

DATES FOR YOUR DIARY:

Fri 5th Jan:	8.00pm	Choir Practice in Prayer Room
Mon 8th Jan:	9.45am	Sparkles
Mon 8th Jan:	10.00am	Little Chadders
Mon 8th Jan:	6.30pm	Ignite
Tues 9th Jan:	10.00am	Community Sunshine Café
Tues 9th Jan:	7.30pm	Prayer for Revival in Prayer Room
Wed 10th Jan:	12.00	MCC and Mothers Union
Fri 12th Jan:	8.00pm	Choir Practice in Prayer Room
Mon 15th Jan:	9.45am	Sparkles
Mon 15th Jan:	10.00am	Little Chadders
Mon 15th Jan:	6.30pm	Ignite
Tues 16th Jan:	10.00am	Community Sunshine Café
Tues 16th Jan:	7.30pm	Prayer for Revival in Prayer Room
Wed 17th Jan:	10.00am	Holy Communion in Royal Room
Wed 17th Jan:	12.00am	MCC
Fri 19th Jan:	8.00pm	Choir Practice
Mon 22nd Jan:	9.45am	Sparkles
Mon 22nd Jan:	10.00am	Little Chadders
Mon 22nd Jan:	6.30pm	Ignite
Tues 23rd Jan:	10.00am	Community Sunshine Café
Tues 23rd Jan:	7.30pm	Prayer for Revival in Prayer Room
Wed 24th Jan:	12.00am	MCC
Fri 26th Jan:	8.00pm	Choir Practice
Mon 29th Jan:	9.45am	Sparkles
Mon 29th Jan:	10.00am	Little Chadders
Mon 29th Jan:	6.30pm	Ignite
Tues 30th Jan:	10.00am	Community Sunshine Café
Tues 30th Jan:	7.30pm	Prayer for Revival in Prayer Room
Wed 31st Jan:	12.00	MCC

Not receiving our e-mails? Please complete a consent form from the back of the church/ church office, and return it to Pauline.



Saint Chad's Church Office

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



Chadderbox January 2024 Newsletter of St. Chad's Church,



Bringing light to darkness

In the beginning was the Word, and the Word was with God, and the Word was God. ² He was with God in the beginning. ³ Through him all things were made; without him nothing was made that has been made. ⁴ In him was life, and that life was the light of all mankind. ⁵ The light shines in the darkness, and the darkness has not overcome it.

John 1:1-5

I wonder if any of you suffer from S.A.D. (Seasonal Affective Disorder), brought on by our dark, dank winter and it's lack of sunshine. It's a real phenomenon, and I was reading in the Times newspaper this week (the week before Christmas – how organised am I to be writing this now?) that poor Adele, the great British pop queen, suffers from it. I say 'poor' because she's just bought a pad in California for just shy of £50m, but I don't want to detract from S.A.D. and it's affects.

S.A.D. sends Adele, and I suspect many of us to one extent or another, into depression. The symptoms are tiredness, withdrawing from social activity, low mood and increased appetite. It's what my nan used to call 'The winter Blues' and it is, well, depressing. Cold days, rain and snow, dark when we wake up and dark again by 4.00pm. It'sS.A.D.

By God's grace the mornings are getting lighter again and, speaking seasonally at least, we're through the worst of it. Bring on the summer – or enough money for a mansion in L.A. – so probably the summer. But it's how the bible describes life without God. Darkness. A dank world in which, without Jesus, there is no hope. No purpose to our lives, low self-esteem because we don't know whose we are and how much we're truly loved, and – well, we're all happy to eat a bit more aren't we? (I put on loads of weight in Lockdown) Work, eat, sleep, repeat. Work, eat, sleep, repeat. Without Jesus it's S.A.D.

But as we finish off the very last (let's hope so) of the turkey, find the Mulled Wine that we had lost before Christmas began, and take down our tree and decorations, we're reminded of what it was all about. Christmas. The birth of our Saviour. God's promises being fulfilled, bringing us hope and a future. Giving us a purpose and a new way to live. Reminding us that we are loved in heaven by a true Father who calls us sons and daughters and who makes us the heirs to his Kingdom.

I don't know if you made any New Year resolutions this year? I never do – I'll only break them. But I do always re-dedicate myself to God afresh each January. I vow to be a better witness for him this year than I was last year and seek to 'Love' more with the love he showers on me. Will you join me?

In terms of buildings, we have an exciting year to come. But they will just be buildings. The true 'church' are those who join God to make real the words of the Lord's Prayer, 'Thy kingdom come and thy will be done.'

Let's be that church in 2024 – and maybe we could start with the words of the prayer I use each year:

John Wesley's Prayer of commitment

I am no longer my own, but yours.

Put me to what you will, rank me with whom you will; put me to doing, put me to suffering.

Let me be employed by you or laid aside by you, enabled for you or brought low by you.

Let me be full, let me be empty. Let me have all things, let me have nothing.

I freely and heartily yield all things to your pleasure and disposal.

And now, O glorious and blessed God, Father, Son, and Holy Spirit, you are mine, and I am yours. So be it.

And the covenant which I have made on earth, let it be ratified in heaven. Amen.

Happy New Year and I pray you have a wonderful 2024.

Martin

What a fantastic year 2023 was for St. Chad's Church. Apart from work starting on the church, we had lots of amazing events. Here's just a small assortment of pictures from the year.



**Knitted bells
Toy Service
500
Shoeboxes
Food bank
donations**



**Jumble
Sales
Christmas
Market**



Quizmas



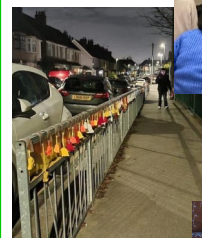
**Sri Lankan
Dinner**



AND



Light Party



Awards



**MCC Christmas
Lunch**



**Craft
Mornings**



MUCH



MORE



**Carol Singing
Afternoon tea**



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

- Pray for the world—this fallen world is economically, socially, climaticly, politically damaged; war-torn, stabbing of our youth, the NHS, Police and Education and for the institutions that are sick and broken.
- Pray for people who are struggling in their faith.
- Pray for all those within our church family who are unwell at this time, awaiting test results and operations.
- Pray that Leaders of all Nations would turn to God for Godly counsel.
- Prayer for refugees , for the Unemployed, homeless and lonely
- Pray for Support workers and families caring for people with learning disabilities
- Pray for who those who are mourning loved ones
- Pray that God will bless us so that we can be a blessing to others
- Continue to pray for the staff team and all our volunteers.
- Pray for PCC and all the different groups in St Chads
- Pray that God will continue to cover Martin and the whole church family.
- Pray for peace in the world at Christmas time
- Pray for the children that will be receiving our shoeboxes and toys from the toy service.
- For the Church globally during the season of Christmas.
- Scriptures:
- Ephesians 6 and Psalms 23,27,37, 91 and 103



MCC—Mature Companion Club

MCC, our Mature Companions Club now meets every 2nd, 3rd and 4th Wednesday at 12.00 noon of each month. All over 60's are invited to come along to share lunch and company. There is no charge for lunch, but donations are welcome. Please bring your friends along too. In the Royal Room in the church hall.



Our local food bank is in greater need than ever. Please prayerfully

consider how you can support your community with donations of non perishable foods, toiletries and baby items, including nappies of all sizes.



January 2024 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 7th January	All Age worship
Sunday 14th January	Family Church
Sunday 21st January	Family Church with Holy Communion
Sunday 28th January	Family Church

Mid-week Services (Wednesday 10am)

Wednesday 3rd January	Holy Communion in Royal Room
Wednesday 10th January	No meeting
Wednesday 17th January	Holy Communion in Royal Room
Wednesday 24th January	No meeting
Wednesday 31st January	No meeting



With very best wishes for a happy , peaceful and healthy New Year from the staff team. Martin, Christine, Pauline, Debbie, Bob, and Paul.



This time last year, I wrote about starting the New Year by volunteering to take an active part in church life. We had a few people step forward to help out, and many thanks to them, but we are still short of volunteers. When you are relying on just a few people and are asking them over and over again to do jobs around the church, they become tired and burnt out! It would be wonderful if we could spread the workload to give other people a bit of a break. We are always looking for volunteers to take part in Sunday Services; we especially need people to read and deliver prayers during services, welcome and to help with refreshments after services. If you are available during the week, there are always volunteer opportunities—MCC, Coffee Shop, building maintenance - and we would welcome you with open arms!! Many of the jobs are simple and not time consuming. As I always say, there are no qualifications needed, just a servant heart! Please do come and see me and we can discuss where you can be helpful and become part of the team that keeps St. Chad's ticking over. I'm looking forward to having that conversation with you! Pauline



ignite

Ignite 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, with occasional visiting speakers—activities for everyone, boys and girls welcome.

For more information, please contact Martin at martin@stchads.church.

ST CHAD'S CHURCH

*Our Sunshine
Community Café is
open on Tuesdays,
in the Royal Room
of our Church Hall
10am—2pm.*

All Welcome



Sparkles

**Group for
under-ones
& their parents**

Grandparents, carers,
& expectant parents
very welcome!

Drop in Mondays
9:45am – 12pm

St. Chad's Church Hall
Eric Road
Chadwell Heath
RM6 6JH

Church Office :-
0208 597 8076

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.

Little Chadders

@EABC



Mondays **£2**
10-11.30AM

*Toddler group 0-4 - Term time only
Great toys, craft sessions, activities and fun*

119 East Road, Chadwell Heath, RM6 6YJ

For more information, contact the church office at
churchoffice@stchads.church/020 8597 8076