



# The Magazine for The Parish of Chigwell & Chigwell Row

July/August 2026

*Ps 89:9 Lord God, You rule the raging sea,  
and when the waves rise, you calm them*

*Ps 148:7 Praise the Lord... all the great sea  
creatures and the depths of the oceans*

*Ps 69:34 Let heaven and earth and the seas,  
and all that lives in them, praise God!*

**£1**

where sold,  
online free!

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



## The Churches in Chigwell and Chigwell Row, open & online

### St Mary's Church

High Road, Chigwell IG7 6QA [www.stmaryschigwell.org.uk](http://www.stmaryschigwell.org.uk)

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](http://www.allsaintschigwellrow.org)

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



Sunday Service: 10:00am  
Morning Prayer: 9:00am on Thursdays  
Holy Communion: 9:15am, on 16<sup>th</sup> July and 20<sup>th</sup> August, in lieu of Morning Prayer

### St Winifred's Church

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

Churchwardens: Daniel Forshaw 07591 857657  
Bill Darke 07880 751578



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

Morning Prayer: 9:00am on Tuesdays



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

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

**Lorraine writes...**

*Summertime,  
and the living is  
easy....*



These are words from one of my favourite songs, written by The Gershwin Brothers for their musical *Porgy and Bess*. The whole piece gives a feel of slowing down and taking things easy, because the heat of the sun means that there is a need to do things at a slower pace.

Well, that has certainly been the case for many of us during a few weeks of sunshine, we have already had this summer, as there have been times when it has been too hot to do much. I love the summer because I think there is a slower pace as it is a time of holidays, lighter nights and time to reflect on the things we do and what we might be setting ourselves up for in the autumn. I also love the fact that it is still light until gone 10pm. The day feels wonderfully long. I was on holiday recently and it was dark each night by 6ish which was not to my liking. I felt like I needed to hibernate.

The length of days and the changing of the seasons are very important to me as you may have gathered, from all my gardening talk. I like to have patterns in the year that I can live by, a rhythm that is set by things external to me. Trying to live and work with God's creation through the pattern of the seasons just feels right. It helps me in my understanding of a God who is constant and reliable.

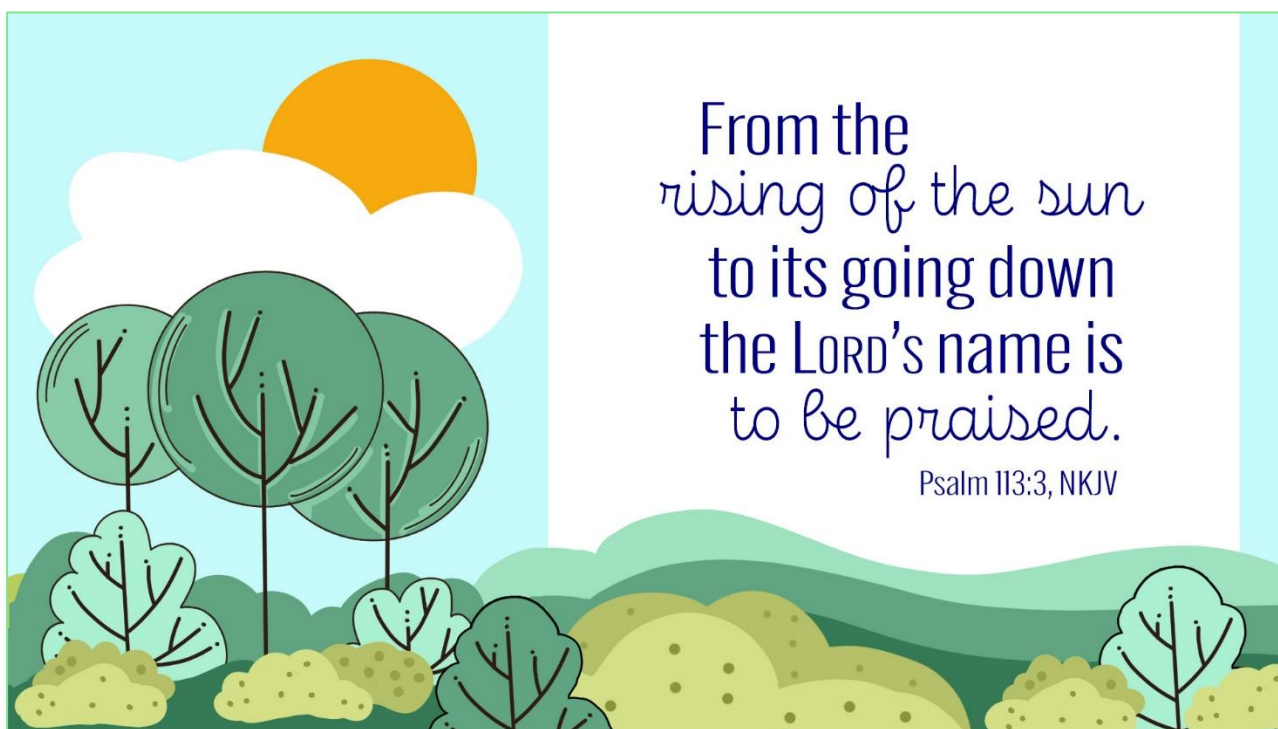
To enjoy a full relationship with Jesus, I have found patterns and daily routine keep me in contact. Morning and Evening Prayer each day; daily Bible reading and following Bible reading notes; trying to write a journal, which can be quite haphazard, but always good to look back on. These things have developed and encouraged my faith, and by the grace of God helped my faith to grow stronger.

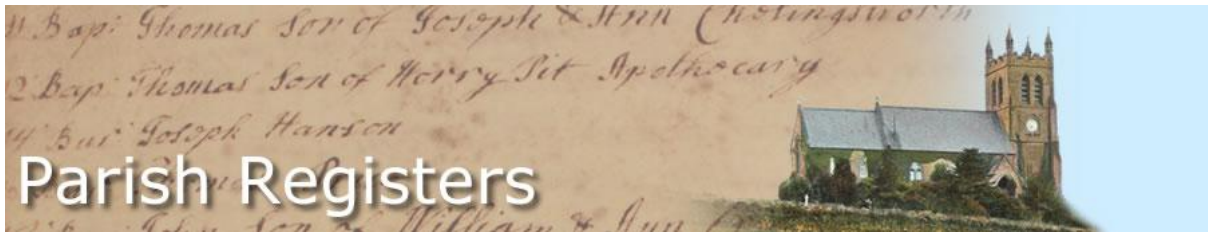
Having favourite pieces of scripture, that can be repeated, give strength when we are finding things difficult. As well as listening to favourite hymns or songs. These foundations for our faith help us to stand strong when things are difficult or during times of testing.

As a Benefice, the next few months will not be easy, but if we all work together, and towards understanding the problems and difficulties to be faced we can make good progress and grow together. Make sure you pray for our Benefice and for those of us who take lead roles in the services, and pray for our next Rector that he or she may be right for Chigwell and our mix of churches.

Enjoy your summer and fill it with God's grace and favour,

*Lorraine*





*We welcomed in Baptism ...*



Danny Norman Tea

14<sup>th</sup> June

St Winifred's

*And reaffirming her baptism*

Eloise Hope O'Sullivan-Murton

14<sup>th</sup> June

St Winifred's

*We mourned the loss of...*



Tommy Uche  
Okochi

29<sup>th</sup> June

Funeral

St Mary's Church &  
Chigwell Cemetery

**Time Prayer**

Father,

We are all so busy. We rush here and there, trying to meet deadlines, trying to fit more and more into our already full days. So often we seem to run out of energy and time. Sometimes we wonder what it's all about.

Help us, Lord to recognise that we have time. You have given us every day of our lives. Help us to choose wisely how we use our life time. Help us to spend time with you first; to learn your ways; to encounter the living Jesus in the Bible and in prayer. And everything else will fall into place.

In Jesus' name, Amen.

*...everyone may eat and drink, and find satisfaction in all his toil--this is the gift of God.*

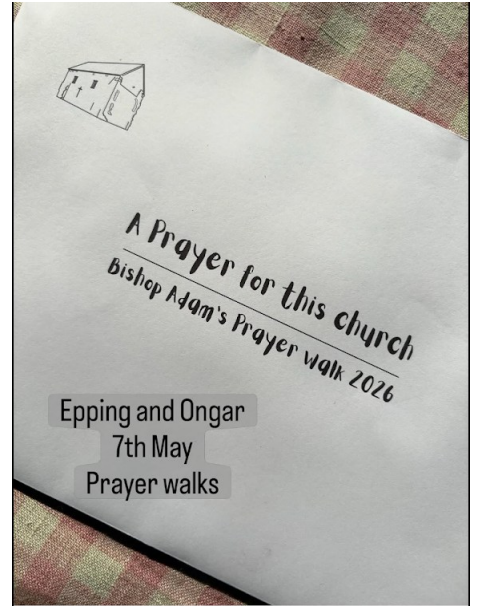
*Ecclesiastes 3:13*





# What a surprise!

Bishop Adam was on a Prayer Walk and turned up at



our Benefice churches on 7th May, polling day.



Can you recognise the churches?



Look out for his prayer card in your church.



# Summer United Services

Join us as the Parish churches meet together during August

**Sunday 9<sup>th</sup> August**

**10:30am**

**St Mary's**

followed by Parish Lunch

**Sunday 16<sup>th</sup> August**

**10:00am**

**All Saints'**

followed by Bring & Share Lunch

**Sunday 23<sup>rd</sup> August**

**11:15am**

**St Winifred's**

followed by Bring & Share Lunch



Canon Paul Hardingham concludes his seven-part series.

## The Seven Deadly Sins: Sloth

*'Through laziness, the rafters sag; because of idle hands, the house leaks.'*  
(Ecclesiastes 10:18).



This month we are looking at *Sloth*, the last of the Seven Deadly Sins. This is more than just laziness! The Latin root of the word is 'acedia' ('without care'), meaning it represents spiritual apathy, distraction or indifference in our lives. Sloth can have a significant effect on our spiritual lives, as it enables other sins to gain a foothold eg lust, anger or envy. Another consequence is that we can fail to respond to God's calling in our lives and his gifts go unused. There is no satisfaction in sloth, as real joy comes when we are ready to step out of our comfort zones for God.

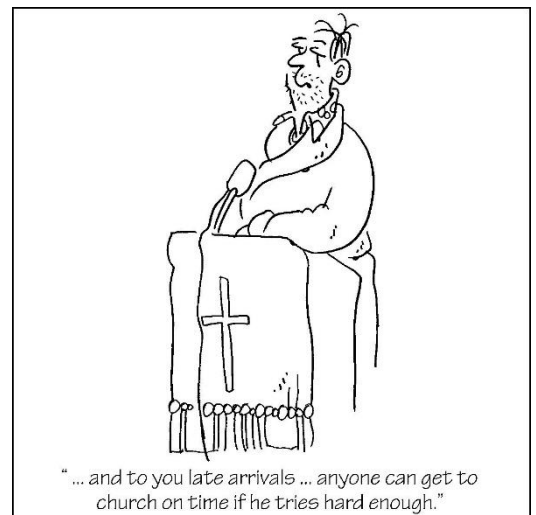
How do we overcome sloth in our lives? Paul writes, *'Whatever you do, work at it with all your heart, as working for the Lord'* (Colossians 3:23). We can ask ourselves some key questions:

*Am I living with unconfessed sin?* Can I identify sins or habits that are getting in the way of my spiritual intimacy with God?

*Have I neglected the spiritual disciplines?* In what ways have I neglected spending quality time with God in prayer, reading his Word or being still in his presence?

*What fills my mind daily?* What are the distractions that occupy my time and thinking eg social media, technology, people or habits? How can I let go of these things to give space for listening to God?

The Holy Spirit can convict us of those things that we need to confess and let



go. Are we ready to switch off our screens, seek to help others in need and give time to God?

‘Never be lacking in zeal, but keep your spiritual fervour, serving the Lord.’ (Romans 12:11)

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

## **Keep on keeping on**

In the church year, we’ve now come to that long season- it seems to go on forever- variously called ‘Trinity’ or ‘Ordinary time’. Each of those labels tells us something about the approximately six months between Pentecost and Advent Sunday. ‘Trinity’ reminds us that with Pentecost, God has made himself known to us in all his fullness (or at least as much as we can bear) as Father, Son and Holy Spirit. ‘Ordinary time’ tells us that this is the season where, now armed with the insights and power of the Holy Spirit, we can revisit the life of Jesus with new eyes, new heart, see new things in the faith, see new opportunities to serve God.



This is the time when those words of Jesus (John 15:15) ‘I have made known to you everything I have learned from the Father’ come into play. It may seem a long season, it may feel like the drudgery of ‘Keep on keeping on’ without the excitement of Christmas, Easter and Pentecost to lift our spirits, but it is ordinary time charged with the knowledge that we have everything we need in the resources of God. The love of the Father, the words and works of the Son, the power of the Spirit will energise us as we ‘keep on keeping on’ through this long season.

This long season up to the end of November is a reminder that working out our love for God in our community is probably more about perspiration than inspiration. Few are called to be heroes of the faith, but all are called to faithfulness, and somehow or other,

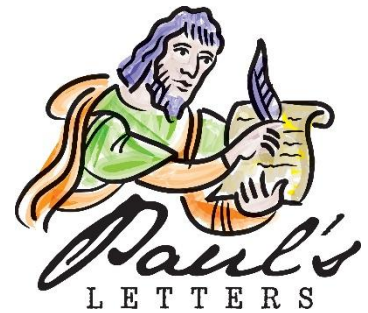
with the transforming power of the Spirit, we are all able to keep on keeping on, doing little things with great love.

Here's a lovely prayer I learned from our son's godmother which captures some of the mindset of the Trinity season/Ordinary time; it may help you 'keep on keeping on' through the months ahead;

*Let not our soul be busy inns that have not room for thee and thine, but quiet homes of prayer and praise where thou mayest find fit company; where the needful cares of life are wisely ordered and put away, and wide sweet space is kept for thee.*

Amen to that. Ordinary - but challenging!

*David Pickup, a lawyer, considers writing a letter*



## **Best handwriting please!**

*See how large a letter I have written unto you with my own hand.  
(Galatians 6:11)*

I am sat in a train and most of my fellow passengers are preparing for their important days by typing away on laptops and checking their phones. I am probably only person who has a notebook open beside them with a list of things to do, written in pencil. A couple of weeks ago I was waiting for a train and a member of staff noted I was writing a letter with "one of those things," meaning a fountain pen.

Being a lawyer I am supposed to be traditional and old fashioned. I still like writing letters and receiving postcards. Notes written in pencil work when there is a good signal or none. I was often told at school not to use pencil as it faded over time. I remember reading official war diaries written in the trenches in pencil that crystal clear after eighty years, so Nerr, teacher, you were wrong!

Paul had a secretary to write for him. Perhaps his eyesight was failing or his handwriting had got worse with time as it does for most of us. Several times, St Paul ends his letters by taking the pen from his secretary and writing himself. He did it to emphasise a point or to add a human touch.

The world we live in needs clear, bold words and the Church must write them.

# *Afternoon Tea & Stalls*

*Saturday 18<sup>th</sup> July  
1:30 - 4:00pm*

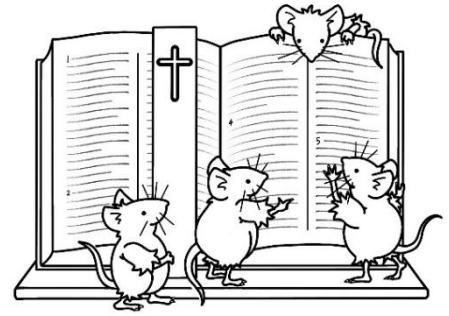
*St Mary's Churchrooms  
High Road, Chigwell*

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



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

## What's the Big Idea? - an Introduction to the Books of the Bible: 1 Thessalonians



1 Thessalonians is the earliest of Paul's letters, written when he was in Corinth during his second missionary journey (Acts 18:1–18) in 49–51 AD. Thessalonica was the capital of the Roman province of Macedonia, as well as being a flourishing centre for trade and philosophy. After founding the church (Acts 17:1–9) Paul was forced to leave, when he was falsely accused of speaking against Caesar. As the new Christians were left with little spiritual support, Paul wrote this letter to encourage them.

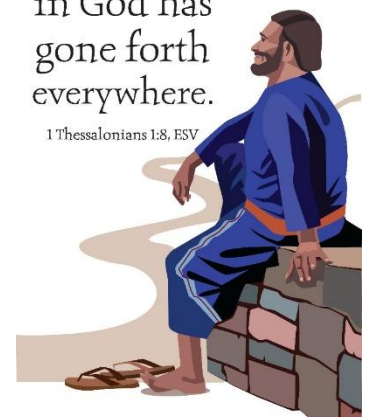
Paul addresses a number of issues throughout this letter. As they weren't expecting persecution, Paul reminds them that this is normal Christian experience (3:3–4). He also challenges those in the church who were living off wealthier Christians rather than earning their own living (4:9–12; 5:14).

However, the most prominent theme in letter is the second coming of Jesus. It is mentioned in every chapter of the book (1:10; 2:19–20; 3:13; 4:13–18; 5:1–11, 23–24). The Thessalonian were unclear about the timing of the day of the Lord (5:1–2). Some church members had died (4:13), and people weren't sure what would happen to them at Christ's return (3:10; 4:13). However, Paul assures them that when Jesus returns, the dead in Christ will rise to meet the Lord with the living (4:15–17). Therefore, believers don't need to fear God's wrath but rather are assured of inheriting his salvation.

Living in the light of Christ's return calls for holy and blameless lives (3:11–4:8; 5:23). *'May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.'* (5:23).

Your faith  
in God has  
gone forth  
everywhere.

1 Thessalonians 1:8, ESV





# ST WINIFRED'S

*Days*

## WITH A DIFFERENCE

**Join us for fun activities,  
chat, and lunch.  
All free.**

**Wednesdays 5, 12, 19,  
26 August, open from  
10:00am - 3:00pm,  
all welcome, come and  
go as you need.**

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

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



*Tim Lenton looks back on an unforgettable game.*

## **When England won the FIFA World Cup**



Sixty years ago, on 30<sup>th</sup> July 1966, the 1966 FIFA World Cup final took place. England beat Germany 4 – 2. English player Geoff Hurst became the first (and only) player to score a hat-trick in a World Cup final.

Hurst is also the only surviving member of the England team that started the 1966 final, held at Wembley, where England played all their matches. Others were spread around the country.

The 1966 World Cup was unique in that it was the only one in history that had no matches played on a Sunday, because of the Sunday observance laws in force at the time. Professional football was in fact not played on a Sunday in England until 1973-74, and then to a much lesser extent than it is now.

The 1966 tournament was also significant in other ways – not least for the famous commentary snippet from Ken Wolstenholme, still quoted today. This occurred when it seemed the crowd might be invading the pitch as Hurst advanced on the German goal. “They think it’s all over!” said KW. Pause, then as Hurst’s shot hit the back of the net, “It is now!”

Many matches in the tournament were marred by violent play and contentious sendings-off. Vicious tackles on Pelé, the world’s leading player, put him out of the tournament, and one angry player in another match had to be escorted off the field by police. As a result, the yellow and red cards familiar to us today were introduced, as was the use of substitutes. Inconsistent refereeing was also tackled through training and clearer interpretation of the laws of the game.

Before the tournament started, the Jules Rimet trophy was stolen from an exhibition. A dog named Pickles discovered it wrapped in newspaper under a bush in a South London garden.

## **HYMN: The story behind 'Glorious Things of Thee Are Spoken'**

*Glorious things of thee are spoken,  
Zion, city of our God;  
He whose word cannot be broken  
Formed thee for his own abode.  
On the rock of ages founded,  
What can shake thy sure repose?  
With salvation's walls surrounded,  
Thou may'st smile at all thy foes.*

*See, the streams of living waters,  
Springing from eternal love,  
Well supply thy sons and daughters,  
And all fear of want remove.  
Who can faint while such a river  
Ever flows their thirst to assuage:  
Grace, which like the Lord the giver,  
Never fails from age to age?...*

The year was 1800, and Vienna was under bombardment by Napoleon's troops. The great Austrian composer, Haydn, then old and frail, asked to be carried to his piano. There he made his own defiance of Napoleon, by solemnly play through his composition 'Emperor's Hymn'. Haydn had composed it for the Austrian Emperor, Franz II's birthday on 12 February 1797. Haydn never touched his piano again, and died a few days later, aged 77.

That is where the tune for this well-loved hymn came from. It quickly became the tune of the Austrian national anthem. It was later even adopted by the Germans, as the tune for August Heinrich Hoffman von Fallersleben's (1798 – 1874) anthem Deutschlandslied , which began with the famous words: 'Deutschland uber alles' (Germany before everything). In the ensuing political upheavals, the tune survived in the German national anthem, but was abandoned by the Austrians in 1946.

In the meantime, the tune had also reached England, as early as 1805. It was then that the words of a hymn by John Newton were first paired up with it. This meant that when the Austrian Emperor Franz visited his grandmother Queen Victoria, at Windsor Castle, he most likely would have sung his own national anthem tune to English words written by a converted slave trader turned country vicar!

John Newton's inspiration for this hymn comes from Psalm 87: 'Glorious things are spoken of you, O city of God' (vs3) and also a text from Isaiah 33:20-21: 'Look on Zion... there the Lord in majesty will be for us a place of broad rivers and streams...'

John Newton's hymn celebrates the joy of knowing that the Church is the new Jerusalem (Zion) where God abides. He rejoices that God protects his people and promises to supply their needs. He leads them into the Promised Land, just as long ago he led the Israelites through the wilderness to their Promised Land. Back then, he led them with a fiery and cloudy pillar; now we have his very Spirit within us, to guide us each step of the way home.



*Tim Lenton considers the founding of America.*

## **The US Declaration of Independence – 4th July 1776**

It was 250 years ago, on 4th July 1776, that the US Declaration of Independence was adopted by the Second Continental Congress.

The original signed parchment still exists, behind bullet-proof glass at the National Archives in Washington, but copies were quickly printed and distributed on the day – not all of them totally accurate. Its creation followed considerable conflict between the colonies and the British Parliament, reaching a head in late 1775 when Parliament prohibited trade with the colonies. This followed other measures,

including what was regarded by some as unfair taxation without representation.

An original draft of the Declaration was made by Thomas Jefferson, but it was amended by Benjamin Franklin and John Adams, who omitted passages likely

to offend the more conservative colonists, such as the suggestion that King George III was to blame for transatlantic slave trade, or anything that accused the British people rather than their government.



The most important effect of the Declaration from a diplomatic point of view was to make possible relationships between the colonists and friendly foreign governments. But it had a substantial effect elsewhere. Anglican clergy felt conflicted because they had sworn an oath to the King as Supreme Governor of the Church of England, and supporting independence would mean breaking that oath. Many colonies made public prayers for the King acts of treason, and this in part led Anglicans to recreate themselves as the Protestant Episcopal Church.

The Declaration itself could be described as a Christian document, reflecting Judeo-Christian values, as Abraham Lincoln made clear in his Gettysburg Address in 1863, quoting its second sentence: "We hold these truths to be self-evident, that all men are created equal,

that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."



## Sunday Services & Readings for July & August

<b>Sunday 28<sup>th</sup> June</b> <b>4<sup>th</sup> Sunday after Trinity</b>	Romans 6:12-end Matthew 10:40-end
St Mary's: All Saints': St Mary's: St Winifred's:	9:15 Matins 10:00 Morning Worship & Animal Service 10:45 Morning Worship 11:15 Holy Communion
<b>Sunday 5<sup>th</sup> July</b> <b>5<sup>th</sup> Sunday after Trinity</b>	Romans 7:15-25a Matthew 11:16-19, 25-end
St Mary's: All Saints': St Mary's: St Winifred's:	9:15 Holy Communion BCP 10:00 All Age Holy Communion 10:45 All Age Morning Worship 11:15 All Age Morning Worship
<b>Sunday 12<sup>th</sup> July</b> <b>6<sup>th</sup> Sunday after Trinity</b>	Romans 8:1-11 Matthew 13:1-9, 18-23
St Mary's: All Saints': St Mary's: St Winifred's:	9:15 Holy Communion BCP 10:00 Morning Worship 10:45 Holy Communion 11:15 Holy Communion
<b>Thursday 16<sup>th</sup> July</b>	
All Saints':	9:15 Holy Communion
<b>Sunday 19<sup>th</sup> July</b> <b>7<sup>th</sup> Sunday after Trinity</b>	Romans 8:12-25 Matthew 13:24-30, 36-43
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 Morning Worship
<b>Sunday 26<sup>th</sup> July</b> <b>8<sup>th</sup> Sunday after Trinity</b>	Romans 8:26-end Matthew 13:31-33, 44-52
St Mary's: All Saints': St Mary's: St Winifred's:	9:15 Matins 10:00 Holy Communion 10:45 Holy Communion 11:15 Holy Communion
<b>Sunday 2<sup>nd</sup> August</b> <b>9<sup>th</sup> Sunday after Trinity</b>	Daniel 7:9-10, 13-14 Luke 9:28-36
St Mary's: All Saints': St Mary's: St Winifred's:	9:15 Holy Communion BCP 10:00 All Age Holy Communion 10:45 All Age Morning Worship 11:15 All Age Morning Worship
<b>Sunday 9<sup>th</sup> August</b> <b>10<sup>th</sup> Sunday after Trinity</b>	1 Kings 19:9-18 Matthew 14:22-33
St Mary's:	10:30 United Holy Communion

<b>Sunday 16<sup>th</sup> August</b> <b>11<sup>th</sup> Sunday after Trinity</b>	Isaiah 56:1, 6-8 Matthew 15:21-29
All Saints':	10:00 United Holy Communion
<b>Thursday 20<sup>th</sup> August</b>	
All Saints':	9:15 Holy Communion
<b>Sunday 23<sup>rd</sup> August</b> <b>12<sup>th</sup> Sunday after Trinity</b>	Isaiah 51:1-6 Matthew 16:13-20
St Winifred's:	11:15 United Holy Communion
<b>Sunday 30<sup>th</sup> July</b> <b>13<sup>th</sup> Sunday after Trinity</b>	Jeremiah 15:15-21 Matthew 16:21-end
St Mary's: All Saints': St Mary's: St Winifred's:	9:15 Holy Communion 10:00 Holy Communion 10:45 Morning Worship 11:15 Morning Worship
<b>Sunday 6<sup>th</sup> September</b> <b>14<sup>th</sup> Sunday after Trinity</b>	
St Mary's: All Saints': St Mary's: St Winifred's:	9:15 Matins 10:00 All Age Holy Communion 10:45 All Age Morning Worship 11:15 All Age Morning Worship

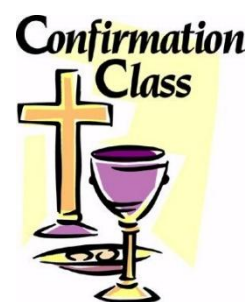


Confirmation is an opportunity for Christians to make a public declaration of faith and to commit their lives to following and serving Jesus. It is often a defining moment of faith when we turn our backs on the past and face the future with Christ.

There will be a confirmation service at All Saints' Church on **Sunday 27<sup>th</sup> September at 10:00am.**

Paula will be holding confirmation classes in July and one in September, dates to be announced, at All Saints'.

Please do be in touch with Paula or Lorraine if you're interested in joining us or wish to know more about baptism and confirmation, and do hold the candidates in your prayers.



# Parish Diary

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



Date	Time	Event	Venue
Mondays	8:00pm	Hour of Prayer (except bank holidays & circulates around the parish)	
Tuesdays	9:00am	Morning Prayer	St Win's Church
Wednesdays	9:00am	Morning Prayer	St Mary's Church
	6:00pm (open 5:30)	Rest & Refresh	All Saints' Church
Thursdays	9:00am	Morning Prayer (unless HC)	All Saints' Church
	9:00am	Women's Group (term time only)	Limes Centre
	10:30am	'Open House'	St Mary's Church

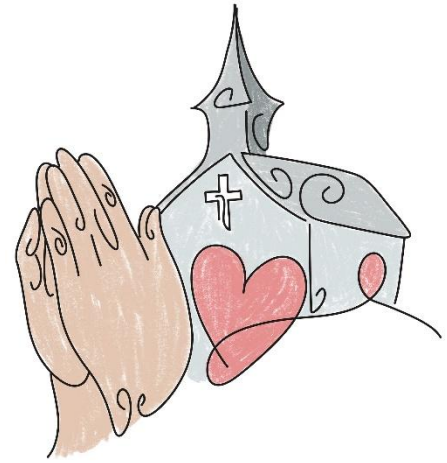
Wed 1 <sup>st</sup> July	7:00pm	Alpha	All Saints' Vicarage
Thursday 2 <sup>nd</sup>	9:45am	Hour of Cleaning	All Saints' Church
	7:00pm	Thursday Club	Hazel's home
Saturday 4 <sup>th</sup>	2:00pm	Music on a Sunny Afternoon	All Saints' Vicarage Garden
Sunday 5 <sup>th</sup>	3:00pm	Music for a Summer Afternoon	St Mary's Church
Monday 6 <sup>th</sup>	8:00pm	Hour of Prayer	St Winifred's Church
Wednesday 8 <sup>th</sup>	7:00pm	Alpha	All Saints' Vicarage
Sunday 12 <sup>th</sup>	after service	Gardening & Lunch	St Winifred's Church
Monday 13 <sup>th</sup>	8:00pm	Hour of Prayer	All Saints' Church
Tuesday 14 <sup>th</sup>	2:30pm	Let's Make Music	All Saints' House
Wed 15 <sup>th</sup>	7:30pm	St Mary's DCC	St Mary's
Thursday 16 <sup>th</sup>	9:15am	Parish Holy Communion	All Saints' Church
	7:30pm	St Winifred's DCC	St Winifred's Church
Saturday 18 <sup>th</sup>	8:00am	Men's Breakfast	All Saints' House
	1:30pm	Afternoon Tea & Stalls	St Mary's C/rooms
Monday 20 <sup>th</sup>	8:00pm	Hour of Prayer	St Mary's Church
Tuesday 21 <sup>st</sup>	2:30pm	Time 4 Tea	All Saints' House
Thursday 23 <sup>rd</sup>	7:45pm	All Saints' DCC	All Saints' House

Monday 27 <sup>th</sup>	8:00pm	Hour of Prayer	St Winifred's Church
Tuesday 28 <sup>th</sup>	2:00pm	Time 4 God	All Saints' House
Mon 3 <sup>rd</sup> August	8:00pm	Hour of Prayer	All Saints' Church
Wed 5 <sup>th</sup>	10:00am	Day with a Difference	St Winifred's Hall
Thursday 6 <sup>th</sup>	9:45am	Hour of Cleaning	All Saints' House
<b>Sunday 9<sup>th</sup></b>	<b>10:30am</b>	<b>United Service &amp; Parish Lunch</b>	<b>St Mary's Church</b>
Monday 10 <sup>th</sup>	8:00pm	Hour of Prayer	St Mary's Church
Tuesday 11 <sup>th</sup>	2:30pm	Let's Make Music	All Saints' House
Wed 12 <sup>th</sup>	10:00am	Day with a Difference	St Winifred's Hall
Saturday 15 <sup>th</sup>	8:00am	Men's Breakfast	All Saints' House
<b>Sunday 16<sup>th</sup></b>	<b>10:00am</b>	<b>United Service &amp; Bring &amp; Share Lunch</b>	<b>All Saints' Church</b>
Monday 17 <sup>th</sup>	8:00pm	Hour of Prayer	St Winifred's Church
Tuesday 18 <sup>th</sup>	2:30pm	Time 4 Tea	All Saints' House
Wed 19 <sup>th</sup>	10:00am	Day with a Difference	St Winifred's Hall
Thursday 20 <sup>th</sup>	9:15am	Parish Holy Communion	All Saints' Church
<b>Sunday 23<sup>rd</sup></b>	<b>11:15am</b>	<b>United Service &amp; Bring &amp; Share Lunch</b>	<b>St Winifred's Church</b>
Monday 24 <sup>th</sup>	8:00pm	Hour of Prayer	All Saints' Church
Tuesday 25 <sup>th</sup>	2:00pm	Time 4 God	All Saints' House



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

## **Reflected Faith Series: Intercessions**



Last month we reflected on the Creed within our service. This month, we consider what comes next.

In the Book of Common Prayer, the Creed and the sermon appear in a different order, but in both traditions intercessions follow. In Common Worship, they come straight after the Creed.

By this point, we may feel we have already prayed a great deal, so what makes intercessions different?

Intercessions focus entirely on the needs of others. They are public prayers, not centred on 'me' but on the wider world. They gather the concerns of the Church, the world, our community, those in need, and those who have died, along with those who mourn and as a whole congregation we bring them before God.

They are not, repeat not, a time to slip in a couple of adverts for next week's summer fair and a prayer for enough volunteers to come forward – please see Mrs Jones after the service - or to tell the congregation of someone's ill health or funeral arrangements!

These prayers usually follow that order, though sometimes in reverse. Either way, there is a clear pattern that helps the congregation engage. We may begin broadly with the world and move towards the local and personal, or start close to home and widen our view.

For example, with a theme such as farming, intercessions might include churches in rural communities worldwide, countries dependent on food production, government ministers responsible for agriculture and fisheries, local farmers and food workers, and those in need or recently bereaved within the community.

Style matters as much as content. These are the prayers of the people, so they should use language that feels natural and accessible. Often, simplicity works best.

### **This month**

Listen carefully to the intercessions when you attend a service. Do they follow a clear, engaging pattern? Is the language accessible? Which prayers stay with you through the week? Who leads them, and from where?

### **What the PM said to the Archbishop**

The Archbishop of Canterbury paid a recent visit to the Prime Minister at Downing Street.



They discussed “the importance of social cohesion, inter-faith relationships and celebrating the UK’s diverse communities in the face of division, including rising antisemitism and anti-Muslim hostility”, according to a spokesperson for No 10.

They also discussed world events, “including the war in Iran, and its impacts on communities here. They reflected on the millions of individuals around the UK whose selfless acts of service build up the nation.”

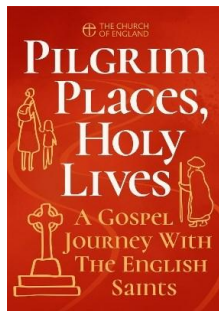
Sir Keir is the first explicitly atheist British Prime Minister. But he told Archbishop Mullally that that it was “important that we talk to each other and we have a proper partnership.”

Sir Keir said: “Government and faith should not be two separate things operating in separate spheres. Many of the values we hold are the same, and therefore we should be trying to work in partnership wherever we can.”

Archbishop Mullally has called for the need to tackle anti-Semitism, and says that identity in the UK has been “misused to intimidate and divide”. She calls for “a renewal of hope”, “a rejection of hatred and division, and a turning towards one another”.

## **Pilgrim Places, Holy Lives – a Gospel Journey with the English Saints**

Church of England, CHP, £3.99



The greatest story ever told is of God becoming human in Jesus Christ to offer us a transforming relationship with Him. This book explores how this amazing story took root in Anglo-Saxon England, and how those who responded to it can still inspire and encourage us today.

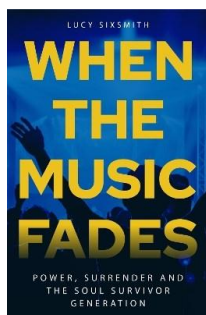
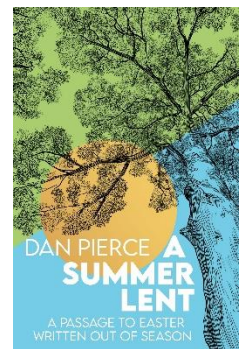


Through eight places of spiritual awakening and the saints associated with them, Pilgrim Places offers 24 days of Bible readings, reflections, questions and prayers on the ancient practice of pilgrimage. From Durham to Canterbury, Lindisfarne to Lastingham, it will help you reflect on what it means to live as a pilgrim. Each week focuses on two saints who dedicated their lives to God and shared the gospel with others.

## **A Summer Lent - a passage to Easter written out of season.**

by Dan Pierce, Kevin Mayhew, £12.99

In the height of summer, Anglican priest Dan Pierce was challenged to undertake the spiritual disciplines of Lent. The result is this profound collection of poetry, prose, and song lyrics that frames the journey to Easter within the four seasons. A remarkably honest reflection on temptation, addiction, and renewal, A Summer Lent offers fresh, poetic guidance for resourcing your spiritual life, no matter the calendar.

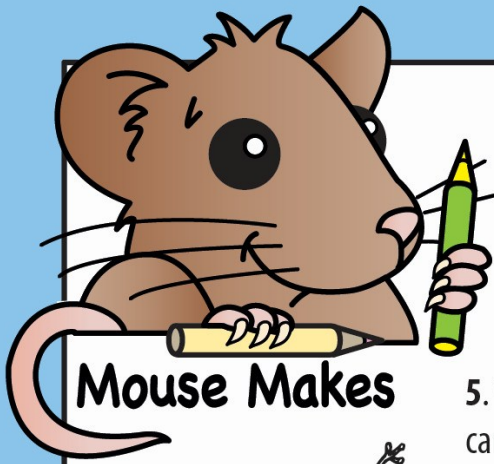


## **When the Music Fades - Power, Surrender and the Soul Survivor Generation**

by Lucy Sixsmith, Canterbury Press, £16.99

A generation was told to surrender everything for Jesus. A generation was told they were history makers and could change the world. But what happens when the music fades?

In this powerful reflection, Lucy Sixsmith revisits the experience of growing up in the Soul Survivor generation. From the euphoric highs of worship tents and passionate songs to the quiet reckoning of adulthood, Sixsmith traces her journey through the charismatic culture of Soul Survivor, a movement that promised transformation, belonging, and divine purpose, exploring the longing for purpose, the dangers of power, and the cost of unquestioning faith. When the Music Fades offers a vital reckoning with the past, and a search for grace in what remains.



# Mouse Makes

1. What bird makes its nest on high?  
*Job 39:27*



2. What ate the seeds along the path?  
*Matthew 13:4*



3. The hair of which animal was used to make curtains?  
*Exodus 36:14*



4. What insect can we learn from?  
*Proverbs 6:6*

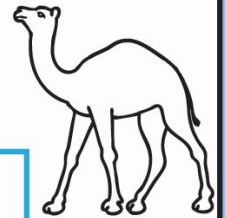
7. Which animal was Jesus compared to?  
*John 1:29*



5. What plague came out of the River Nile?  
*Exodus 8:6*



6. What animal would go through the eye of a needle easier than a rich person?  
*Luke 18:25*



**B I B L E**

8. What bird did Noah release from the ark first?  
*Genesis 8:7*



9 across. In what creature's mouth was a coin found?  
*Matthew 17:27*



**C R E A T U R E S**



9 down. What lives in holes?  
*Matthew 8:20*



10. What insect would God send to destroy the enemy?  
*Deut 7:20*



12. Which bird did the Holy Spirit appear as?  
*Luke 3:22*

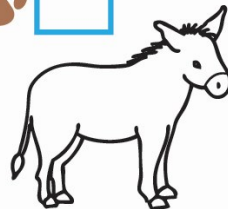


11

12

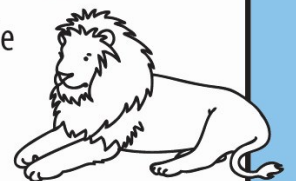


11. What animals eat crumbs from under the table?  
*Matthew 15:27*



13. Which animal did Jesus ride on?  
*Matthew 21:7*

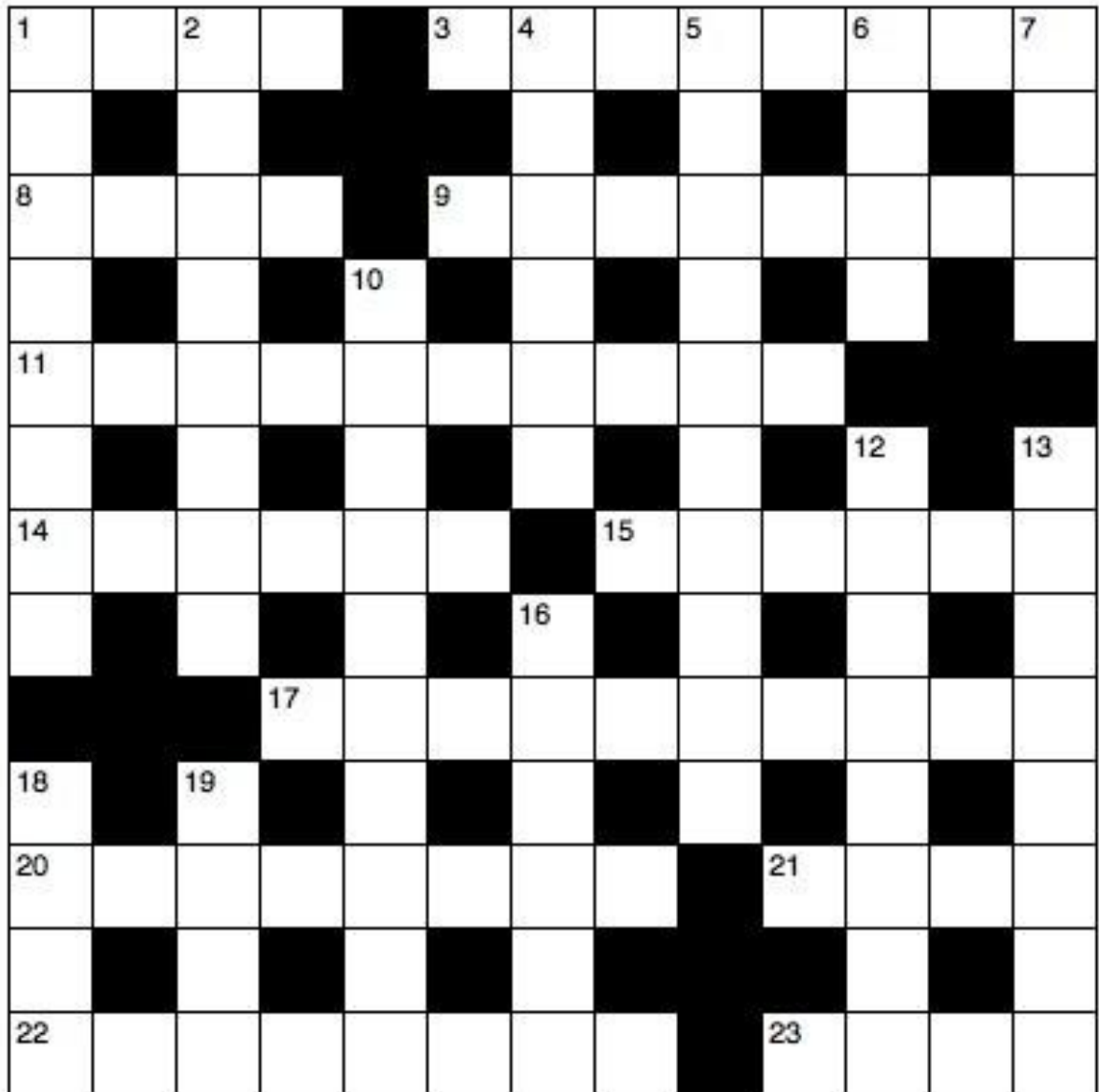
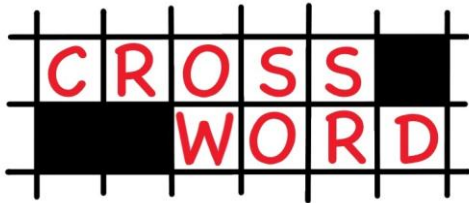
14. What bird did God provide for food in the wilderness?  
*Exodus 16:13*



15. What insects did John eat in the wilderness?  
*Matthew 3:4*



16. Which animal is the "mightiest among beasts"?  
*Proverbs 30:30*



## ACROSS

- 1 Proverbs describes her as being 'of noble character'  
(Proverbs 31:10) (4)
- 3 'Shall we go up again — — against the Benjamites, our brothers?'  
(Judges 20:23) (2,6)
- 8 A descendant of Shem (Genesis 10:28) (4)

- 9 'Anyone who does not carry his cross and follow me cannot be my — ' (Luke 14:27) (8)
- 11 Resentment(Ephesians 4:31)(10)
- 14 In Cain(anag.)(6)
- 15 'Such knowledge is too wonderful for me, too lofty for me to—' (Psalm 139:6) (6)
- 17 Intense (1 Thessalonians 4:5)(10)
- 20 Third Order of the Roman Catholic Church(8)
- 21 'At midnight the cry rang out, "Here's the bridegroom! Come out to — him"' (Matthew 25:6) (4)
- 22 'My grace is sufficient for you, for my power is made perfect in — ' (2 Corinthians 12:9) (8)
- 23 'As the — pants for streams of water,so my soul pants for you, O God' (Psalm 42:1) (4)

## DOWN

- 1 Nickname of popular First World War chaplain, the Rev'd G.A. Studdert Kennedy, — Willie (8)
- 2 Occasion of religious joy (Lamentations 2:22) (5,3)
- 4 'We three kings of — are' (6)
- 5 Allegation or charge (Jude 9) (10)
- 6 Kind (1 Chronicles 12:33) (4)
- 7 'Open your — and look at the fields!' (John 4:35) (4)
- 10 Also known as the Feast of Lights (John10:22)(10)
- 12 Area that saw the healing of two demon - possessed men and a herd of pigs stampeding to their deaths (Matthew 8:28) (8)
- 13 Forebear(James2:21)(8)
- 16 Name given to the first two books of the Apocrypha(6)
- 18 Esau sold his birthright for this (Genesis25:34)(4)
- 19 Rear(anag.)(4)



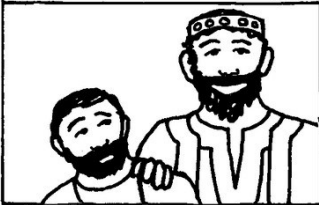
# Bible Bite

A short story from the Bible

It can be read in the Bible in  
1 Samuel 24

God chose Saul to be the King of Israel,  
but Saul chose to disobey Him. God said  
that the next king would not be Saul's son.

Saul didn't know  
that God had  
chosen David to  
be the next king.



David was very successful  
as a fighter and very  
popular.



David had to go on the run and  
hide.



One day, Saul  
and his army  
were in En-Gedi.  
Saul needed to  
pee, so he went  
into a sheep  
fold built next  
to a cave...

David and his men were hiding at the  
back of the cave!



David crept over and  
cut a piece off Saul's  
robe.



Then David felt bad.



David waited until Saul  
was far enough away  
then he shouted to him.



Your majesty, I could have  
killed you today, but I  
knew it was wrong. I want  
to prove to you I'm not  
trying to harm you.



David, you are better than  
me. I would have killed you  
but you were kind.



Now I know you will be  
the next king, but please  
look after my family.

David promised, and  
Saul and his army  
went home.



## WORDSEARCH

It was 250 years ago, on 4th July 1776, that the US Declaration of Independence was adopted by the Second Continental Congress. The original signed parchment still exists, behind bullet-proof glass at the National Archives in Washington.

An original draft of the Declaration was made by Thomas Jefferson and was amended by Benjamin Franklin and John Adams. It runs for only 1,320 words. The Declaration included the phrase: "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."

Words to search for:

July	fourth	Declaration	Independence
second	continental	Congress	Washington
draft	Thomas	Jefferson	Franklin
John	Adams	truth	created
equal	creator	inalienable	rights
life	liberty	pursuit	happiness

I R I G H T S A C L T E F S E R  
E R E K A T H L D I C A N L N N  
S L H I D E T A E R C W B L S A  
A T T A E D U D E T A A I I A H  
S E F O C S R A E S N F N B M E  
H M R A L N T U H E E D T E O U  
C R A E A O R I I D E C L R H E  
I E N D R E N L B P N F P T T O  
N F K Y A G A L E E T O B Y P I  
H S L A T N E N I T N O C N U L  
O U I O I F D S N E F J L E R E  
J N N O O E I I C E R O A E S E  
R S S E N I P P A H E S U M U M  
I F G C O N G R E S S N Q R I N  
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personal quiet time,  
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Information from Rev'd Paula Preston  
Tel: 020 8501 5226/WhatsApp: 07743 534647  
Email: revpaulapreston@gmail.com

[allsaintschigwellrow.org](http://allsaintschigwellrow.org)

# Time 4 Tea

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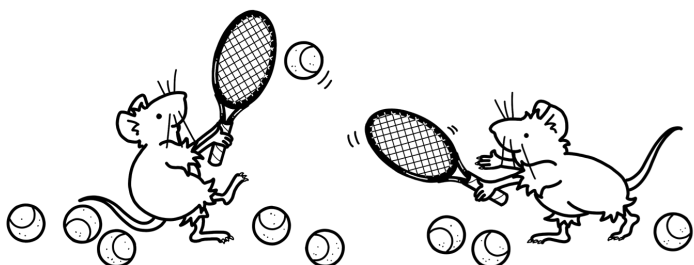
**3<sup>rd</sup> Tuesday of every  
month, 2:30-4:00pm**  
at All Saints' House,  
All Saints' Church,  
Romford Road, Chigwell Row.

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

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



**Breakfast!**  
**Saturday 18th July &  
15th August**  
**8:00 men at  
All Saints' House**  
**Ladies' breakfast  
returns in September**



**Time 4  
GOD**

**A little bit of  
Rest & Refresh,  
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 [revpaulapreston@gmail.com](mailto:revpaulapreston@gmail.com)

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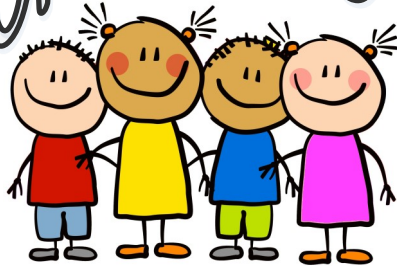
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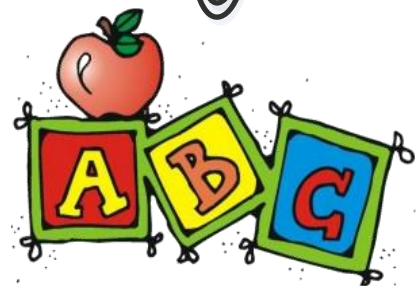
*adventure begins...*

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Leader: Sheri Taylor  
Deputy: Amanda Austridge



# 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**



PSALM 145:3, NIV

GREAT IS THE LORD  
AND MOST WORTHY OF PRAISE;  
**HIS greatness**  
NO ONE CAN FATHOM.



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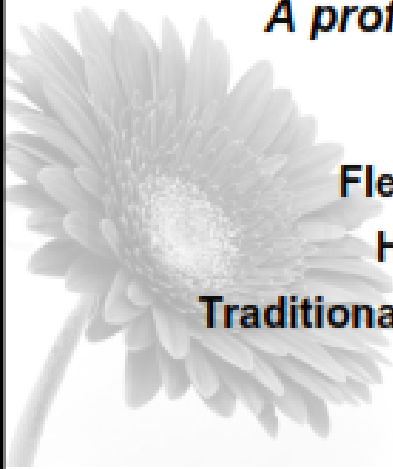
Theydon Bois office: **1 STATION APPROACH, THEYDON BOIS CM16 7EU**

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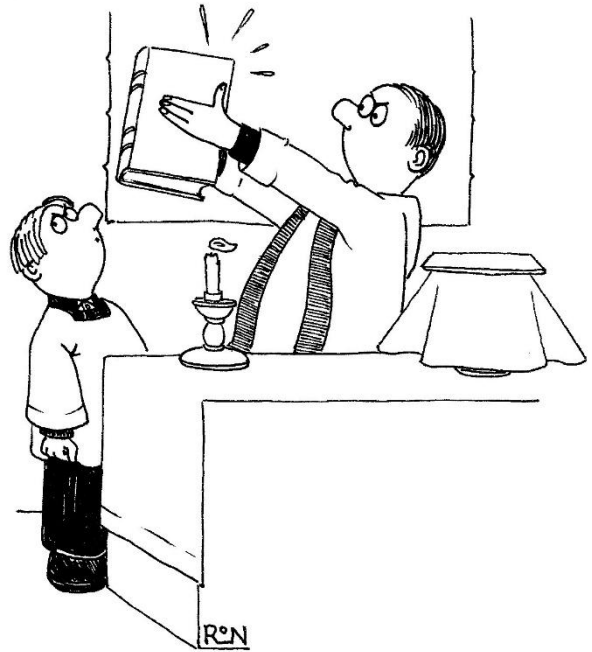
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## Flight path

Windsor Castle, outside of London, is directly in the flight path of Heathrow International Airport. While a group of American tourists was standing outside the castle admiring the elegant structure, a plane flew overhead at a relatively low altitude, making a tremendous noise. One particularly annoyed tourist demanded: "Why did they build the castle so close to the airport?"



*Fortunately it was a perfect mosquito,  
without spot or blemish*

## Church Bulletin Notices

*Some church bulletin notices have a charm all their own, when you know that they MEANT to say....*

At the evening service tonight, the sermon topic will be 'What Is Hell?' Come early and listen to our choir practise.

Eight new choir robes are currently needed, due to the addition of several new members and to the deterioration of some older ones.

Next Thursday there will be try-outs for the choir. They need all the help they can get.

Irving Benson and Jessie Carter were married last Saturday in the church. So ends a friendship that began in their school days.

Please place your donation in the envelope, along with the deceased person you want remembered.

## Who I am

An elderly woman walked into the local country church. The friendly usher greeted her at the door and helped her up the flight of steps. "Where would you like to sit?" he asked politely.

"The front row please." she answered.

"You really don't want to do that", the usher said. "The vicar is boring."

"Do you happen to know who I am?" the woman enquired. The man shook his head. "Well, I'm the vicar's mother," she said indignantly.

"Do you know who I am?" he asked. The woman shook her head. "Good," he grinned.

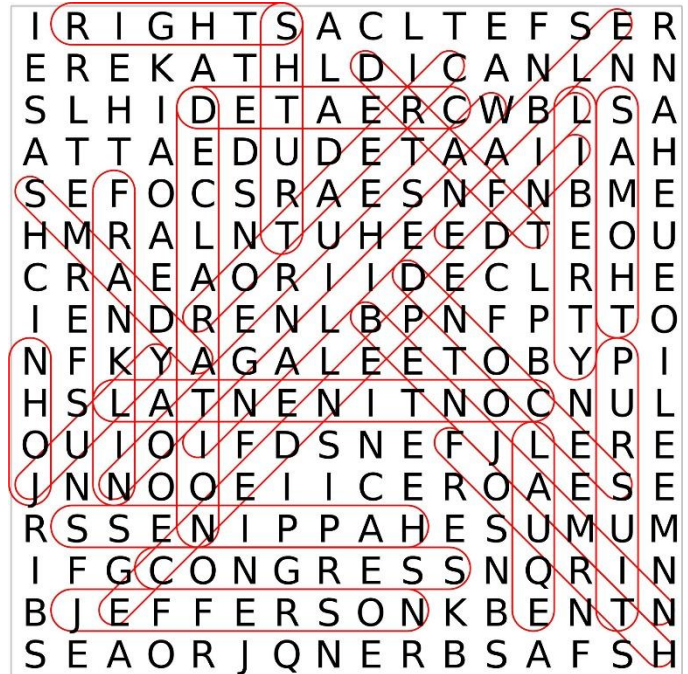
# Answers



## Crossword

ACROSS: 1, Wife. 3, To battle.  
8, Obal. 9, Disciple.  
11, Bitterness. 14, Niacin.  
15, Attain. 17, Passionate.  
20, Tertiary. 21, Meet.  
22, Weakness. 23, Deer.

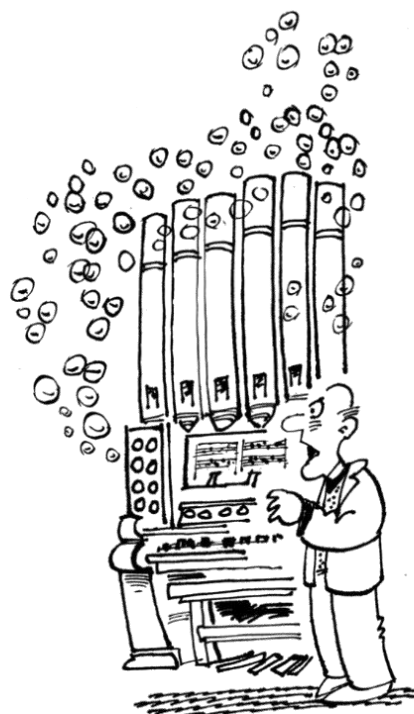
DOWN: 1, Woodbine. 2, Feast  
day. 4, Orient. 5, Accusation.  
6, Type. 7, Eyes.  
10, Dedication. 12, Gadarene.  
13, Ancestor. 16, Esdras.  
18, Stew. 19, Area.



## Churches:

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

St Mary's & All Saints', Lambourne  
St Mary the Virgin, Stapleford Abbotts



For the last time! - Which member of the Junior Choir put bubble mixture in the organ-blower?!

ST. MARY AND ALL SAINTS' CHURCH,  
CHURCH LANE, ABRIDGE, RM4 1AH

# SAINT MOTHERS FLOWERS

**10am - 4pm**

**Saturday 11th & Sunday 12th July 2026**

Short Thanksgiving service Sunday 11.15am  
Flower displays, refreshments, treasure trove, tombola,  
sideshows, prize draw, plants, books and cakes.

**St Mary's. Stapleford Abbotts**

# Festival of Flowers

And More

The Theme for this year is

**"FAVOURITE THINGS"**

Saturday 25th July 2026 10:00am - 3:00pm

Sunday 26th July 2026 11:00am - 3:00pm

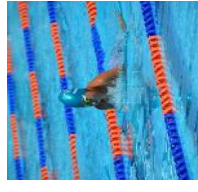
St Mary the Virgin. Church Lane Stapleford Abbotts RM4 1ES



Free Entry



Refreshments  
all Day



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

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Tel: 07749 258616

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

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

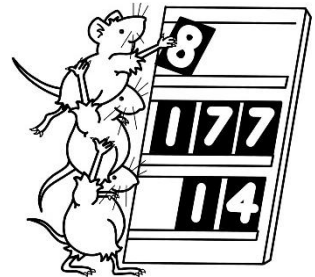
Email: [office.parish@gmail.com](mailto:office.parish@gmail.com)  
Tel/WhatsApp: 07835 721815  
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**All Saints' Office**  
All Saints' House  
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Email:  
[info.allsaintschigwell@gmail.com](mailto:info.allsaintschigwell@gmail.com)  
Tel: 020 8500 0914

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

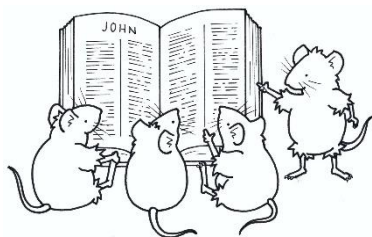
## Ministry Team



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

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

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



# USEFUL CONTACTS

	<b>St Mary's</b>	<b>All Saints'</b>	<b>St Winifred's</b>
Breakfasts etc	Men's Breakfast & Group - Paul Preston 07546 656659 Ladies' Group (The Thursday Club) - Cindy Barber 07506 387070		
Bookstall	n/a	Cindy Barber 07506 387070	n/a
Brownies, Guides & Rainbows	Email: <a href="mailto:chigwellgirlguiding@gmail.com">chigwellgirlguiding@gmail.com</a> or website: <a href="http://girlguiding.org.uk">girlguiding.org.uk</a>		
Cubs	Geoff Dunk 020 8500 2375		
Electoral Roll	Alison Jordan 01992 610717	Helen Ellis-Poole 07887 731320	Janice Randall 07512 085546
Flowers	c/o Parish Office 07835 721815	Cindy Barber 07506 387070	c/o Parish Office 07835 721815
Gift Aid	Philip Gittins 01992 814519	John Barber 020 8500 4085	Daniel Forshaw 07591 857657
Hall Bookings	Tricia Johnson 020 8500 5759	All Saints' Office 020 8500 0914	Alison Sheppard 07907 460278
Magazine	Alison Jordan 01992 610717	All Saints' Office 020 8500 0914	Daniel Forshaw 07591 857657
Magazine	Advertisements: c/o Parish Office - 07835 721815 Editorial: Sandie Forshaw - 07749 258616		
Parish Office	07835 721815		
Scouts	Tom Emmett      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

The magazine is available online from our church websites.