

**DATES FOR YOUR DIARY:**

Fri 1st May	12.30pm	Tai Chi (weekly)
Fri 1st May:	8.00pm	Choir Practice (weekly)
Sun 3rd May:	12.15pm	Preschool Spring Spectacular
Mon 4th May:	Bank Holiday	
Tues 5th May:	10.00am	Sunshine Community Care (weekly)
Tues 5th May:	1.15pm	Chair Exercise in church (weekly)
Tues 5th May:	7.30pm	Lighthouse Home Group
Tues 5th May;	7.30pm	Prayer for Revival in Prayer Room (weekly)
Wed 6th May:	10.00am	Mid week Holy Communion
Wed 6th May:	11.00am	Mothers Union
Thurs 7th May:	12.15pm	Chair Exercise (weekly)
Sun 10th May:	12.30 approx.	APCM
Sun 10th May:	All week	Christian Aid Week
Mon 11th May:	1.00pm	Zoom Prayer Meeting
Mon 11th May:	9.45am	Sparkles (weekly)
Mon 11th May:	6.30pm	Ignite (weekly)
Wed 13th May:	10.00am	MCC
Thurs 14th May:	7.30pm	CHRA meeting at URC Beresford Road
Tues 19th May:	12.00 noon	Lighthouse Home Group in Lady Chapel
Wed 20th May:	12.00 noon	MCC
Sat 23rd May:	2.00pm	Mothers Union Cream Tea
Tues 26th May:	7.30pm	PCC meeting in Royal Room
Wed 27th May	12.00 noon	MCC
Sat 30th May:	8.00am	Men's Breakfast
Sat 30th May:	10.00am	Craft Morning

We will be continuing our collections for shoeboxes in May with small toys (tennis balls, yoyos, cars, dolls, small games etc) Please also can you save shoeboxes for us.



**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, — activities for all, boys and girls welcome.

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 May 2026**  
**Newsletter of St. Chad's Church,**  
**Chadwell Heath**

After the busyness of Holy Week and Easter, my family and I were blessed with four days in the mountains of Northern Italy. The scenery was breathtaking, but I also discovered that I'm not quite as confident with heights as I once thought. During one outing, our hosts led us across a bridge spanning a vast canyon. Though it was as wide as a London street, surrounded by all that open space and towering mountains, it felt remarkably narrow. I felt suddenly vulnerable, unable to comprehend the sheer drop beneath us. A deep sense of smallness settled in as I realised how insignificant I was beside those vast mountains. Their indifference was crippling in a way that caught me by surprise and my knees went all wobbly—much to my frustration—while everyone else, especially our daughters, leaned over the edge happily taking photos. In that moment, the opening words of Psalm 121 rushed into my mind:



***I lift up my eyes to the mountains—where does my help come from? My help comes from the Lord, the Maker of heaven and earth. (Ps. 121:1-2, NIV)***

Somehow this helped. Only a little bit, but enough for my mini crisis to gradually fade.

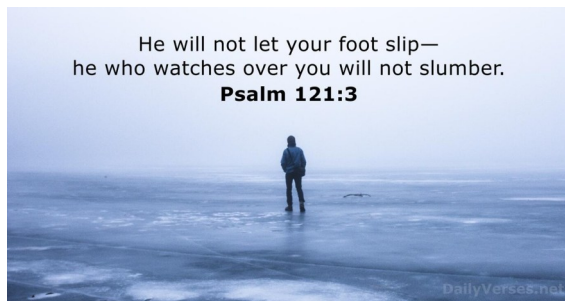
Perhaps for you there is no need to travel anywhere for the mountains to appear. Perhaps you already face huge mountains in your own life and are dealing with serious issues concerning your health and wellbeing or that of a loved one, or with financial struggles or with relationships in need of repair; these can loom as high as any mountain. Does anyone care, does anyone even notice? If only there was a line in Scripture promising that this side of heaven, the Christian life would be free of crisis and difficulty! I'm afraid that way lies fantasy. Thankfully, the bible assures us of an even better outcome, one that doesn't ignore reality. We are reminded that our help lies with One who is infinitely greater and higher than any mountain. So that when now and again, the crises come, we can look upwards for help beyond the mountains to a greater power! To the Maker of the mountains, who made all heaven and earth. My recollection of the psalm was a gift; to remind me that God does notice and God does care. The Lord is our rest and our rescue and we shouldn't be conned into thinking that He is asleep at the wheel:

***He will not let your foot slip— he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep (Ps. 121:3-4).***

The King who rules over everything, is not indifferent to our plight. Never mind mountains, even the sun and the moon should hold no fear for you and for me because ultimately, it is the Lord who watches over us. In practice though, I believe God sometimes does this through His human creatures and calls us to do some watching during dark and testing times. With His arrest and crucifixion looming large, Jesus asked this of His closest disciples at Gethsemane, but he found them sleeping.

***“Couldn’t you men keep watch with me for one hour?” he asked Peter. (Matt. 26:40b)***

Poor Peter, what could he possibly have done to change anything? Likewise, you may not have the solution to my particular mountain but maybe I will cope better if you keep watch with me. And perhaps sometimes, I could do the same for you. This seems to be what Jesus wants of His followers. To keep watch with those around us even when (or especially when) we can’t solve the problem. I hope to be better at putting this into practice and want to encourage you to do the same. As we do so, we can remind each other of our True Helper with the closing words of the psalm, it is the Lord who will keep you from all harm— he will watch over your life; the Lord will watch over your coming and going both now and forevermore (Ps. 121:7-8).



**Please join us after the service for refreshments and fellowship.**



We are very excited that for the first time for a long while, we will be holding a summer fete this year. The date is **Saturday 4th July**, get in your diary. We do not have full details yet, but the Fundraising Team will be meeting on Thursday 30th April, to decide on a theme and to start planning the event. We would love for more people to join the Fundraising Team to bring enthusiasm and fresh ideas to the event, so please have a chat with either Iain or anyone on the team (see list on Noticeboard in church), for details of what being part of the team involves. One thing we do know is that we will be selling tables for people to sell their goods, so please let us know if you would be interested in doing this, (bearing in mind that we will be outdoors.

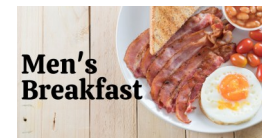
This is a very exciting time for St. Chads and we would love for as many people as possible to be involved.

We look forward to hearing from you.



The next Men's Breakfast is on Saturday 30th May and every last Saturday of the month at

8.00am—  
9.30am in the  
Royal Room.



The next children's **Craft Morning** is on Sat 30th May at 10.00am in the church. Come along and enjoy Crafts. Songs, Games, Stories, refreshments included, £3



We look forward to welcoming the New Dimension choir back for one of their wonderful summer concerts on Saturday 27th June in the church. Time and tickets prices to be confirmed nearer the time. Get the date in your diary!



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 5th May** 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 the peace talks.
  - 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 who are in turmoil at the moment.
  - 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 building project to be completed soon and for funds to be granted.
  - Scriptures: for Pentecost and the Holy Spirit
- Acts 2:1-13: Acts 4:31 John 14:26 Romans 15:13** Join our Zoom Prayer meeting every first Monday at 1.00pm.

**Pray for our community by street each week.**

- w/c 4/5** Herbert Gardens , Chapel Lane , Station Road, Wangey Road
- w/c 11/5** Cedar Park Gardens , Chadwell Heath Station, Pavement Mansions
- w/c 18/5** Chadwell Heath Lane , Edgar Road , Edith Road , Clarissa Road
- w/c 25/5** Kenneth Road . Eustace Road, Broomfield Road , Heath Road

The Mothers Union is 150 years old this year and to celebrate, our branch at St. Chad's are holding a Cream Tea on Saturday 23rd May in the Royal Room. From 2.00pm There will also be a presentation of the work and projects of the Mothers Union. There is no charge for the Cream Tea, but you must have a ticket, which will be available from Christine.



**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.

## May 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.

<b>Sunday 3rd May</b>	All Age worship—Easter Sunday
<b>Sunday 10th May</b>	Family Church
<b>Sunday 17th May</b>	Family Church with Holy Communion
<b>Sunday 24th May</b>	Family Church
<b>Sunday 31st May</b>	Family Church with Holy Communion

### [Mid-week Services \(Wednesday 10am\)](#)

**Wednesday 6th May** Holy Communion in Royal Room






My God will meet all your needs according to the riches of His glory in Christ Jesus.

(Philippians 4:19b - NIVUK)



# FUNDRAISING And Social Events

## 2026

<b>27th JUNE</b>	<p><b>New Dimensions Summer Concert in church At 7.30pm. More details and ticket prices will be announced nearer the time.</b></p> 
<b>4th JULY</b>	<p><b>For the first time in several years, we are holding a Summer Fete and raffle, in the church car park and hall. Theme yet to be decided but we would love to hear any ideas you have. Next meeting is 30th April.</b></p> 
<b>4th OCTOBER</b>	<p><b>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.</b></p> 
<b>24th OCTOBER</b>	<p><b>As usual, lots of volunteers needed to help get ready and on the day.</b></p> <p style="text-align: center;"><b>JUMBLE SALE</b> 11.00am until 2.30pm, Bring jumble from the week before.</p>
<b>21st NOVEMBER</b>	<p><b>Christmas Market Saturday 21st November 11.00am—2.30pm In the church</b></p> 
<b>5th DECEMBER</b>	<p><b>Shoobox 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.</b></p> 
<b>6th DECEMBER</b>	<p><b>Shoobox and Toy Service, Sunday 6th December at 10.45am.</b></p>  

Our APCM (Annual Parochial Church Meeting) this year is taking place on Sunday 10th May after the 10.45am service. Everybody is welcome to attend, but you must be on the Electoral Roll to vote. If you have been attending St. Chads for the last 6 months and wish to be added to the Electoral Roll, please pick up a form from the back of church and return to Pauline.

### THE ANNUAL MEETING



INTERESTING REPORTS ABOUT KEY AREAS OF OUR WORK

THE VICAR'S SPEECH ABOUT THIS YEAR'S ACHIEVEMENTS

ANYONE?

THE ELECTION OF A NEW PAROCHIAL CHURCH COUNCIL

SOME QUESTIONS FROM CONGREGATION MEMBERS

A reminder that you can help to raise money for St. Chad's by using Easy Fundraising. Since we started, we have raised over £300 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/](http://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 will continue when the lent course finishes at 7.30pm in the Lady Chapel in church on alternate Tuesdays (1st and 3rd). New members always welcome.

Next meeting Tuesday 5th May .

Please note, our next Zoom Prayer Meeting will be held on Monday 11th May 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](http://bit.ly/StChadsPrayer)



Raising funds for:





**Sweet treats** **Raffle**

## Spring Spectacular

Sunday May 3<sup>rd</sup> 2026

St Chads Church Hall RM6 6JH  
12.15 to 3pm

Fun and games


Cream tea

Competitions



**Children's Groups on Sundays.**

**Luminate**—for Reception to Year 6 children, every Sunday apart from All Age service, in the church hall. Creche for under reception age children in the Royal Room.



Junior Church

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



the trussell trust  
Stop UK Hunger