

DATES FOR YOUR DIARY:

Sat 1st Aug:	2.00pm	New Bereavement Group, Royal Room
Mon 3rd Aug:	1.00pm	Zoom Prayer meeting
Tues 4th Aug:	10.00am	Sunshine Community Cafe
Tues 4th Aug:	1.15pm	Chair Exercise in church
Tues 4th Aug:	7.30pm	Prayer for Revival in Prayer Room
Tues 4th Aug:	7.30pm	Lighthouse Home Group in Lady Chapel
Wed 5th Aug:	12.30pm	Tai Chi in church
Thurs 6th Aug:	12.30pm	Chair Exercise in church
Tues 11th Aug:	10.00am	Sunshine Community Cafe
Tues 11th Aug:	1.15pm	Chair Exercise in church
Tues 11th Aug:	7.30pm	Prayer for Revival in Prayer Room
Wed 12th Aug:	12.30pm	Tai Chi in church
Thurs 13th Aug:	12.30pm	Chair Exercise in church
Tues 18th Aug:	10.00am	Sunshine Community Cafe
Tues 18th Aug:	1.15pm	Chair Exercise in church
Tues 18th Aug:	7.30pm	Prayer for Revival in Prayer Room
Tues 18th Aug:	7.30pm	Lighthouse Home Group in Lady Chapel
Wed 19th Aug:	12.30pm	Tai Chi in church
Thurs 20th Aug:	12.30pm	Chair Exercise in church
Tues 25th Aug:	10.00am	No Sunshine Café this week
Tues 25th Aug:	1.15pm	Chair Exercise in church
Tues 25th Aug:	7.30pm	Prayer for Revival in Prayer Room
Wed 26th Aug:	12.30pm	Tai Chi in church
Thurs 27th Aug:	12.30pm	Chair Exercise in church

Please note: Tai Chi returns to Fridays in September.



For our Harvest giving this year, we are going to be making care packages for local homeless people. These will consist of things such as warm hats, gloves and scarves, socks, sweets, chocolate, bottled water or electrolyte drinks, wet wipes or baby wipes, travel toothbrush /toothpaste , roll on deodorants, hand sanitizer, feminine hygiene products, plaster, chapsticks. More information will available nearer the time.

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



Jesus asked, "Were not all ten cleansed? Where are the other nine? Has no one returned to give praise to God except this foreigner?" (Luke 17:17-18, NIVA)

As children we were taught to remember our "Ps & Qs". This is something I am passing on to my own children as I am sure you are. Almost automatically, we recite the phrase "*and what do you say?*", whenever they forget to show proper gratitude. This is about more than simply being polite; there is a deep spiritual and moral principle to be learned and re-learned throughout our lives. Not only for the kiddies, the practice of being grateful and the art of showing gratitude is a life skill that we must all develop.

One observation with my own children is that they are more likely to skip the "Thank You" during repeated events or acts of kindness that have become common place. For example, at a birthday party, rather than thanking the hosts at the end, they might be tempted to join the other children in demanding a party bag because that's what's expected, isn't it? We can all be like this and take things for granted, forgetting that our expressions of gratitude make all the difference to those who have shown us consideration and kindness. Who among us does not like to be appreciated for our efforts? I know as a human being, hearing the positive effect of my actions makes them feel worthwhile and encourages me to do more of the same in future. On the other hand, a lack of gratitude or appreciation casts a stain over it all and leaves a sour taste.



Imagine how Jesus felt having healed ten people of a serious disease. They had begged Him to have pity on them, yet none turned back to thank Him, except for one.

Perhaps there were so many of them healed, they treated it like a routine party bag and failed to appreciate what God had just done in their lives. Jesus was clearly not impressed, ***“Where are the other nine? Has no one returned to give praise to God except this foreigner?”***

The single person that returned to thank Jesus was a Samaritan who came back ***“praising God in a loud voice”***. How often have I forgotten to do the same as this Samaritan? I am writing this precisely a week after marking my first full year here at St Chad’s and the time has flown! So many great blessings for me and my family. I can honestly say that as your curate, things could not have gone any better. But if I am equally honest, my praises to God have not been frequent enough, nor have they been loud enough. Also, the school year has ended and many of us will be looking forward to having something of a break or holiday. Just because it is our yearly habit, and expected, let us not be like the nine and forget to thank God for getting us here. Let us remember to be grateful for God’s presence through all that’s happened and to express our gratitude for any rest and relaxation that is to come.

Jesus affirms this life skill for all His followers – the art of celebrating God’s goodness and being grateful for His provision. This isn’t so that God might feel good, rather it is how we are led into the truth and away from the human tendency is to focus on the negatives, the bad headlines. When as Christians, we count our blessings and give praise to God, it deepens our appreciation and experience of the abundant life that Jesus came to bring. A simple thank you might feel inadequate, but it might be all we’ve got to offer. That and perhaps a “Hallelujah, Praise The Lord!”. I’m reminded of words from a worship song titled “Gratitude” that goes:

**We
are so
Thankful
Grateful
and truly
Blessed
GOD
is too
GOOD
TO US**

“Come on, my soul, don’t you get shy on me. Lift up your song, cause you’ve got a lion inside of those lungs. Get up and praise the Lord”

Within the fun, sights and relaxation of the next few weeks, I pray we find many opportunities to do just that. To get up and praise the Lord!

Deji



Please note there will be no Men’s Breakfast in August. The next

Men’s Breakfast is on Saturday 26th September and every last Saturday of the month at 8.00am—9.30am in the Royal Room. Breakfast is £5.



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 Team, who will be able to help you.

There will be no Craft Morning in August. The next Craft Morning will be on Saturday 26th September at 10.00am in the church. If you can help with this, please see Julie.



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

Sparkles closed until 7th September



Ignite closed until 7th September

Coffee Shop will be closed on 25th August and 3rd September.

Monday Zoom Prayer will meet on 3rd August

Lighthouse Home Group meets 1st and 3rd Tues in August

Tuesday Night Prayer continues throughout August.

MCC closed during August, restarts on 9th September

Table Tennis carries on throughout August

Pre-school reopens on 7th September

Junior Church will finish on Sunday 26th July and

restarts on 13th September

There will be no choir practice during August

The Church Office will remain open during August.



We still 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 4th August 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 families
- Join our Zoom Prayer meeting every first Monday at 1.00pm.**
- “But as for me and my house, we will serve the Lord.” – **Joshua 24:15**
 “Therefore encourage one another and build one another up, just as you are doing.” – **1 Thessalonians 5:11**
 “God is our refuge and strength, a very present help in trouble.” – **Psalms 46:1**



Pray for our community by street each week.

- w/c 3/8** Jarrow Road, Bede Road , Bishops Avenue , Canon Avenue
w/c 10/8 Third Avenue, St Bede's Catholic Primary, Fileds Park Crescent
w/c 17/8 Somerville Road , Rathore Close, First Avenue, Second Avenue
w/c 24/8 Brian Road Donald Drive, Rochford Avenue, Freshwell Avenue
w/c 31/8 Ongar Close, Chafford Way, Tendering Way , Dunmow Close



Please note the next Zoom Prayer Meeting will be held on Monday 3rd August 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

We'd like to keep in touch with you.

If you are 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.



August 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 2nd August	All Age worship with Baptism
Sunday 9th August	Family Church
Sunday 16th August	Family Church with Holy Communion
Sunday 23rd August	Family Church
Sunday 30th August	Family church with Holy Communion

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



Please join us
after the service
for refreshments
and fellowship.



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	Shoebbox 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	 Shoebbox and Toy Service, Sunday 6th December at 10.45am.	

A huge thank you to everybody who helped out in so many ways at the Summer Fete. We consider it was a huge success, and are already planning to hold it again next summer. It was great to see so many St. Chad's folk working together, be that getting ready on Friday, running stalls, helping with refreshments and the barbeque, organising games, running the beer and prosecco tent, the prayer room, and all the entertainers and those that helped with the clearing up—always the worst job! Thank you also to Snow White, who turned up to party with the children in the party tent.



Although it went very well, it was a learning curve and we have ideas for tweaking the next one. If you want to get involved in the Fundraising and Social Event side of St. Chad's, please speak to Iain who heads up the committee and we will let you know when our next meeting is.

We raised in the region of £1500 for church funds.

A new group starts on Saturday 1st August, 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.

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 £450, 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 !



Throughout August, we will be



collecting soap and toothpaste for our shoeboxes. Please also can you save shoeboxes. Thank you.

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.

