relationships. Jesus warns us about the consequence of anger: *'I tell you that anyone who is angry with a brother or sister will be subject to judgment.'* (Matt 5:22).

Jesus Himself got angry, notably when He saw the Temple being exploited by the money changers (Matt 21:12-13). Such *righteous anger* is a measured response to injustice or evil, motivated by love not vengeance.

However, it is important for us to deal with unrighteous anger in our lives: *'In your anger do not sin: do not let the sun go down while you are still angry, and do not give the devil a foothold.'* (Ephesians 4:26,27). What practical steps can we take to do this?

- *Acknowledge your anger:* What are the root causes of our anger? Often it comes from deeper feelings, like fear, inadequacy or the desire to control.
- *Control your anger:* Stepping back before reacting can prevent anger from controlling us: *'everyone should be quick to listen, slow to speak and slow to become angry'* (James 1:19,20).
- *Seek to forgive:* Practising forgiveness, not seeking revenge or holding grudges, will enable us to overcoming anger: *'Clothe yourselves with compassion, kindness, humility, gentleness*

and patience. Bear with each other and forgive one another if any of you has a grievance against someone.'

(Colossians 3:12,13). Christ died to take the wrath of God we deserve, that we might know God's forgiveness.

'People who fly into a rage always make a bad landing'
(Will Rogers).

We hold 'national treasures for the common good' - new repairs fund announced

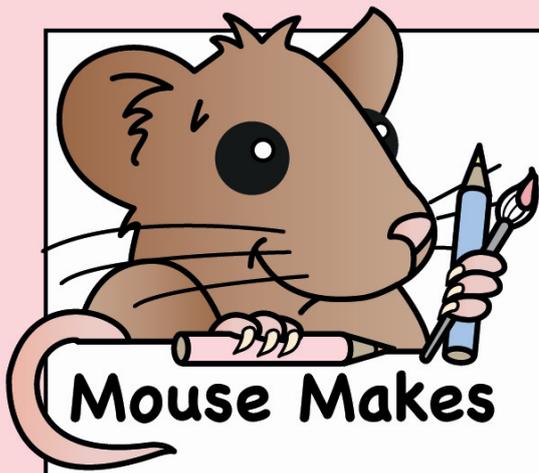
The Church of England's Director for Cathedral and Church buildings, Emily Gee, has welcomed the Government's Places of Worship Renewal Fund, and its willingness to invest in repairs and improvements for eligible parish and cathedral church buildings.

She said: "We also welcome the Government's recognition of the special role of historic churches in national life - church buildings are national treasures for the common good.

"They have huge spiritual, cultural and historical significance, and are major centres of practical assistance through food banks, lunch clubs and parent and toddler groups. They serve as a place of sanctuary, refreshment and cultural heritage throughout the UK.

"The vast majority of fundraising for the maintenance and repair of these buildings is done locally by heroic volunteers and Government support is crucial in helping them reach their targets - and we are really grateful for this ongoing support.

"However, we are very concerned that the end of the Listed Places of Worship Grant Scheme - after more than 20 years - will mean added pressure on local fundraisers and inevitably a drain on other sources of funding. We will work with the wider sector and the Government to see how that burden can be alleviated.

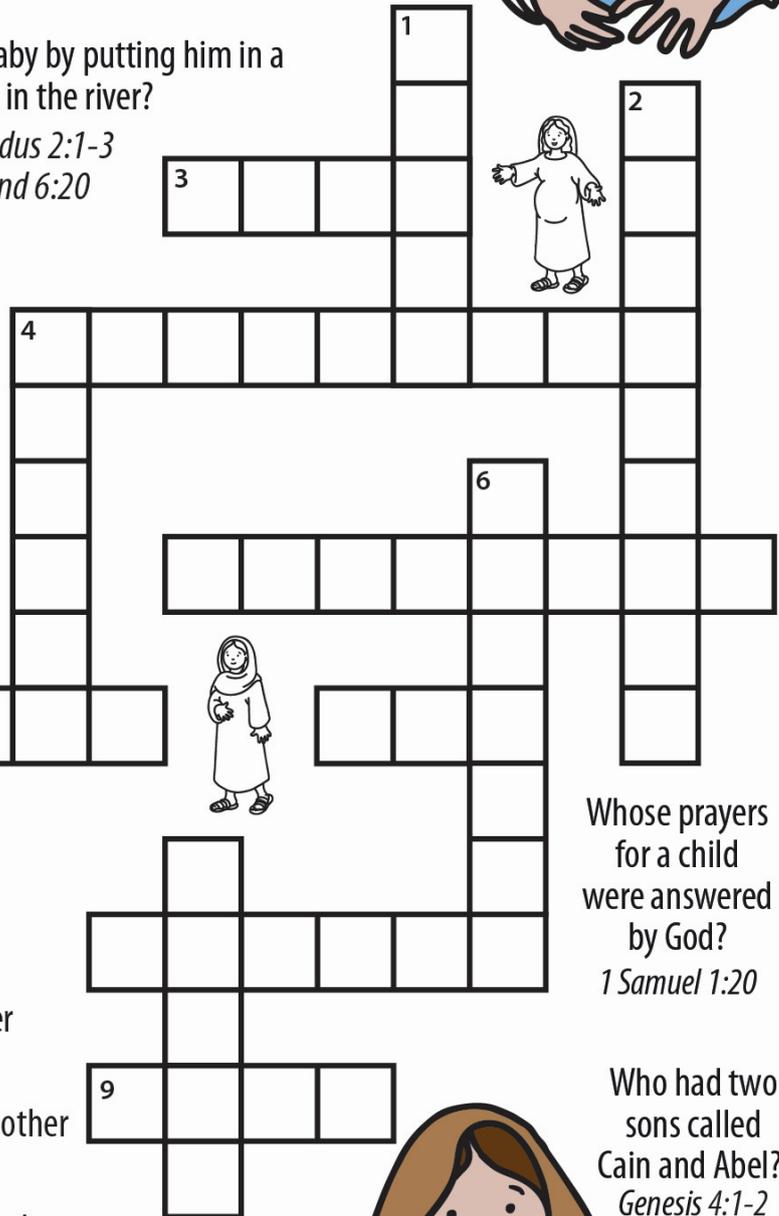


The Bible has many stories of mothers who had great faith in God. With their love, care, encouragement and prayers their children grew up to be great people of God.



Who saved her baby by putting him in a basket in the river?

Exodus 2:1-3 and 6:20



Who was 90 years old when she had her son Isaac?
Genesis 17:19



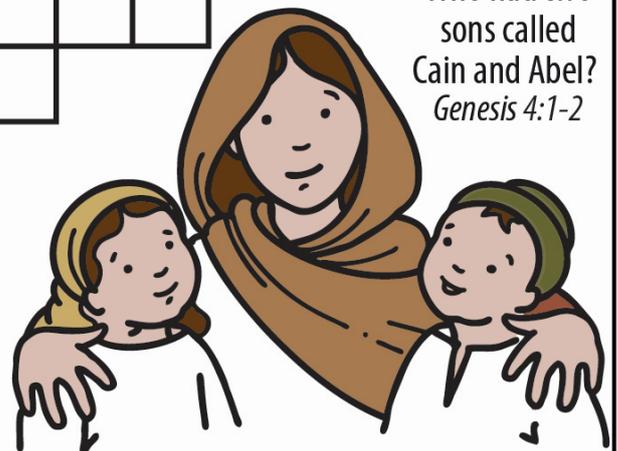
Whose prayers for a child were answered by God?
1 Samuel 1:20

Across

- 3. **Obed's** mother
Matthew 1:5
- 4. **John's** mother
Luke 1:57-60
- 7. **Reuben's** mother
Genesis 29:32
- 8. **Joseph's** mother
Genesis 30:22-24
- 9. **Jesus'** mother
Acts 1:14

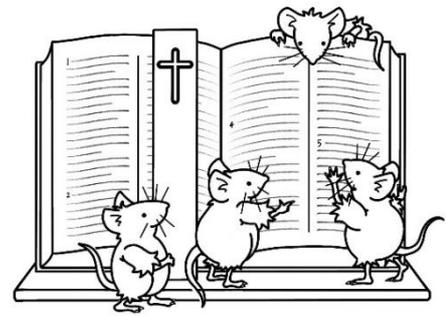
Down

- 1. **Boaz's** mother
Matthew 1:5
- 2. **Solomon's** mother
1 Kings 1:11
- 4. **Timothy's** mother
2 Timothy 1:5
- 5. **Ishmael's** mother
Genesis 16:15
- 6. **Jacob and Esau's** mother
Genesis 25:21-26



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: Jeremiah



Jeremiah is described as *'a true, honest, and God-revealing companion for the worst of times.'* (Eugene Peterson). He was a priest from the village of Anathoth, near Jerusalem. His ministry to Judah began in 626 B.C. and continued until after the fall of Jerusalem in 586 B.C.

Jeremiah brought a message of judgment and hope: *'See, I have set you this day over the nations and over the kingdoms, to root out and to pull down, to destroy and to throw down, to build and to plant.'* (1:10).

During Jeremiah's ministry, Judah had rejected the Lord for idols (2:13). They claimed to be God's people, yet they refused to heed God's word by refusing to be corrected and following false prophets who spoke what the people wanted to hear. Therefore, Jeremiah was the prophet of judgement. He called Judah to repent, but they refused (6:16-17). However, he also brought a message of hope. He preached that they should trust God (9:23-24) and that a faithful remnant would be restored to the land (23:3; 31:7-9).

Jeremiah was a reluctant prophet, who felt compelled to speak God's word (20:9). His life was characterised by sorrow, *'O my Comforter in sorrow, my heart is faint within me.'* (8: 18). His people continually refused to listen to him, rewarding his labour with rejection and persecution.

Much of Jeremiah's message remains relevant today, because we still fall into idolatry, whether it is wealth, talents or social standing. Sin requires repentance and restoration; obedience brings blessings and joy with it. However, Jeremiah also points to Christ, as the one who makes this possible. He showed great compassion for

His people and shed tears for them. He suffered their ingratitude, but still forgave them.

The Rev'd Dr Jo White continues her series on aspects of Christianity.

Reflected Faith Series: Togetherness



Last month we began our Lenten journey with ashes on Ash Wednesday, reminding us of our beginning and our ending; soon we will conclude that time with Christ's resurrection on Easter Sunday.

Such a relatively short time for so great a distance. I'm reminded of this by the opening words used in Church of England services at the Palm Sunday services:

Dear brothers and sisters in Christ, during Lent we have been preparing by works of love and self-sacrifice for the celebration of our Lord's death and resurrection. Today we come together to begin this solemn celebration in union with the Church throughout the world. Christ enters His own city to complete His work as our Saviour, to suffer, to die, and to rise again. Let us go with Him in faith and love, so that, united with Him in His sufferings, we may share His risen life.

It's all about togetherness. Together as a small group of people in that one church where we worship. Together with 'the' Church across all denominations and throughout the world. Together with Christ Himself.

It's one of the reasons that we process on Palm Sunday. Ideally it will be a joyful and noisy procession with banners and rejoicing – reminding us of Jesus' entry into Jerusalem as much as into our own lives.

This month

It's in this joy wherein lies the contrast with our solemn and silent procession on Good Friday. We need them both. One on its own doesn't tell the full story. Just like a play on Good Friday without its follow-up on Easter Sunday leaves you hanging.

We all know that social media tends to only show happy occasions but that underneath all those meals and holidays and smiling faces there can be great heartaches and sorrows.

It's the togetherness of both of those emotions where the true depth of joy is to be found and not on the surfaces.

How do we greet Christ anew on Resurrection Sunday without the devastating loss of Good Friday, or that long week travelling in and out of the city walls? May you find real joy in togetherness this Eastertide!

Canon Paul Hardingham considers the crowds of Jerusalem...

The Way of the Cross

'Whoever wants to be My disciple must deny themselves and take up their cross daily and follow Me.' (Luke 9: 23)



These words of Jesus are spoken at a turning point in the gospel. Jesus challenged the disciples about His identity and their commitment to Him: 'who do the crowds say I am?' (Luke 9:18). It is at this point that He 'resolutely set out for Jerusalem' (9:51). On our journey through Lent, as we look to the events of Good Friday and Easter, what are our priorities as Jesus' disciples?

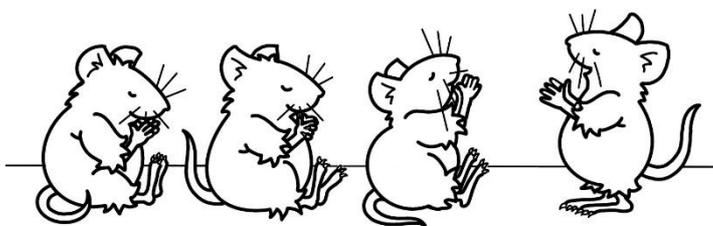
To deny ourselves: this means to saying No to ourselves and Yes to God, as we humbly submit our will to His. Jesus prayed in the Garden of Gethsemane 'not My will but Yours be done.'

(Luke 22:42). It means putting Jesus first in everything: our work, family, ambitions, possessions, marriage, finance and future. We will not be guided by self-interest, but by allowing God to show us how to live in His way.

To take up our cross: this reminds us that the disciple is not immune from suffering, as we follow Jesus along the way of the cross. Just as He carried His cross to Golgotha, we cannot avoid experiencing suffering in a fallen world. Every day we are to live in way that demonstrates to everyone that we have died to ourselves, our selfish ways and ambitions, and seek to live for God. It means breaking old selfish habits and ways of thinking, as we allow God to renew us by His Spirit.

Perhaps that is something we should learn—to wait for Jesus our Master, to be always obedient to Him, to serve Him with all our hearts, and to bear the mark of His grace in our lives.

In all of this we cannot lose, because like Jesus, it is only through death that we find God's new life. 'He is no fool who gives what he cannot keep, to gain that which he cannot lose.' (Jim Elliot).



A prayer as Lent continues

Let me hold fast to You, beautiful Lord, whom the angels themselves yearn to look upon. Wherever You go, I will follow You. If You pass through fire, I will not flinch, I fear no evil when You are with me. You carry my griefs, because You grieve for my sake. You passed through the narrow doorway from death to life, to make it wide enough for all to follow. Nothing can ever now separate me from Your love.

by Bernard of Clairvaux 1090 -1153

Women's Group

Term time Thursday mornings

9:00 – 10:30

Drinks.. chat.. prayer.. learn about Jesus..

No charge

ALL WELCOME!

at the Limes Centre Limes Avenue, IG7 5LP



ST
WINIFRED'S

SATURDAY, 28TH MARCH

6:30 FOR 7:00PM

RAFFLE

TICKETS £5

BRING YOUR
OWN FOOD &
DRINK

Quiz
Night

stwinifredschurch.org.uk
book with the Parish Office

Sunday Services & Readings for March

Sunday 22nd February 1st Sunday of Lent	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
Sunday 1st March 2nd Sunday of Lent	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
Sunday 8th March 3rd Sunday of Lent	Romans 5:1-11 John 4:5-42
All Saints': St Mary's: St Winifred's:	10:00 Holy Communion 10:30 Morning Worship & ADCM 11:15 Morning Worship
Sunday 15th March Mothering Sunday	Exodus 2:1-10 Luke 2:33-35
St Mary's: All Saints': St Mary's: St Winifred's:	9:15 Holy Communion 10:00 Morning Worship 10:45 Morning Worship 11:15 Holy Communion
Wednesday 19th March	
All Saints':	9:15 Holy Communion
Sunday 22nd March 5th Sunday of Lent	Ezekiel 37:1-14 John 11:1-45
St Mary's: All Saints': St Mary's: St Winifred's:	9:15 Matins 10:00 Morning Worship & ADCM 10:30 Holy Communion 11:15 Morning Worship
Sunday 29th March Palm Sunday	Liturgy of the Palms: Matthew 21:1-11 Psalm 118:1-2, 19-29
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 Holy Communion
Friday 3rd April Good Friday	Isaiah 52:13-53:14, Hebrews 10:16-25, Heb 4:14-16, 5:7-9, John 18:1-19, 19-42
All Saints' to St Winifred's: Each church:	10:30 Walk of Witness 2:00 An Hour at the Cross

Sunday 2nd April Easter Day	Acts 10:34-43 John 20:1-18
Limes Farm:	6:15am Sunrise Service
St Mary's:	9:15 Holy Communion BCP
All Saints':	10:00 All Age Holy Communion
St Mary's:	10:45 All Age Morning Worship
St Winifred's:	11:15 All Age Morning Worship & ADCM

The Bishop of Chelmsford's Lent Appeal 2026

Supporting the work of ADSMKE in response to climate change and in environmental conservation

Anglican Development Services of Mt Kenya East is the development arm of the Anglican Church of Kenya, dedicated to serving communities in our five linked partner dioceses - Embu, Kirinyaga, Meru, Mbeere and Marsabit - in Kenya.



Communities across Mt Kenya East are facing the harsh realities of the climate crisis. Years of recurring drought have devastated harvests, depleted natural resources and pushed families into increased hardship. In response to these challenges, ADSMKE is leading inspiring, community-driven work to restore the environment and strengthen livelihoods.

Funds raised through the Bishop of Chelmsford's Lent Appeal will enable ADSMKE to expand vital climate and conservation projects that:

- Build community resilience to climate change
- Improve biodiversity and restore damaged ecosystems
- Enhance food security through sustainable agriculture
- Create economic opportunities rooted in environmental stewardship
- Equip future generations to care for God's creation

Projects include:

Tree Planting and Tree Nurturing

Investing in Farmer-Managed Natural Regeneration (FMNR)

Investing in Agroforestry Systems

Farming God's Way

Look out for the donation buckets in church, or donate directly if you prefer:

givealittle.co/c/2Z2yljsjGVCchlgZdGauJn

Parish Diary

Keep up to date with the Parish Calendar on GCal: 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
	6:15pm (open 5:30)	Time 2 De-stress (except 4 th March)	All Saints' House
Thursdays	9:00am	Morning Prayer	All Saints' House
	9:00am	Women's Group	Limes Centre
	10:30am	'Open House'	St Mary's Church

Sunday 1 st Mar	after church	St Win's ADCM	St Win's Church
Monday 2 nd	8:00pm	Hour of Prayer	St Win's Church
Wed 4 th	7:30pm	Benefice Lent Course	Zoom
Thursday 5 th	10:30am	Bible Course	St Win's Church
	7:30pm		Zoom
Sunday 8 th	after church	St Mary's ADCM	St Mary's Church
Monday 9 th	8:00pm	Hour of Prayer	St Mary's
Tuesday 10 th	7:45pm	All Saints' DCC	All Saints' House
Wed 11 th	7:30pm	Benefice Lent Course	Zoom
Thursday 12 th	10:30am	Bible Course	St Win's Church
	7:30pm		Zoom
	7:30pm	Thursday Club	All Saints' Vicarage
Friday 13 th	3:00pm	Afternoon Tea	St Mary's C/rooms
Monday 16 th	8:00pm	Hour of Prayer	Lambourne
Tuesday 17 th	2:30pm	Time 4 Tea	All Saints' House
Wed 18 th	9:15am	Parish Holy Communion	All Saints' House
	7:30pm	Benefice Lent Course	Zoom
Thursday 19 th	10:30am	Bible Course	St Win's Church
	7:30pm		Zoom
Saturday 21 st	8:00am	Men's Breakfast	All Saints' House
	8:30am	Ladies' Breakfast	St Mary's C/rooms
Sunday 22 nd	after church	All Saints' ADCM	All Saints' Church
		Gardening & Lunch	St Win's
Monday 23 rd	8:00pm	Hour of Prayer	All Saints' House

Date	Time	Event	Venue
Tues 24th	2:00pm	Time 4 God	All Saints' House
Thursday 26th	10:30am	Bible Course	St Win's Church
	7:30pm		Zoom
Saturday 28 th	6:30pm for 7:00	St Winifred's Quiz	St Win's Hall
Sunday 29 th	12:30pm	Parish Lunch	St Mary's C/rooms
Monday 30 th		Quiet Day	Pleshey
	8:00pm	Hour of Prayer	Stapleford Abbots

From the Editor

Please would you consider sponsoring my son running in the London Marathon...
bit.ly/David_marathon or use the QR code below.
 Thank you so much!

CHALLENGE DAVID FORSHAW

HEARTWIZE

26/04/26

I'M **RUNNING THE LONDON MARATHON** IN SUPPORT OF **HEARTWIZE**, A CHARITY DEDICATED TO SAVING LIVES THROUGH CPR TRAINING, CARDIAC ARREST AWARENESS, AND GREATER ACCESS TO DEFIBRILLATORS.

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GOAL- £2,500!

→
←

DAVID.4SURE

STOP PRESS
 Art Exhibition at Lambourne Church,
 Saturday 3rd April, details to follow.

Afternoon ea



Friday 13th March, 3:00pm

St Mary's Churchrooms
High Road, Chigwell

Entry by donation,
with a small selection of stalls



QUIET DAY MONDAY 30TH MARCH 2026

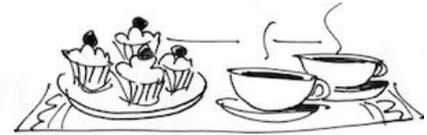
RETREAT HOUSE
PLESHEY CM3 1HA

Meeting at Pleshey at 10:30am.
People requiring transport please ask.
The cost including lunch is £22 per head.

The Diocesan Retreat House Pleshey is set in one of the most attractive villages in Essex. This is a chance to get away from the hustle & bustle of daily life and remain quiet or have relaxed discussions within the atmosphere of peace. If you would like to come, please book through Roger or sign up in church.
Tel: 01992 523849 Email: rogergayler@btinternet.com

Afternoon tea, anyone?

Do you take afternoon tea? Ever wondered where it started? The custom seems to date



back to the mid-19th century, and the seventh Duchess of Bedford, Anna Russell. The Duchess got hungry at about 4pm each day, calling it “that sinking feeling”. As it was still four hours until dinner (at 8pm), she began to have sandwiches or a small cake with some tea. Her friends thought this was marvellous, and the idea spread quickly through (hungry) upper class circles.

Soon, it seems, everyone in England was looking forward to Afternoon Tea, and a great British tradition was born. Though, during the last century, the sandwiches and cake gave way to biscuits, still we reached for the teapot each afternoon. Not so much anymore, it seems. In the last five years, sales of tea and biscuits have dropped. Perhaps we are drinking coffee? The research was done by retail analysts Mintel.

Holy Days: 17th March:

St Patrick, beloved apostle to Ireland

St Patrick is the patron saint of Ireland. If you’ve ever been in New York on St Patrick’s Day, you’d think he was the patron saint of New York as well... the flamboyant parade is full of American/Irish razzmatazz.



It’s all a far cry from the hard life of this 5th century humble Christian who became in time both bishop and apostle of Ireland. Patrick was born the son of a town councillor in the west of England, between the Severn and the Clyde. But as a young man he was captured by Irish pirates, kidnapped to Ireland, and reduced to slavery. He was made to tend his master’s herds.

Desolate and despairing, Patrick turned to prayer. He found God was there for him, even in such desperate circumstances. He spent much time in prayer, and his faith grew and deepened, in contrast to his earlier years, when he “knew not the true God”.

Then, after six gruelling, lonely years he was told in a dream he would soon go to his own country. He either escaped or was freed, made his way to a port 200 miles away and eventually persuaded some sailors to take him with them away from Ireland.

After various adventures in other lands, including near-starvation, Patrick landed on English soil at last, and returned to his family. But he was much

changed. He had enjoyed his life of plenty before; now he wanted to devote the rest of his life to Christ. Patrick received some form of training for the priesthood, but not the higher education he really wanted.

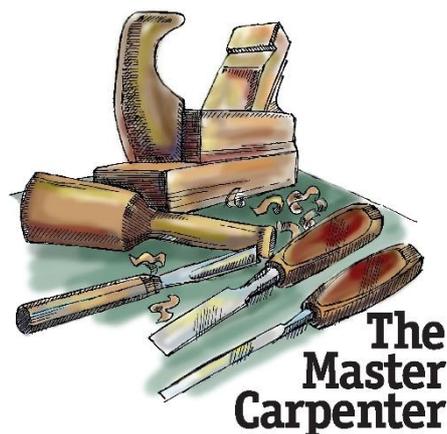
But by 435, well-educated or not, Patrick was badly needed. Palladius' mission to the Irish had failed, and so the Pope sent Patrick back to the land of his slavery. He set up his see at Armagh and worked principally in the north. He urged the Irish to greater spirituality, set up a school, and made several missionary journeys.

Patrick's writings are the first literature certainly identified from the British Church. They reveal sincere simplicity and a deep pastoral care. He wanted to abolish paganism, idolatry, and was ready for imprisonment or death in the following of Christ.

Patrick remains the most popular of the Irish saints. The principal cathedral of New York is dedicated to him, as, of course, is the Anglican cathedral of Dublin.

Holy Days: 19th March: St Joseph, patron saint of fathers and holy death

Why should St Joseph's 'day' be in March? Surely, he belongs to Advent and Christmas, at Mary's side in millions of nativity scenes around the world.



In any case, as the foster-father of Christ and husband of Mary, Joseph played a major part in the story of the coming of Jesus Christ. All that we know about him for sure is in the gospels. Read especially Matthew 1 – 2. He was of Davidic descent, but his trade as a carpenter shows that he was not at all wealthy.

Joseph's gentleness and decency towards Mary, and his willingness to do God's will when it was revealed to him, portray him as a kind and godly person. Joseph is the patron saint of fathers of families, and he makes an excellent example. He comes across as a protecting, loyal, thoughtful, self-controlled person, full of integrity, and willing to work hard. Who wouldn't want a father like that?

Joseph is also the patron saint of all who desire a holy death. Thus, countless churches, hospitals and religious congregations are dedicated to Joseph.

Bible Bite

A short story from the Bible

It can be read in the Bible in
Matthew 25: 14-30

Jesus told a story to help his disciples
to be ready for the end of time. 'A
rich man was about to go on a journey...'

He gave his servants money
to look after, depending on
what they could do.



He gave 5 bags of coins to the
first, 2 to the second, and 1 to the third.

As soon as he had gone,
the first two servants
started to work.



The one with 5 bags of coins
used them to earn 5 more,



and the one with 2 bags
used them to earn another 2!

The third servant dug a
hole and buried his bag.



When
the master
came back,
he called
his
servants
to him...



The first two showed him they
had doubled his money, and he
was very happy with them.

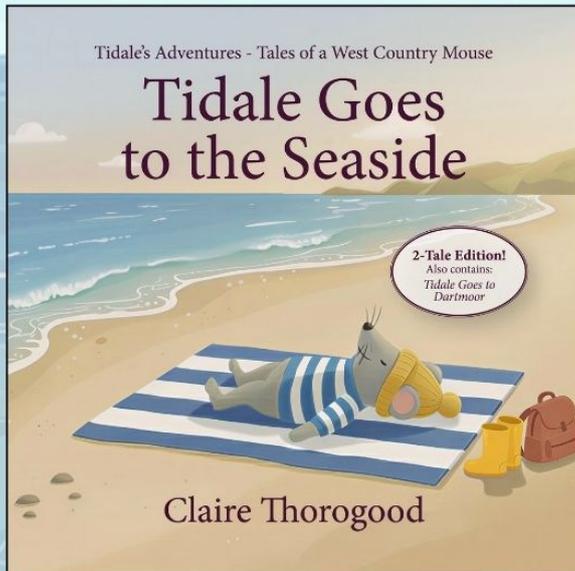
You are a hard man
who expects us to work. I
was afraid so I just hid it.

If you knew what I
expected, why didn't
you do it?



Get out of here!





Tidale lives near Mousehole, in Cornwall

Claire from St Mary's has recently self published two young children's picture books all about her adventurous mouse called Tidale.

Tidale Goes to the Seaside

Tidale flies with his seagull friend Gully to the seaside, where he rides on the big red sea tractor across to Burgh Island.

Tidale Goes to Dartmoor

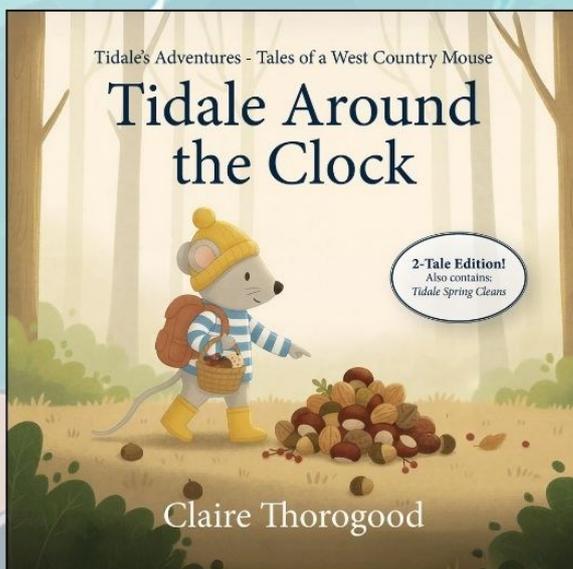
Tidale flies to Dartmoor with Gully and meets up with his friend Penny for a lovely cream tea and some rock climbing.

Tidale Around the Clock

Find out about all the things that Tidale does during his very busy day including getting his whiskers trimmed at Macey's Cuts.

Tidale Spring Cleans

Find out how sparkling, spic and span Tidale keeps his mousehole, with his special tail mouse mop.



Both books are £10.99 each, with 15% of proceeds going to St Mary's Church and Mill Grove Children's Home.

Happy to deliver books to you if you live locally.

Please contact Claire at postboxtidale@gmail.com or at St Mary's Chigwell

tidalesbooks.co.uk

WORDSEARCH – Love and serve one another

On Maundy Thursday we recall the final command that Jesus gave to his disciples before his death. After the Last Supper, He rose and washed his disciples' feet. This was astonishing for a 'teacher' to do, but He had a firm purpose in mind: "A new command I give you: Love one another. As I have loved you, so you must love one another." His disciples were to love through service, not domination, of one another.

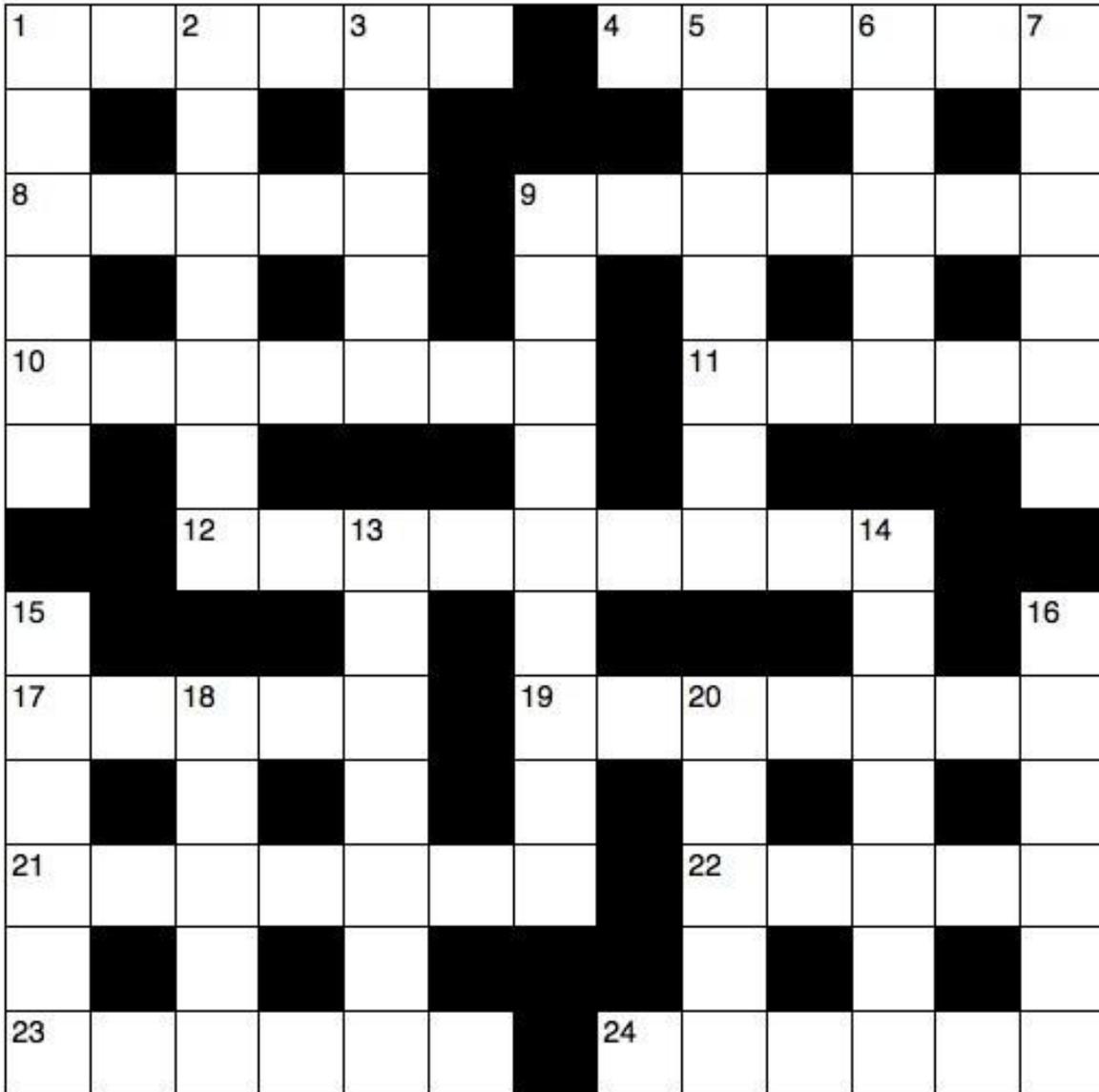
In Latin, the opening phrase of this sentence is 'mandatum novum do vobis'. The word 'maundy' is thus a corruption of the Latin 'mandatum' (or command). The 'washing of the feet' ceremony was an important part of the medieval church's liturgy, symbolising the humility of the clergy, in obedience to the example of Christ.

Words to search for:

Maundy	Thursday	final	command
Jesus	disciples	death	last
supper	washed	feet	astonishing
purpose	teacher	as	loved
you	must	one	another
service	domination	Latin	ceremony
medieval	humility	obedience	

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

CROSS
WORD



ACROSS

- 1 Arouse (Song of Songs 2:7) (6)
- 4 Extinguish (Isaiah 1:31) (6)
- 8 “They — — ,” you will say, “but I’m not hurt!”
(Proverbs 23:35) (3,2)
- 9 Unhappiness (Nehemiah 2:2) (7)
- 10 Jewish (7)

- 11 Dirge (anag.) (5)
- 12 'A truthful witness gives honest — , but a false witness tells lies' (Proverbs 12:17) (9)
- 17 Paul quoted from the second one in his address in the synagogue at Pisidian Antioch (Acts 13:33) (5)
- 19 'Do not use your freedom to — the sinful nature' (Galatians 5:13) (7)
- 21 'As you can see, he has done nothing to — death' (Luke 23:15) (7)
- 22 Name applied by Isaiah to Jerusalem (Isaiah 29:1) (5)
- 23 'All the people — — one man, saying, "None of us will go home"' (Judges 20:8) (4,2)
- 24 Lazarus, who was carried by angels to Abraham's side when he died, was one (Luke 16:20) (6)

DOWN

- 1 Appalled (Job 26:11) (6)
- 2 'In an — to escape from the ship, the sailors let the lifeboat down into the sea' (Acts 27:30) (7)
- 3 Expel (Acts 18:16) (5)
- 5 'But I have a baptism to — , and how distressed I am until it is completed!' (Luke 12:50) (7)
- 6 'Of the increase of his government and peace there will be — — ' (Isaiah 9:7) (2,3)
- 7 Hurry (Psalm 119:60) (6)
- 9 'For I desire mercy, not — , and acknowledgement of God rather than burnt offerings' (Hosea 6:6) (9)
- 13 One of its towns was Sychar, where Jesus met a woman at Jacob's well (John 4:5) (7)
- 14 Shouting (Acts 7:57) (7)
- 15 Arachnid (Isaiah 59:5) (6)
- 16 One of Paul's first converts in Philippi was Lydia, a — in purple cloth (Acts 16:14) (6)
- 18 Donkeys (5)
- 20 Raked (anag.) (5)

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

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all faiths or none.

3rd Tuesday of every
month, 2:30-4:00pm
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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 21st March

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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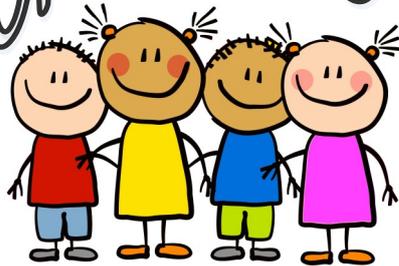
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The Thursday Club Film Night

**Thursday 12th March,
7:30pm
All Saints' Vicarage**



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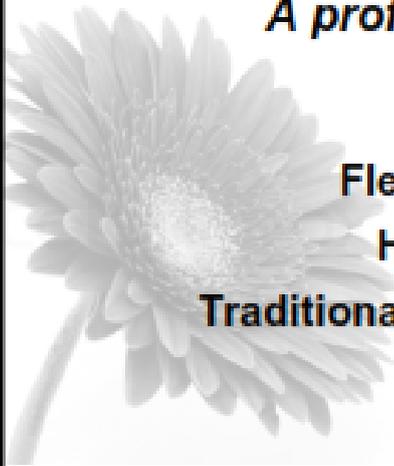
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How God works

A grandmother was taking her young grandson for a walk in the park. The daffodils were in bloom, and it was a beautiful Spring day. Wanting to encourage her grandson's spiritual understanding of the world, she said: "Doesn't it look like an artist painted this scenery? Did you know God did all this?"

Her grandson replied: "Oh yes, and God did it left-handed, too." In astonishment, the grandmother asked what he meant. "Well, He must have done," said her grandson, "because we learned at church last week that Jesus sits on God's right hand."



"I think the D.I.Y. Palm Sunday palm-kit you ordered online is here, dear..."

How many church members does it take to change a light bulb?

What do you mean CHANGE??? That light bulb was given in memory of my grandmother! My father installed it with his bare hands! He donated his time AND the use of his ladder to do it, too! My family's been members of this church for four generations! And if you think you're going to come in here and make a bunch of changes all of a sudden, vicar, you've got another think coming!

Politicians welcome

At the pearly gates, St Peter greeted a church minister and member of Parliament and gave them their room keys. "Vicar, here are the keys to one of our nice single rooms. And for you, Mr MP, the keys to our finest penthouse suite." "This is unfair!" cried the minister.

"Listen," St Peter said, "ministers are a ten a penny up here, but this is the first MP we've ever seen."

From the magazine of the Light Music Society:

Agnus Dei was a woman composer famous for her church music – schoolchild's essay.

Most composers don't live until they are dead – child's essay

Sign on door of music shop: Gone Chopin, but have Liszt, so Bach in a Minuet!

Answers



Crossword

ACROSS: 1, Awaken.
4, Quench. 8, Hit me.
9, Sadness. 10, Semitic.
11, Ridge. 12, Testimony.
17, Psalm. 19, Indulge.
21, Deserve. 22, Ariel.
23, Rose as. 24, Beggar.

DOWN: 1, Aghast. 2, Attempt.
3, Eject. 5, Undergo. 6, No end.
7, Hasten. 9, Sacrifice.
13, Samaria. 14, Yelling.
15, Spider. 16, Dealer.
18, Asses. 20, Drake.



...er... the good news is the youth-group have made a great start by pressure-washing the west window...

St Mary's Stapleford Abbots

Lent Course starting Wednesday 25th February.



The course will be via Zoom.
Every Wednesday at 7:30pm for 4 weeks.

Session 1- February 25th

Session 2- March 4th

Session 3- March 11th

Session 4- March 18th



"Tip Top Table Top Sale"



Saturday 7th March 2026

10am - 2pm

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St Mary's Stapleford Abbots Quiz Night



Friday 17th April 2026

Entry from 7:00pm for 7:30pm start

Stapleford Abbots Village Hall

RM4 1EJ

**£10.00 per person please bring your own
food, the bar will be open for drinks.**

**6 - 8 people per table or less numbered
groups can be accommodated**

Raffle with great prizes!



Licensed bar

**To book a table call Roger
01992 523849**

rogergayler@btinternet.com

Staplefordabbotschurch.com

All contributions to the Parish Mag gratefully received, no later than the 15th of the month.

Post: c/o Parish Office (as below)
Email: sandie.forshaw@btinternet.com
Tel: 07749 258616

To advertise in the magazine, please contact the Parish Office.

Parish Calendar on
GCal:
bit.ly/3H5LXS7



The Parish Office
c/o All Saints' House
Romford Road, Chigwell Row IG7 4QD

Email: office.parish@gmail.com
Tel/WhatsApp: 07835 721815
(closed Monday)

All Saints' Office
All Saints' House
Romford Road, Chigwell Row IG7 4QD

Email:
info.allsaintschigwell@gmail.com
Tel: 020 8500 0914

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

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

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

Rev'd Ann Kosla
Tel: 020 8501 2077
Email: annkosla@gmail.com

Licensed Lay Minister: Mrs Sandie Forshaw (*rest day Monday*)
Tel: 07749 258616
Email: 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: 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	Daniel Forshaw 07591 857657
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Magazine	Advertisements: c/o Parish Office - 07835 721815 Editorial: Sandie Forshaw - 07749 258616		
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Explorer Scouts	Dan Greaves Michael Greaves 07891 652492 07890 400987		
Safeguarding	Vanessa Watling 07810 120877	Emma White 07984 187590	Olivia Murton 07939 135669
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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