

DATES FOR YOUR DIARY:

Wed 1st July:	10.00am	Mid week Holy Communion
Wed 1st July:	11.00am	Mothers Union
Wed 1st July:	12.30pm	Tai Chi (instead of Friday this week only)
Thurs 2nd July	12.15pm	Chair Exercise (weekly)
Fri 3rd July:	10.00am	Summer Fete Preparation
Fri 3rd July:	8.00pm	Choir Practice (weekly)
Sat 4th July:	11.00am	SUMMER FETE
Mon 6th July:	9.45am	Sparkles (weekly)
Mon 6th July:	1.00pm	Zoom Prayer Meeting
Mon 6th July:	6.30pm	Ignite (weekly)
Tues 7th July:	10.00am	Sunshine Community Cafe (weekly)
Tues 7th July:	1.15pm	Chair Exercise in church (weekly)
Tues 7th July;	7.30pm	Prayer for Revival in Prayer Room (weekly)
Tues 7th July:	7.30pm	Lighthouse Home Group in Lady Chapel
Wed 8th July:	12.00noon	MCC
Fri 10th July:	12.30pm	Tai Chi (weekly)
Wed 15th July:	12.00 noon	MCC
Wed 22nd July:	12.00 noon	MCC
Sat 25th July	8.00am	Men's Breakfast
Sat 25th July:	10.00am	Craft Morning
Wed 29th July:	12.00 noon	MCC

We will be continuing our collections for shoeboxes in June and July with sweets. Any wrapped sweets or chocolate, lollipops, mints and chewing gum. Sweets must have a use before date of April 2027 please. Please also can you save shoeboxes. Thanks.



Is a Youth Drop-In for 11-17 year olds, every Monday during term time at 6.30pm to 8.00pm in  the Youth Room, above the Royal Room. There is games consoles, football, basketball, cooking, challenges and games, —activities for all, boys and girls welcome. For more information, please contact martin@stchads.church.

The **Church Office** is open every day except Thursday between 10am and 12 noon, for enquiries of any kind. Pauline Loomes, our Church Administrator, can be contacted by: **tel: 020 8597 8076 email: churchoffice@stchads.church website: www.stchads.church**



Chadderbox July 2026

Newsletter of St. Chad's Church, Chadwell Heath

July already, I can hardly believe it! We have had the longest day and some great weather in May, but what a difference the beginning of June has been, but things are beginning to look up with the forecast back to sunny days. School holidays are here and my granddaughter has finished her first year at Bath University; where has the last year gone? Now it's time to think about going on those long awaited holidays whether abroad or in this country



because we all need time out. We care for the sick, volunteer, build businesses, and raise families, which are all wonderful things to do but how often do we take time out from our busy schedules to slow down, relax, and just be?

We have not actually booked any holidays this year except a few days in Hemsby to celebrate my brother-in-law's special birthday, but even if its only for a few days its important we do it because holidays are important, they allow us to relax and unwind, spending time with family and friends. God knew how important taking time out is after working. Genesis 2:2-3 tells us that God rested after creating the heavens and the earth. He established a pattern for work followed by rest. Jesus also regularly retreated from the business of ministry to be refreshed, and he encouraged his disciples to go to a quiet place with him to get some rest. Having some refreshing time relaxing away from the usual way of life enables us to recharge our batteries if you like. Did you know that disengaging from your routine broadens your perspective, lowers cortisol levels, reduces the risk of cardiovascular disease and when you return to your daily routine, it gives you higher performance and enables your whole body an opportunity to re-set your neural pathways, ultimately boosting creativity, focus, and overall career productivity. Stepping away from the daily grind doesn't always mean you have to go away on holiday, it can simply mean doing something different maybe a hobby, a walk over the park or simply doing things you enjoy.



Of course it makes sense for me to pick archery as a relaxing hobby, because that was my hobby/sport for many years. My way of relaxing now is spending time in nature or reading crime thrillers or watching murder mysteries like Grantchester, Midsummer Murders, CSI, Murder She Wrote, etc and of course, I can't forget watching the soaps - I think you get the idea. We each have our own ways of relaxing and whatever that is, it's important we make time to do it to stop mental and physical burnout, so whatever you are planning to do this summer, I pray that it will be refreshing and uplifting.

We have a really relaxing fun day planned on the 4th of July, as we celebrate 140 years of St Chad's with many different stalls, sideshows, brass band and even a beer tent; something for everyone, and if that's not enough, what about taking the opportunity to throw a wet sponge at our Curate Deji! St Chad's offers so many different activities throughout the week for both old and young from spending time together through our different outreach clubs to chair exercise, once again allowing time out from the normal day to day tasks.

King David knew the necessity of rest. He was a shepherd, a musician, a king and a warrior, and he journeyed through many stressful seasons in life. His psalms included lamentations about difficult personal circumstances, all the way through to victories in history-making battles. His poetic reflectiveness in Psalm 23:2-3 draws our attention to God's offer of rest: "In green pastures he makes me lie down; to still waters he leads me; he restores my soul." Think of reclining on that green grass beside those still waters or on a beach for a moment. What might you see in the stillness? What might you hear? What ever your plans are for the summer have a safe, relaxing joyful time and may God Bless that time away and may you return refreshed and raring to serve to Lord.
Christine.



**Please join us
after the
service for
refreshments**



The next Men's Breakfast is on Saturday 25th July and every last Saturday of the month at 8.00am—9.30am in the Royal Room. Breakfast is £5. See Dave.



New to St. Chad's? Please fill in a Welcome form that you will find on the table at the back of church. We would love to keep in touch with you. Please speak to one of our Welcome



Did you know that we hold a Prayer for Revival meeting every Tuesday in the Prayer Room from 7.30—9.00pm. Everybody is welcome to come and join, even if just for part of the time.

Some of our groups will be closed during the August holiday as follows:

Sparkles, closing date tbc
Ignite finishing date tbc
Coffee Shop will remain open every Tuesday apart from 25th August.
Monday Zoom Prayer will meet on 3rd August
Lighthouse Home Group meeting dates during August tbc
Tuesday Night Prayer continues throughout August.
MCC finishes on Wednesday 29th July
Table Tennis carries on throughout August
Pre-school finishes on 16th July until 7th September
Junior Church will finish on Sunday 26th July
Church Office will remain open during August.



We still desperately need volunteers for all sort of jobs in church. We especially need people to learn the sound and vision system for church services and to go on the monthly rota. We also need help with our coffee shop and MCC (Mature Companions Club). If you think that you could volunteer for one of these, please do have a word with Martin, Deji, Christine or myself and we will welcome you with open arms!



Tuesday 2nd June is a day of prayer and fasting. Here are some prayer points:

- Pray for the world at war, and that Leaders of all Nations would turn to God for Godly counsel. For cease fires.
- For this fallen world which is economically, socially, climatically, and politically damaged, where there is war and unrest, and the streets that are unsafe. An end to gang culture and knife crime.
- The NHS, Police and Education and for the institutions that are broken.
- For people who are struggling in their faith.
- For all those within our church family who are unwell at this time awaiting test results and operations. (see weekly notice sheet).
- For refugees, for the unemployed, homeless and the isolated and lonely.
- For Support workers and families caring for loved ones.
- For the Royal family.
- For who those who are mourning loved ones.
- Continue to pray for our clergy, staff team and all our volunteers.
- For the PCC and all the different groups in St Chads
- Pray that God will continue to cover Martin and the whole church family.
- For the Church globally .
- For the coffee shop be completed soon.
- Scriptures: for strength., hope and comfort



Isaiah 40:31 Hebrews 10:23 Psalm 23:4
2 Cor 3:1-4 Romans 8:28 1 Peter 5:10

Join our Zoom Prayer meeting
 every first Monday at 1.00pm.

Pray for our community by street each week.

w/c 6/7 Jarrow Road , Bede Road , Bishops Avenue, Canon Avenue , Third Avenue
w/c 13/7 St Bede's Catholic Primary , Fields Park Crescent , Somerville Road
w/c 20/7 Rathore Close , First Avenue, Second Avenue , Brian Road , Donald Drive
w/c 27/7 Eva Road , Arthur Road , Park Lane , Manor Road , Hall Road

Please note the next Zoom Prayer Meeting will be held on Monday 6th July at 1.00pm. Please join us for half an hour of prayer for the church, church family, the world and any other issues you wish to share. Just follow this link
bit.ly/StChadsPrayer



Not receiving our e-mails?

Please complete a GDPR consent form from the back of the church/ church office, and return it to Pauline to be added to our mailing list.



There will be no Craft Morning in July, the next one will be 26th September

July 2026 Services

Traditional Holy Communion at 9.00 am

This is a Book of Common Prayer (BCP) service every Sunday for those who prefer something more traditional and reflective and lasts for 50/60 minutes.

All Age/Family Church Morning Worship at 10.45 am

This is a contemporary service, usually with times of worship, prayer and teaching, and lasts for about 80-90 minutes. When it is not All Age Worship (AAW), children leave for Junior Church after we have worshipped as a church family for the first part of the service.

Sunday 5th July	All Age worship
Sunday 12th July	Family Church
Sunday 19th July	Family Church with Holy Communion
Sunday 26th July	Family Church

Mid-week Services (Wednesday 10am)

Wednesday 1st July	Holy Communion in Royal Room
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My God will meet all your needs
 according to the riches of
 His glory in Christ Jesus.
 (Philippians 4:19b - NIVUK)

Verse for the Year 2026
Photo courtesy of Graham Wallis



FUNDRAISING And Social Events 2026

4th OCTOBER	For our Harvest this year, we are planning to make up bags for the homeless. We will also have our usual collection for the food bank and sweets for shoeboxes. More details to follow.	
24th OCTOBER	As usual, lots of volunteers needed to help get ready and on the day.	 11.00am until 2.30pm, Bring jumble from the week before.
21st NOVEMBER	 Christmas Market Saturday 21st November 11.00am—2.30pm In the church	
5th DECEMBER	Shoebox packing day in the hall. Starting at 10.00am, come along and help us pack all the items we have collected during the year in to shoeboxes. If you would like to wrap some shoeboxes, please see Pauline.	
6th DECEMBER	 Shoebox and Toy Service, Sunday 6th December at 10.45am.	

We are very excited that for the **summer fete** this year. The date is **Saturday 4th July**. The theme for the fete is St. Chad's 140th Birthday Party. Can you believe we are that old? It will take place in the church, the car park and the hall, stalls in the church, a children's party tent with birthday presents, games in the car park, entertainment in the hall, refreshments, barbecue, a beer and prosecco tent and we will also have information stands from local organisations and the church, and much more. This is a very exciting time for St. Chad's, **BUT** We cannot do it without the support of you, the church family. It is not too late to volunteer, whether that be helping get ready and clear up, run a game in the car park, help decorate the church, car park and hall, bake cakes, help with the barbecue, deliver leaflets—the jobs are endless. We will also need donations of raffle prizes, there is a list on the notice board. Please get involved, you'll be glad you did!

Happy 140th Birthday



A new group is starting shortly, for people who sadly find themselves without their partners. There have been several recent bereavements in our church family, but many of our church members have been on their own for many years. Where life goes on around us, we sometimes feel that we are the only ones who remember our loved ones, even though we know this is not really the case.

So this group is for anyone who has been bereaved, whether that be recently or for many years, to come together over tea and cake and to feel able to have that conversation about your loved one that maybe you don't often get the opportunity to do, and to just enjoy each others company. This is open to ladies and gents and will be on a Saturday afternoon once a month at 2.00pm, starting on Saturday 1st August.

The group doesn't have a name yet, I thought we could come up with a name together. Please invite friends you know are in the same situation, everybody is welcome. Hopefully we will have lots of laughs as well as sharing memories.



Pauline

A reminder that you can help to raise money for St. Chad's by using Easy Fundraising. Since we started, we have raised over £420, but this could be much more as you can use it for so many online shops—food shopping, furniture, days out and much more. If you are starting to think about booking a holiday, many holiday companies donate, so it's worth taking a look. You can view their website by following this link: www.easyfundraising.org.uk/cause/st-chads-church/

It's really easy to sign up and if you recommend a friend, we get £5 !

Support us through
easyfundraising

The Lighthouse Home Group continues at 7.30pm in the Lady Chapel in church on alternate Tuesdays (normally 1st and 3rd). In July, the meeting dates are 7th and 21st. New members always welcome



Please continue to Support the food bank if you are able, all non-perishable foods, toiletries and baby items are all gratefully received. Please bring either to church or the hall during the week.

