



The Magazine for The Parish of
Chigwell & Chigwell Row

April 2026

Hosanna!
Crucify him!
Finished!
He is risen!
Alleluia!

A simple illustration of a green hillside in the foreground. On the right side of the hill, there is a large, brown, rounded shape that resembles a tomb or a large rock, partially buried in the ground.

£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

Churchwardens: Joy Madeiros 07976 803887
Alison Jordan 01992 610717



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 16th April, in lieu of Morning Prayer

St Winifred's Church

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

Churchwardens: Daniel Forshaw 07591 857657
Bill Darke 07880 751578



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.

A message for Easter

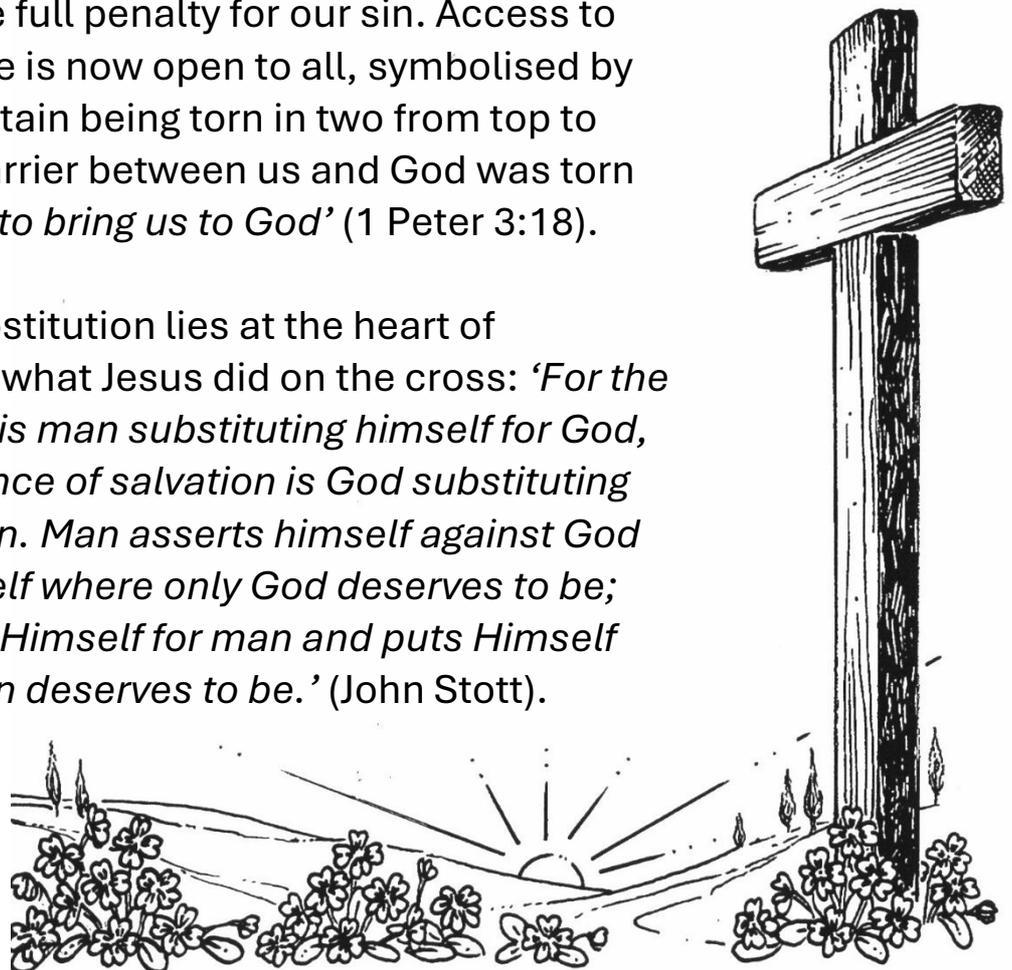
*The cross is a picture of violence, yet the key to peace;
a picture of suffering, yet the key to healing;
a picture of death, yet the key to life;
a picture of utter weakness, yet the key to power;
a picture of capital punishment, yet the key to mercy and forgiveness;
a picture of vicious hatred, yet the key to love;
a picture of supreme shame, yet the Christian's supreme boast.*

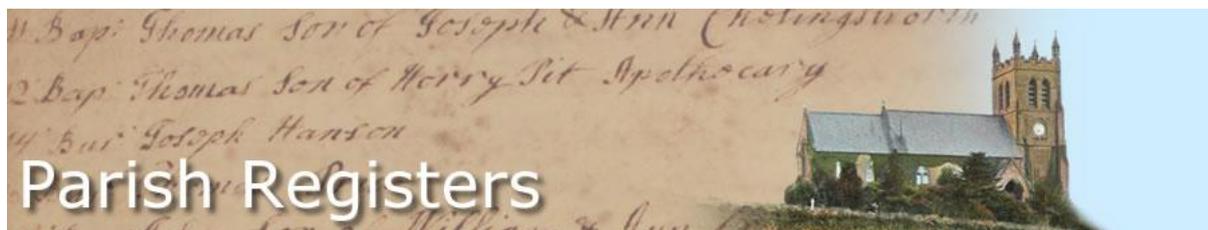
The cross really is the key to everything! Although a horrifying instrument of torture and death, it is also a symbol of God's love and peace. On the cross Jesus died to deal with the problem of our sin and defeat the powers of death and evil. He identified with our sufferings and set us an example of self-sacrificial love.

As Peter writes, *'He himself bore our sins in His body on the tree, so that we might die to sins and live for righteousness; by His wounds you have been healed'* (1 Peter 2:24).

Jesus died in our place on the cross and took away our guilt, to pay the full penalty for our sin. Access to God's presence is now open to all, symbolised by the Temple curtain being torn in two from top to bottom. The barrier between us and God was torn down in order *'to bring us to God'* (1 Peter 3:18).

The idea of substitution lies at the heart of understanding what Jesus did on the cross: *'For the essence of sin is man substituting himself for God, while the essence of salvation is God substituting Himself for man. Man asserts himself against God and puts himself where only God deserves to be; God sacrifices Himself for man and puts Himself where only man deserves to be.'* (John Stott).





Parish Registers

We welcomed in Baptism ...



Jacob Samuel Rowe	29 th March	All Saints'
Bradley Chapman	29 th March	All Saints'
Samuel Sidney Chapman	29 th March	All Saints'
Samantha Oklu	29 th March	All Saints'
Jazmin Oklu	29 th March	All Saints'
Lacey Oklu	29 th March	All Saints'
Erica Smith	29 th March	All Saints'
Adam James William Smith	29 th March	All Saints'

And reaffirming his baptism

Edward Smith	29 th March	All Saints'
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We mourned the loss of ...



Kenneth Burgess	23 rd March	Memorial	St Mary's Church
Cynthia Marian Cheaveau	24 th March	Funeral	Forest Park Crematorium
Joan Winifred Stevenson	25 th March	Funeral	St Mary's Church
Carolyn Mary Whiffin	29 th March	Burial of Ashes	St Mary's Churchyard

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





Holy Week:

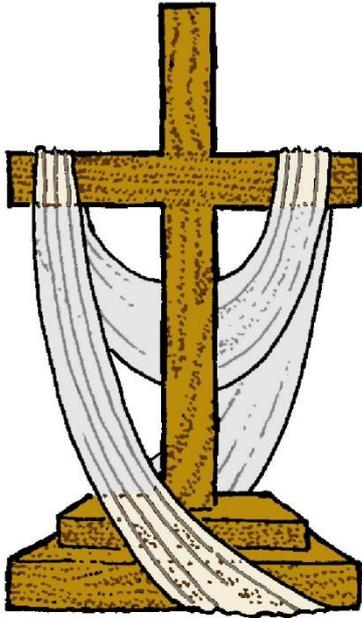
Maundy Thursday, time to wash feet

Maundy Thursday is famous for two things. The first is one of the final acts that Jesus did before His death: the washing of His own disciples' feet (see John 13). Jesus washed His disciples' feet for a purpose: "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 'mundy' is thus a corruption of the Latin 'mandatum' (or command). The ceremony of the 'washing of the feet' of members of the congregation came to be an important part of the liturgy (regular worship) of the medieval church, symbolising the humility of the clergy, in obedience to the example of Christ.

But Thursday was also important because it was on that night that Jesus first introduced the Lord's Supper, or what we nowadays call Holy Communion.

Jesus and His close friends had met in a secret upper room to share the Passover meal together - for the last time. And there Jesus transformed the Passover into the Lord's Supper, saying, 'this is my body' and 'this is my blood' as He, the Lamb of God, prepared to die for the sins of the whole world. John's gospel makes it clear that the Last Supper took place the evening BEFORE the regular Passover meal, and that later Jesus died at the same time that the Passover lambs were killed.



Good Friday, the day the Son of God died for you

Good Friday is the day on which Jesus died on the cross. He was crucified at 9am in the morning, and died six hours later, at 3pm. It is the most solemn day in the Christian year, and is widely marked by the removal of all decorations from churches. In Lutheran churches, the day was marked by the reading of the passion narrative in a gospel, a practice which lies behind the ‘passions’ composed by Johann Sebastian Bach (1685 – 1750). Both the St Matthew Passion and the St John Passion have their origins in this observance of Good Friday.

The custom of observing a period of three hours’ devotion from 12 midday to 3pm on Good Friday goes back to the 18th century. The ‘Three Hours of the Cross’ often take the form of an extended meditation on the ‘Seven Last Words from the Cross’, with periods of silence, prayer, or hymn-singing.

Easter Eve or Holy Saturday

Easter Eve is the last day of Lent. It is the day between Good Friday and Easter Day and represents the one full day that Jesus was dead. It is a day of quiet reflection and anticipation for Christians worldwide.

In various church traditions it is known as Easter Eve, Holy Saturday, the Great Sabbath, Hallelujah Saturday, Saturday of the Glory, and Black Saturday.

Easter Eve is sometimes incorrectly called Easter Saturday. But Easter Saturday is the Saturday following Easter Sunday. Most churches do not have any services on Easter Eve. In the Catholic Church, the altar remains stripped completely bare.

Many Lutheran, Anglican, Methodist, and other churches observe many of the same customs as the Catholic Church; however, their altars may be covered in black instead of being stripped.

In the Catholic, Lutheran, Anglican, and Methodist traditions, Easter Eve lasts until nightfall, after which the Easter Vigil is celebrated, marking the official start of the Easter season.

What did Jesus do on that one full day in the grave? Christian understanding varies on this.

The Roman Catholic, Eastern Orthodox and most mainline Protestant churches teach that Jesus descended to the realm of the dead on Holy Saturday, to save the righteous souls who died before His crucifixion.

The catechism of the Catholic church calls the descent "the last phase of Jesus' messianic mission," during which He "opened heaven's gates for the just who had gone before Him."

Often called "the Harrowing of Hell," the dramatic image of Jesus breaking down the doors of Hades has proved almost irresistible to artists, from the painter Hieronymus Bosch to the poet Dante to countless Eastern Orthodox iconographers.

But some Protestants say there is little scriptural evidence for the detour to hell, and that even Jesus' own words contradict it. For



on Good Friday, Jesus told the Good Thief crucified alongside Him that "today you will be with Me in Paradise," according to Luke's Gospel."

"That's the only clue we have as to what Jesus was doing between death and resurrection," John Piper, a prominent evangelical author and pastor from Minnesota, has said. "I don't think the thief went to hell and that hell is called paradise."

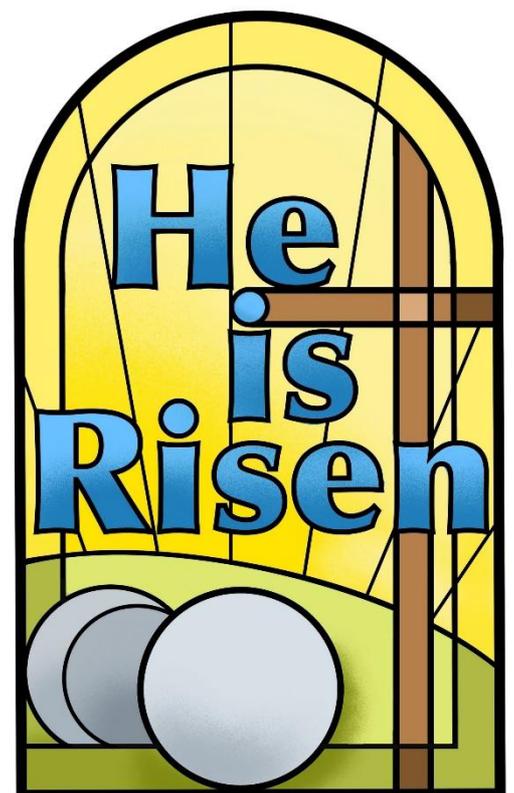
The Bible says little about the interlude between Jesus' death and resurrection. Churches that teach He descended to the realm of the dead usually quote 1 Peter 3:18-20. "Christ was put to death as a human, but made alive by the Spirit," Peter writes. "And it was by the Spirit that He went to preach to the spirits in prison."

The descent might not have become a doctrine if not for a fourth-century bishop named Rufinus, who added that Jesus went ad inferna - to hell - in his commentary on the Apostles' Creed. The phrase stuck, but it was officially added to the influential creed only centuries later.

EASTER, the most joyful day of the year

Easter is the most joyful day of the year for Christians. Christ has died for our sins. We are forgiven. Christ has risen! We are redeemed! We can look forward to an eternity in His joy! Hallelujah!

The Good News of Jesus Christ is a message so simple that you can explain it to someone in a few minutes. It is so profound that for the rest of their lives they will still be 'growing' in their Christian walk with God.



Why does the date move around so much? Because the date of Passover moves around, and according to the biblical account, Easter is tied to the Passover. Passover celebrates the Israelites' exodus from Egypt, and it lasts for seven days, from the middle of the Hebrew month of Nisan, which equates to late March or early April.

Sir Isaac Newton was one of the first to use the Hebrew lunar calendar to come up with firm dates for the first Good Friday: Friday 7th April 30 AD or Friday 3rd April, 33 AD with Easter Day falling two days later. Modern scholars continue to think these two Fridays to be the most likely.

Most people will tell you that Easter falls on the first Sunday after the first full moon after the Spring Equinox, which is broadly true. But the precise calculations are complicated and involve something called an 'ecclesiastical full moon', which is not the same as the moon in the sky. The earliest possible date for Easter in the West is 22nd March, which last fell in 1818. The latest is 25th April, which last happened in 1943.

Why the name, 'Easter'? In almost every European language, the festival's name comes from 'Pesach', the Hebrew word for Passover. The Germanic word 'Easter', however, seems to come from Eostre, a Saxon fertility goddess mentioned by the Venerable Bede. He thought that the Saxons worshipped her in 'Eostur month,' but may have confused her with the classical dawn goddesses like Eos and Aurora, whose names mean 'shining in the east'. So, Easter might have meant simply 'beginning month' – a good time for starting up again after a long winter.

Finally, why Easter eggs? On one hand, they are an ancient symbol of birth in most European cultures. On the other hand, hens start laying regularly again each Spring. Since eggs were forbidden during Lent, it's easy to see how decorating and eating them became a practical way to celebrate Easter.



Questions?

**Come and find out more about
the Christian faith, ask questions
and learn together!**

**Wednesday evenings, from 22nd March,
7:30pm at All Saints' Vicarage, Romford
Road, Chigwell Row, IG7 4QD.**

All welcome!

Alpha

**More info from
Rev'd Paula Preston: Tel 020 8501 5226
revpaulapreston@gmail.com, allsaintschigwellrow.org**

or contact the Parish Office
office.parish@gmail.com or 07835 721815.

Run by the churches of the Benefice of the Vale of Roding:
St Mary's Chigwell, St Winifred's Chigwell, All Saints' Chigwell Row
St Mary the Virgin, Stapleford Abbots, and St Mary & All Saints', Lambourne

Canon Paul Hardingham continues his seven-part series.

The Seven Deadly Sins: Envy

‘A heart at peace gives life to the body, but envy rots the bones.’
(Proverbs 14:30).



This month we are looking at the Deadly Sin of *envy*. As a consuming desire to have what others have got, it's a major source of unhappiness.

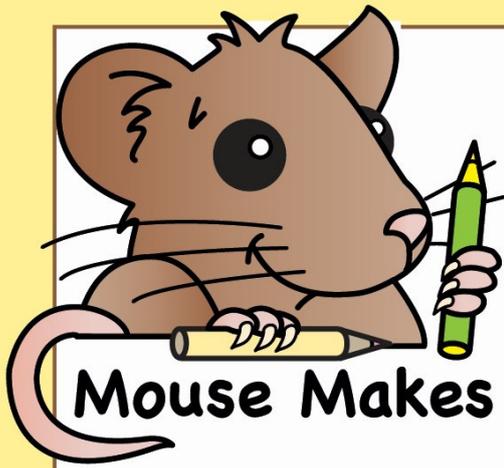
It is different to jealousy: *‘Envy is wanting something that someone else has. Jealousy is the fear of losing something you already have to someone else’* (Brene Brown). We can envy things like wealth, looks and, possessions, resulting in resentment, bitterness and anger. The pursuit of possessing what others have will always leave us empty and dissatisfied, as the use of social media demonstrates.

How do we overcome envy in our lives?

Gratitude: ‘Give thanks in all circumstances; for this is God’s will for you in Christ Jesus’. (1 Thessalonians 5:18). A grateful heart has no room for envy, when we focus on God’s love for us and what He has given us, rather than looking at others’ gifts and opportunities. God has created us uniquely to be the people we are and different to others. As a result, we are better able to rejoice with those who rejoice and weep with those who weep.

Trust: ‘And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.’ (2 Corinthians 9:8). One of the chief causes of envy is FOMO: Fear of Missing Out! We can trust that God knows everything that we need and so we don’t need to worry about missing out. By entrusting our lives to Him, we can confidently depend on God meeting all our needs.

Is God truly enough for me? *‘The Lord is my shepherd, I lack nothing.’* (Psalm 23:1).



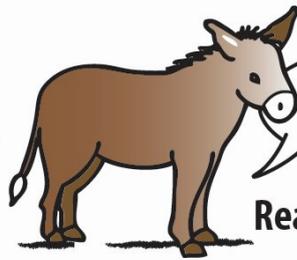
Mouse Makes

G O O D N E W S
 O H O S A N N A
 D E A T H Q B V
 V N C O E E U I
 U A H N A A R O
 M I R E V S Y U
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 S R Y E M P T Y

JESUS • DONKEY • PALMS
 HOSANNA • PILATE • THORNS
 CRUCIFY • NAIL • CROSS
 QUAKE • DEATH • BURY
 TOMB • STONE • EMPTY
 ANGEL • MARY • HEAVEN
 RISEN • ALIVE • GOD
 GOOD NEWS • CHRIST
 SAVIOUR • EASTER • JOY



EASTER WITNESS - I WAS THERE



I carried Jesus into Jerusalem

Read Matthew 21:1-11



I handed Jesus over to be crucified

Read Matthew 27:11-26



I nailed Jesus to the cross

Read Mark 15:16-32



We watched Jesus die

Read Mark 15:33-41



I laid his body in my tomb

Read Mark 15:42-47



I guarded the tomb

Read Matthew 27:62-66



We saw the empty tomb

Read Matthew 28:1-10

and spoke to the angel



Jesus is alive!
He ate a meal with me!



Read Luke 24:13-35

In the Blink of an Eye (Part 5)

by Susan Ashby

As many of you may remember, Peter Ashby suffered a stroke, which, can you believe, was 10 years ago at the end of March? (At the time of writing, it is early March).

As you know, initially he was very, very ill and this stroke followed bowel cancer, exactly a year earlier, which had drained him. As I sat at the side of his bed as he was fighting for his life, I prayed and asked God to not take him from me and to give me the health and strength to look after him. He fulfilled His part and I am grateful to Him that I am still able to fulfil my part.

Peter remains a very determined man and it's his determination and independence that has got us through the last ten years. He really lives up to his name because he is definitely "our rock". We could not get through the difficult times without his positive outlook.

He has been keeping well and coped remarkably since our last entry. However, last year, he was admitted to hospital with gallstones that had got through to the liver (and he was in excruciating pain), and after 16 days in hospital he was discharged, having not needed treatment - all medication was stopped as the liver needed to rest. Whilst he was in the ward, he was talking to a member of staff and referred to himself as a "silly billy" – which as many of you will know is one of his favourite phrases. A few minutes later, one of his nurses from another clinic came to the doorway and said "I know that voice. There's only one person that would use that phrase!". He chatted and laughed with her for 15 minutes. His phrases have become iconic within the hospital.

After Covid, many things did not return to our routine (I'm sure you have various aspects of your life like this, too). So, due a change in exercise classes, his weak foot has become weaker and he now has to have his shoe adapted to wear a calliper but this enables Peter to walk with more confidence.

Since I last updated you, in 2021, Peter has also been diagnosed with heart failure. It was initially flagged during a routine appointment with the GP. In each edition we have given thanks for the NHS so,

once again, praise the Lord for the NHS! Since then, Peter has been prescribed various medications and participated in a special course of physiotherapy for heart failure patients. We pray every day for God's support through this, for Peter, his doctors and nurses and for ourselves so that we can continue to give Peter everything that he needs.

Monty (our 5 year old cockapoo) continues to bring joy to our lives. We very often reference Peter's first words to him of "Oh! You're little!". They continue to be good friends, and Monty particularly enjoys sharing Peter's food with him - this really brings Peter so much joy too. He's always been a dog lover, and this is the evidence – he can't do much for him but would literally give him his last crumb if Monty needed it. The respect between them is incredible. If, for some reason, I am in another room and Peter calls, Monty will run to me and come to tell me clearly with the speech bubble above his head that reads "Excuse me! Daddy's calling you!". Dogs are the best, aren't they?



Peter and Monty sitting together first thing in the morning, happily watching the world go by.



Peter walking Caroline down the aisle - there wasn't a dry eye to be seen. Even the photographer cried!

In April last year, our eldest daughter, Caroline, got married at St Mary's. Peter was determined to walk her down the aisle. He worked very hard at his exercise classes, the physios were really supportive and Jessica, our youngest daughter, worked tirelessly with him to achieve his goal. He made it! There wasn't a dry eye in the house! Such confidence, such independence! The evening reception included Peter dancing to "Reach" by S Club 7 which was a song the girls danced to when they were much younger on holiday and their daddy usually joined in with them! We are very grateful for God's blessings and healing and thank Him every day and night. Whenever people compliment him on his

recovery and ability, he always says, “No. It’s not me, it’s Him” and raises his hand to the Lord. He continues to have a strong faith and never has sad thoughts or “Why me?” moods. He knows what he wants in life, what he wants to do, where he wants to go, what he wants to eat, what he wants to watch on tv, and I think Donald Trump needs to look out because Peter has opinions on him!

In October, we were able to celebrate Peter’s 85th birthday. You can imagine how excited and relieved we were to celebrate this day. We were very grateful to everyone for their good wishes, cards and presents. He had a really lovely day and enjoyed every minute of it.

Again, I would like to give huge thanks to all NHS staff who have helped and continue to help Peter. We are so grateful to each individual who has helped him. I cannot criticise the system or the staff. I know the waiting lists are long but the staff, especially in A&E, work unbelievably hard. Praise God for the medical staff.

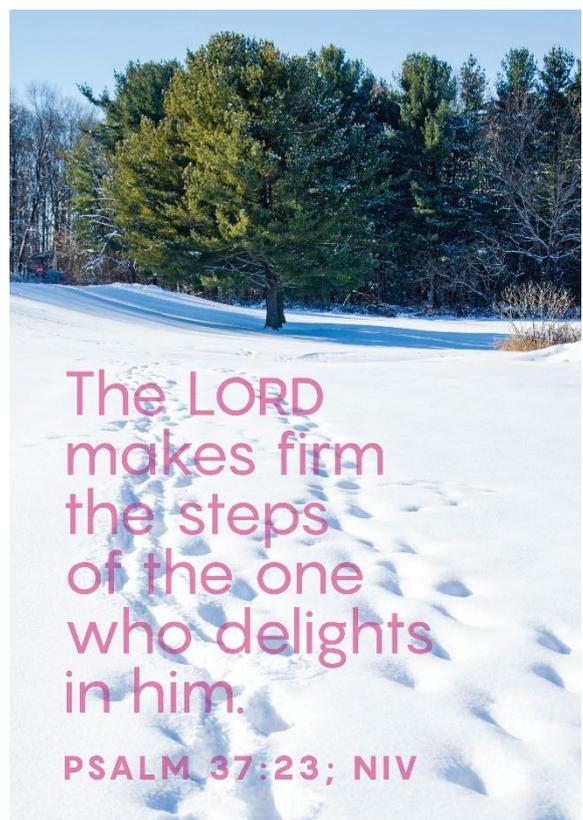
Thank you to everyone who has prayed for Peter; please continue to do so because prayer works and Peter is proof of that.

Please make the most of every day that God gives you because you never know what is around the corner and “in the blink of an eye” it can all change.

I’m going to finish exactly as I have before; those close to me know that I always say, we don’t understand the route, we just have to follow it. I believe that whatever the storm, God is there with an umbrella and when it gets too difficult to cope, He will carry you through it, just like the Footprints poem.

Please continue to pray for Peter’s continued health and recovery and give thanks to God for the blessings He’s given to us so far.

Susan Ashby
sue.ashby@live.co.uk



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

Reflected Faith Series: Same Old, Same Old

Last time I wrote I suggested you listened carefully to your own internal thoughts and feelings before and after listening to a sermon – be it in church live or on a video or broadcast.



Well, here we are at Easter – and guess what the sermon subject is likely to be? Christ is risen – He is risen indeed!

In so many ways it really could be ‘same old, same old’ and the preacher could just repeat last year’s sermon. Let’s face it, nothing will have changed in the Easter story in the last 12 months.

Or has it? For me, and I suspect for most folks, 12 months can be a ‘long’ time; and things change in our lives. Babies are born, youngsters change school, teenagers leave school, young people move out, friends die, accidents happen, and pains and sorrows come and go.

Around all of that personal business the world turns: there are holidays, seasons, catastrophes, people hurting people, people caring for others and on and on it goes. Things might repeat but they are never truly ‘the same’.

So it is with the Easter story. Christ is risen – He is risen indeed! Really? In the midst of my life and the world around me? In the centre of your life and your community?

Is it any less amazing today than it was last year, or the year before, or a decade previously or when the women went to the tomb that first Resurrection Day?

In so many ways I need to hear this story again – but anew. New, not just because the preacher will (hopefully) have made it register with what’s happening around my small community today and new

because I am not the same person I was a year ago – for better or worse!

I shall hear those words differently this year than ever before. Christ is risen – He is risen indeed!

This month

Before you listen to this year's Easter Sermon, think about the changes you've had in your life since last year and the world around us. How much more do you need a living Christ today? May you say in your depths, with me: *Christ is risen – He is risen indeed!*

General Synod Roundup

In February, General Synod met in London for its usual five-day group of sessions. Here are some of the highlights:

Synod on Monday 9th February

The Archbishop of York, Stephen Cottrell, welcomed the 106th Archbishop of Canterbury, Sarah Mullally, paying tribute to her long ministry in nursing and public service. Synod greeted Archbishop Sarah with a standing ovation.

Synod on Tuesday 10th February

Sarah Mullally gave her first Presidential Address from Sarah Mullally. She spoke of approaching her ministry with calm, consistency and compassion; of nurturing confidence and hope rooted in the Gospel; and of recommitting the Church to transparency, safeguarding, and the flourishing of the local parish and communities.

Prayers were said for the Bishop of Guildford, Andrew Watson, following his announcement of an untreatable cancer diagnosis¹.



¹ Sadly the Bishop has since passed away.

There was an extended Q&A on Living in Love and Faith. The House of Bishops' January 2026 statement had concluded the LLF programme in its current form, agreed the continued monitoring of Prayers of Love and Faith within regular services under Canon B5, and the establishment of new governance structures.

Synod supported the Archbishop's Commission on Reimagining Care and also emphasised the importance of listening to disabled and older people in shaping the future of adult social care.

Synod on Wednesday 11th February

Persecution of Christians around the world, the impact of the mental health crisis in UK and the Church's own progress on establishing an independent safeguarding body were among subjects discussed at the General Synod on Wednesday.

There was then a major debate on mental health and the Church. A motion was passed that called for those training for ordination to have specific courses on how to support people facing mental health challenges, and also for counselling and therapy to be available to clergy.

General Synod overwhelmingly approved a motion to establish a new independent oversight body for church safeguarding, brought by Dame Christine Ryan, the independent Executive Chair of the Church's Safeguarding Structures Programme Board.

Synod on Thursday 12th February

Synod debated the Sustainable Flowers initiative, which encourages churches to source local flowers and foliage. It also debated the problem of poverty in the UK, in the light of the 40th anniversary of the Faith in the City report.

Finally, it approved a motion on Living in Love and Faith, affirming that the programme will conclude by July and commending the House of Bishops in establishing the Relationships, Sexuality and Gender Working Group and Relationships, Sexuality and Gender Pastoral Consultative Group for continuing work.

Sunday Services & Readings for April

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 5th April Easter Day	Acts 10:34-43 John 20:1-18
Limes Farm: St Mary's: All Saints': St Mary's: St Winifred's:	6:15am Sunrise Service 9:15 Holy Communion BCP 10:00 All Age Holy Communion 10:45 All Age Morning Worship 11:15 All Age Morning Worship
Sunday 12th April 2nd Sunday of Easter	Acts 2:14a, 22-32 John 20:19-31
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
Thursday 16th April	
All Saints':	9:15 Holy Communion
Sunday 19th April 3rd Sunday of Easter	Acts 2:14a, 36-41 Luke 24:13-35
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
Sunday 26th April 4th Sunday of Easter	Acts 2:42-47 John 10:1-10
St Mary's: All Saints': St Mary's: St Winifred's:	9:15 Matins 10:00 Morning Worship 10:30 Holy Communion 11:15 Morning Worship
Sunday 3rd May 5th Sunday of Easter	Acts 7:55-60 John 14:1-14
St Mary's: All Saints': St Mary's: St Winifred's:	9:15 Holy Communion BCP 10:00 All Age Holy Communion 10:45 All Age Morning Worship 11:15 All Age Morning Worship

Parish Diary

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

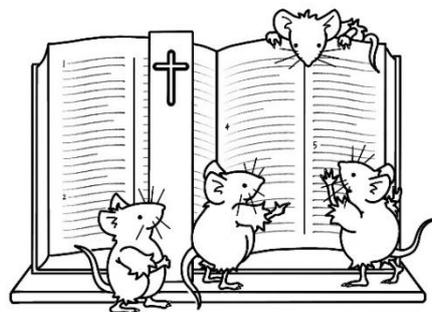


Date	Time	Event	Venue
Mondays	8:00pm	Hour of Prayer (except 6th April)	circulates around the benefice
Tuesdays	9:00am	Morning Prayer	St Win's Church
Wednesdays	9:00am	Morning Prayer	St Mary's Church
	10:30am	'Open House'	St Mary's Church
	6:15pm (open 5:30)	Time 2 De-stress (last one 1 st April)	All Saints' House
	6:00pm (open 5:30)	Rest & Refresh (from 15 th April)	All Saints' Church
Thursdays	9:00am	Morning Prayer (except 9 th April)	All Saints' Church
	9:00am	Women's Group (term time only)	Limes Centre
	10:30am	'Open House'	St Mary's Church

Thursday 2 nd April	6:30pm	Maundy Thursday Seder Meal	All Saints' Hall
Friday 3 rd	10:00am	Good Friday Walk of Witness from All Saints' to St Winifred's	
	2:00pm	An Hour at the Cross	All 3 churches
Sunday 5 th	6:15am	Easter Day Sunrise Service & breakfast	Hill by St Win's
Monday 13 th	8:00pm	Hour of Prayer	St Mary's
Tuesday 14 th	8:00pm	Extraordinary PCC (1)	All Saints' House
Wed 15 th	8:00pm	Extraordinary PCC (2)	All Saints' House
Thursday 16 th	9:15am	Parish Holy Communion	All Saints' Church
Saturday 18 th	8:00am	Men's Breakfast	All Saints' House
	8:30am	Ladies' Breakfast	St Mary's C/rooms
Monday 20 th	8:00pm	Hour of Prayer	Lambourne Church
Tuesday 21 st	2:30pm	Time 4 Tea	All Saints' House
Wed 22 nd	7:30pm	Alpha	All Saints' Vicarage
Sunday 26 th	7:00pm	APCM	St Mary's Church
Monday 27 th	8:00pm	Hour of Prayer	All Saints' Church
Tuesday 28 th	2:00pm	Time 4 God	All Saints' House
Wed 29 th	7:30pm	Alpha	All Saints' Vicarage

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: Lamentations



The Book of Lamentations consists of five laments over the destruction of Jerusalem and the exile of Judah's leading inhabitants to Babylon. Tradition ascribes the book to Jeremiah, who witnessed Jerusalem's destruction in 586 BC. Each lament is an *acrostic*, ie each verse begins in order with a different letter of the Hebrew alphabet (except the fifth).

The themes of the laments can be summarised as follows: Jerusalem in Agony (1); the LORD's Anger (2); Judah's complaint against Adversity (3); Jerusalem's Anxiety (4); and Judah's prayer to the Almighty (5). Lamentations portrays the overwhelming sense of loss that accompanied the destruction of the city, along with its Temple with its worship and sacrifices. However, the book is not simply concerned about Jerusalem's destruction, but for the lessons that can be learned from it.

Jeremiah sees the Babylonians as human agents of God's judgment upon Judah's sin. It was God Himself who destroyed the city and temple. However, God's action was not arbitrary, for the people had deliberately sinned against Him and broken their covenant with Him. Although the people's tears and cries for vengeance are understandable, God looks for a sincere heartfelt sorrow from the people. The book begins with lament, '*How deserted lies the city, once so full of people! How like a widow is she who once was great among the nations!*' (1:1), but finishes with repentance, '*Restore us to yourself, Lord, that we may return; renew our days as of old*' (5:21).

However, in the middle of the book there is a reminder of God's goodness and faithfulness: '*Because of the Lord's great love we are not consumed, for His compassions never fail. They are new every morning; great is your faithfulness.*' (3:22-23).

WORDSEARCH

Even as Jesus ate that last Passover meal with his disciples, he warned them He was about to be betrayed. He took the bread, blessed it, broke it and gave it to them; He took the cup, gave thanks, and gave it to them to drink.

The Old Covenant, based on Law, was ticking away its final hours; the New Covenant, based on Christ's body and his blood, was about to be ushered in. Jesus prayed in Gethesame that this fearful cup might be removed from Him, but even more, that God's will might be done. And it was.

From Easter onwards we can only approach God through his Son, Jesus Christ, not on our own merit.

Words to search for:

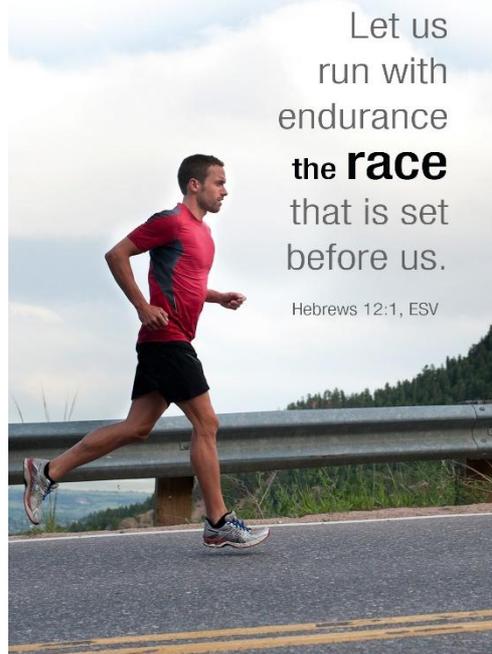
Jesus	ate	last	Passover
meal	disciples	warned	betrayed
bread	blessed	wine	thanks
drink	covenant	law	old
new	body	blood	Gethsemane
cup	removed	will	easter
approach	God		



Christians run the London Marathon

The London Marathon (April 26th this year) is the largest fundraising event on the planet, and each Spring attracts up to 800,000 spectators along the 26.2-mile course.

Several Christians with a public Christian faith, or who are running for Christian charities, have run in recent London Marathons. Here are some notable examples from 2024 and 2025:



Chris Evans (Radio/TV Host): The Virgin Radio host, who has spoken about his faith and returning to running after feeling a "sign from God," has completed multiple London Marathons.

Glyn Wise (Former Big Brother Star/Aspiring Priest): A former Big Brother contestant who has since trained for the ministry, he ran the marathon to raise funds for The Salvation Army.

Chris Brown (Christians in Sport): A regular marathon runner who has participated to raise money for *Christians in Sport*, often aiming to set Guinness World Records, such as the fastest marathon in a field hockey goalkeeper kit.

Gary (Barnabas Aid runner): Ran to raise funds for 'Food.gives', a project supporting persecuted Christians.

The Revd Rod Reid ("The Running Reverend"): A regular participant in the London Marathon, running for mental health charity MIND.

The London Marathon also frequently features runners from the *Christians in Sports* organisation, which works to support athletes and promote faith through sporting activity.

And nearer to home, David Forshaw is running this year too; thank you to all who have sponsored him. bit.ly/David_marathon

Bible Bite

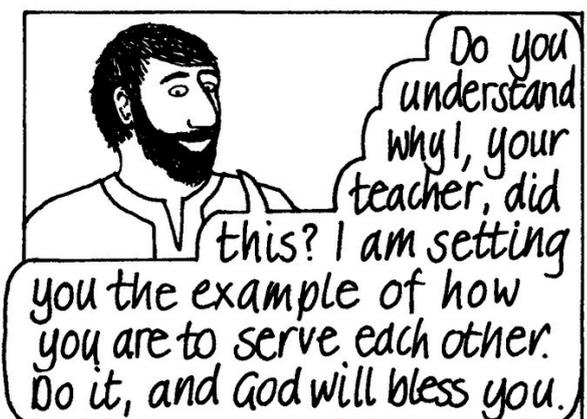
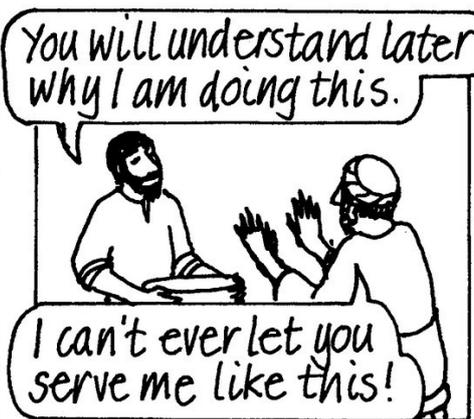
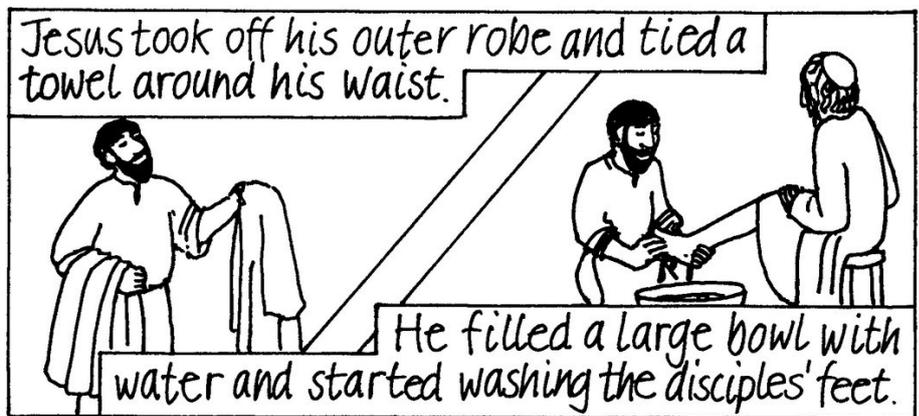
A short story from the Bible

It can be read in the Bible in
Luke 22:24, John 13:3-17

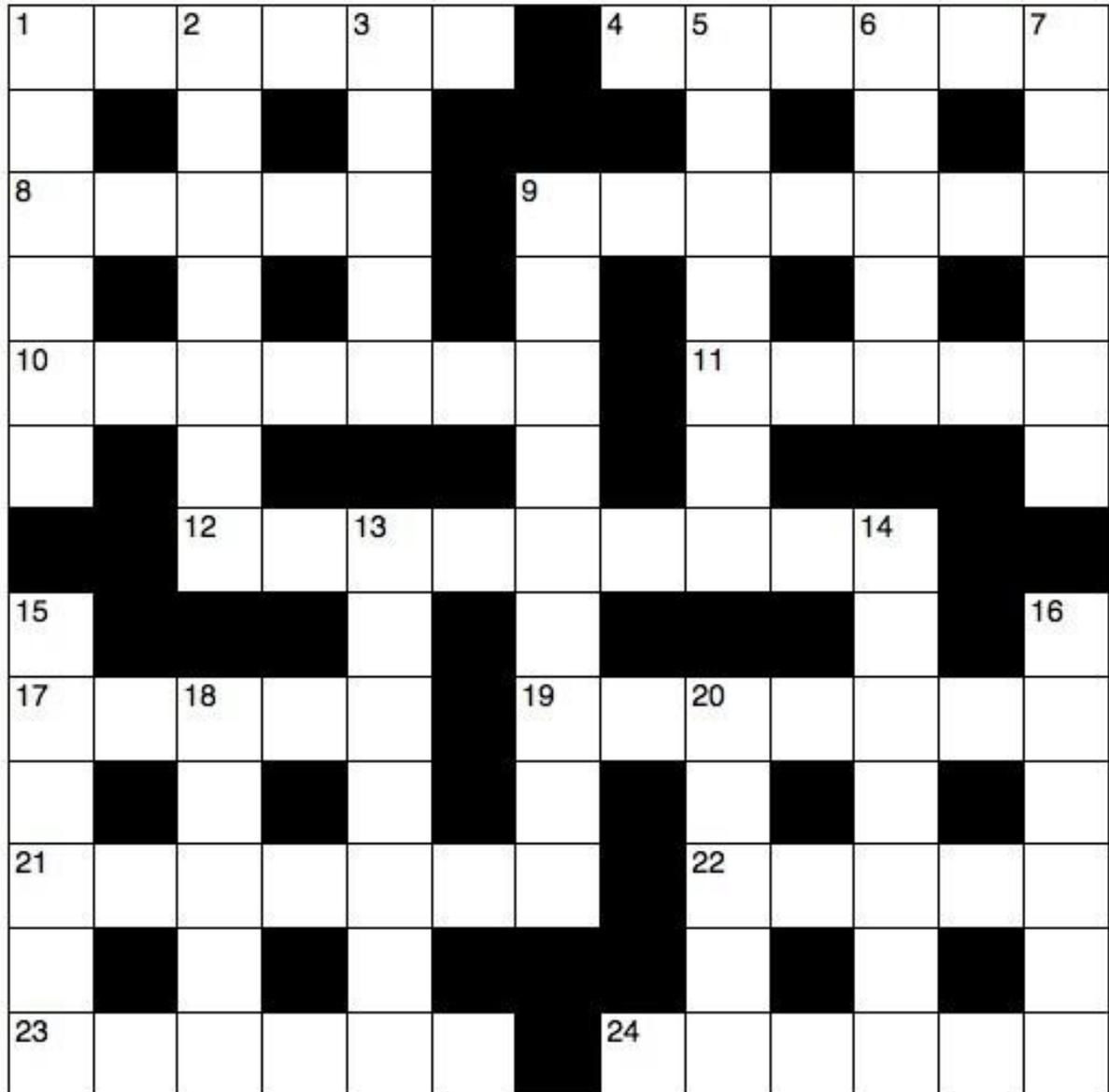
Jesus and his disciples were celebrating
the Passover with the special meal.
The disciples were bickering again.



There was a reason why no-one wanted to be the least important - the roads were mud and everyone's feet got very dirty.



CROSS
WORD



ACROSS

- 1 Relating to the whole universe (6)
- 4 The disciple who made the remark in 8 Across (John 20:24) (6)
- 8 'Unless I see the nail marks — — hands, I will not believe it' (John 20:25) (2,3)
- 9 He urged King Jehoiakim not to burn the scroll containing Jeremiah's message (Jeremiah 36:25) (7)
- 10 Baptist minister and controversial founder of America's Moral Majority, Jerry — (7)

- 11 'Look, here is — . Why shouldn't I be baptised?' (Acts 8:36) (5)
 12 Repossessed (Genesis 14:16) (9)
 17 Port from which Paul sailed on his last journey to Rome
 (Acts 27:3–4) (5)
 19 'Moses was not aware that his face was — because he had
 spoken with the Lord' (Exodus 34:29) (7)
 21 Roonwit, C.S. Lewis's half-man, half-horse (7)
 22 Grill (Luke 24:42) (5)
 23 'The lot fell to Matthias; so he was added to the — apostles'
 (Acts 1:26) (6)
 24 'I was sick and you looked after me, I was in — and you came to
 visit me' (Matthew 25:36) (6)

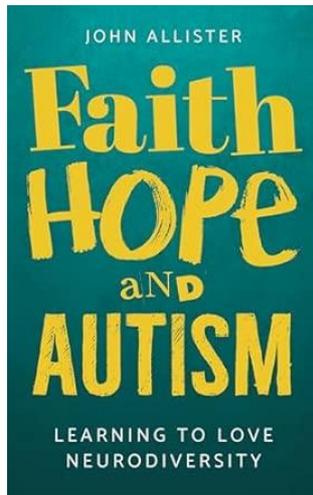
DOWN

- 1 Coastal rockfaces (Psalm 141:6) (6)
 2 Academic (1 Corinthians 1:20) (7)
 3 Publish (Daniel 6:26) (5)
 5 For example, the Crusades (4,3)
 6 11 Across is certainly this (5)
 7 He reps (anag.) (6)
 9 Liberator (Psalm 18:2) (9)
 13 Man who asked the question in 11 Across was in charge of all her
 treasury (Acts 8:27) (7)
 14 They must be 'worthy of respect, sincere, not indulging in much
 wine' (1 Timothy 3:8) (7)
 15 The human mind or soul (6)
 16 'O Lord, while precious children starve, the tools of war increase;
 their bread is — ' (Graham Kendrick) (6)
 18 'We played the flute for you, and you did not — '
 (Matthew 11:17) (5)
 20 Bared (anag.) (5)



Faith, Hope and Autism – learning to love neurodiversity

by John Allister, Canterbury Press, £16.99



What does church feel like if you're autistic? And how can churches become places where autistic people truly belong?

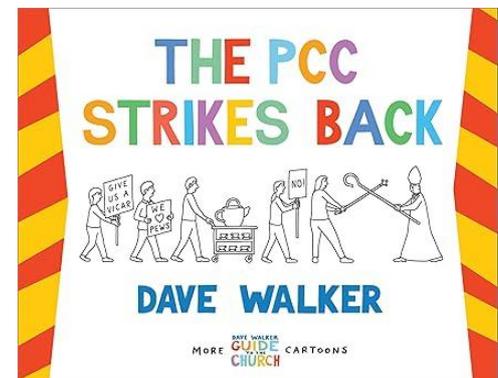
John Allister, an autistic Church of England vicar, shares honest stories, practical insights, and heartfelt letters to his younger self. He opens up a window into the joys and challenges of growing up autistic, discovering faith, and finding a place in the church. *Faith, Hope and Autism* is a powerful invitation to see the church - and each other - differently.



The PCC Strikes Back – more Dave Walker
Guide to the Church Cartoons, by Dave Walker,
Canterbury Press, £10.99

Dave Walker, cartoonist, cyclist, web editor and former church and youth worker is the UK'S most shrewd observer of the quirks of church life.

His distinctive *Guide to the Church* cartoons appear weekly in the Church Times, this ninth collection includes, among other things: those new church chairs – rejected designs, some handy suggestions for the church app, and a hierarchy of needs for when you get locked in the church.

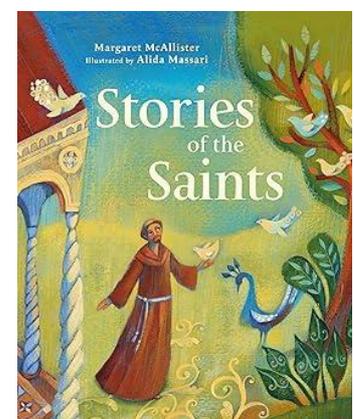


Stories of the Saints

by Margaret McAllister, SPCK, £12.99

A beautifully illustrated children's book featuring twelve inspiring stories of Christian saints, ideal for ages 7 to 11. From Saint Peter and Saint Paul to Saint Francis of Assisi, Saint Teresa of Avila, Saint Bernadette, Padre Pio, and more, each story brings to life the courage, faith, and compassion of these beloved saints.

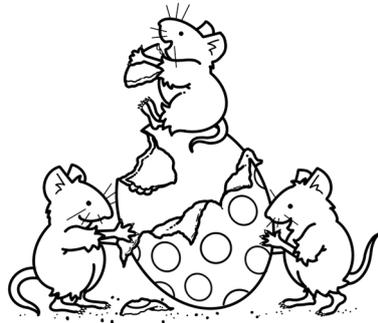
Lively and vivid, some tales are told in the first person, others through onlookers' eyes, with each story including extra information about the saint's life. Graceful illustrations, inspired by ancient art and architecture, make every page a visual delight. Perfect for young readers, families, and Sunday schools, this faith-based collection inspires children with stories of heroism, kindness, and devotion.



Watch this space

Last Time 2 Destress on
1st April, 5:30 for 6:15pm,
All Saints' House.

Rest & Refresh coming on
15th April, 5:30 for 6:00pm,
All Saints' Church



Time 4 Tea

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

3rd 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 18th April

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.**

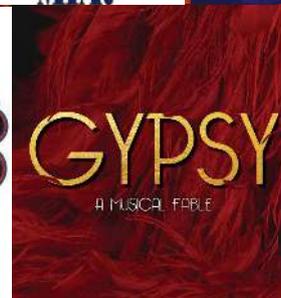
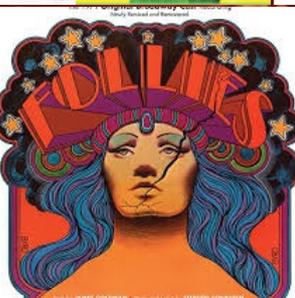
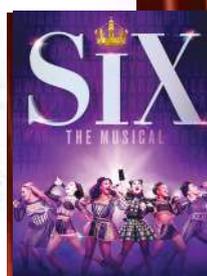
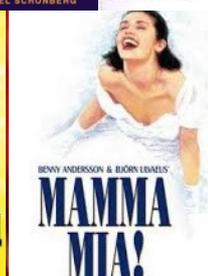
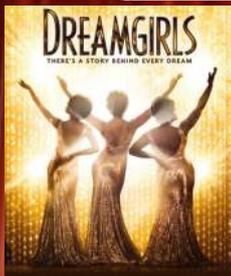
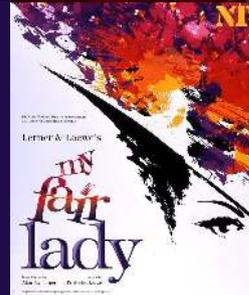
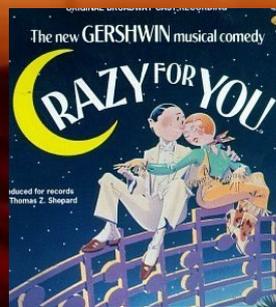
Further info from Rev'd Paula Preston
020 8501 5226, 07743 534647 reupaulapreston@gmail.com

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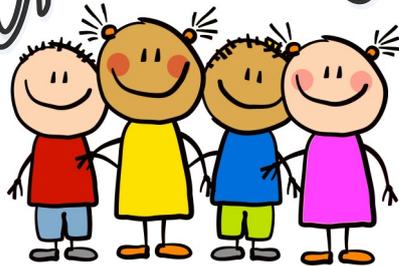
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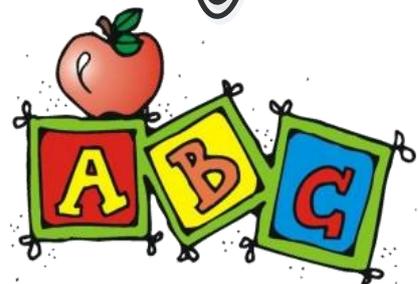
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St Mary's Church of England Nursery

From 9:15 to 12:15,
Mondays to Fridays during term time
for children aged 2 to 5 years
and Tuesdays-Thursdays until 2:45.

St Mary's Church Rooms
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Deputy: Amanda Austridge

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Term time Thursday mornings
9:00 – 10:30

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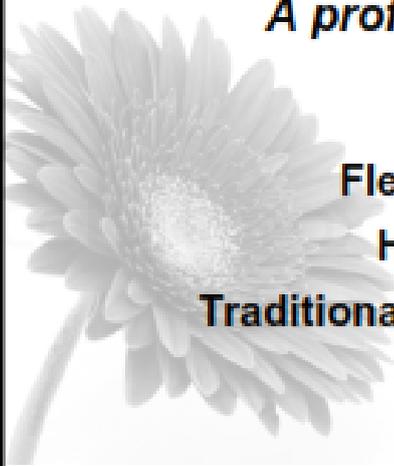
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From a church notice-sheet

This being Easter Sunday, we will ask Mrs Brown, our churchwarden, to come forward and lay an egg on the altar.

Nice

The nice thing about becoming forgetful is that you can hide your own Easter eggs.

Wheels

A boy was praying for a bicycle, and the vicar told him to persevere, as prayer could do anything. The following week, when the boy arrived for church on a bicycle, the vicar assured him that his prayers had been heard.

The boy looked embarrassed. "Actually, I stole the bike, and now I'm here to pray for forgiveness".

Cured

A Sunday School teacher asked her pupils if they could describe any of the miracles that Jesus performed. One youngster responded: "Yes, He cured people who had leopards."

Commandment

A Sunday school teacher was discussing the Ten Commandments with her five- and six-year-olds. After explaining the commandment to "honour thy father and thy mother," she asked: "Is there a commandment that teaches us how to treat our brothers and sisters?"

Without missing a beat one little boy answered, "Thou shall not kill."

Fake?

"The trouble with quotes on the Internet is that you can never be sure they are genuine." - Winston Churchill.

Little

We want but little here below,
We're ready to admit it;
And if Rachel Reeves keeps taxing us,
We're pretty sure to get it.



Shirley caught the flower ladies
red-handed, dealing trugs

Answers



Crossword

ACROSS: 1, Cosmic. 4, Thomas.
 8, In his. 9, Delaiah. 10, Falwell.
 11, Water. 12, Recovered.
 17, Sidon. 19, Radiant.
 21, Centaur. 22, Broil.
 23, Eleven. 24, Prison.

DOWN: 1, Cliffs. 2, Scholar.
 3, Issue. 5, Holy war. 6, Moist.
 7, Sphere. 9, Deliverer.
 13, Candace. 14, Deacons.
 15, Psyche. 16, Stolen.
 18, Dance. 20, Debar.





Art Event, Saturday 4th April,
10am - 2pm, St Mary's, Stapleford Abbots
RM4 1ES

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!



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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
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 Anthony Fautley 07799 335815 07903 291452		
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:

The magazine is available via email (please subscribe [here](#) or the link on the news pages of the websites) or downloadable from our church websites.