

DATES FOR YOUR DIARY:

Mon 2nd Feb:	9.45am	Sparkles (every week)
Mon 2nd Feb:	1.00pm	Zoom Prayer Meeting
Mon 2nd Feb:	6.30pm	Ignite (every week)
Tues 3rd Feb:	10.00am	Community Sunshine Café (every week)
Tues 3rd Feb:	1.15pm	Chair Exercise in church (every week)
Tues 3rd Feb:	7.30pm	Lighthouse Homegroup in Royal Room
Tues 3rd Feb:	7.30pm	Prayer for Revival in Prayer Room (every week)
Wed 4th Feb:	10.00am	Holy Communion in Royal Room
Wed 4th Feb:	11.00 am	Mothers Union
Thurs 5th Feb:	12.15pm	Chair Exercise in church (every week)
Fri 6th Feb:	12.30pm	Tai Chi in church (every week)
Fri 6th Feb:	8.00pm	Choir Practice (every week)
Sat 7th Feb:	11.00am	Ladies Brunch in Church
Sat 7th Feb:	12.15pm	Shoeboxes in Bosnia presentation
Tues 10th Feb:	2.00pm	Care Home Service at the Willows
Wed 11th Feb:	12.00 noon	MCC
Thurs 12th Feb:	7.30pm	CHRA meeting at URC Beresford Road
Tues 17th Feb:	6.00pm	Pancakes with Ignite in the hall
Wed 18th Feb:	2.00pm	Family Games Day in church
Wed 18th Feb:	12.00 noon	MCC
Fri 20th Feb:	2.00pm	Jumble Sale Prep in church hall
Sat 21st Feb:	10.00am	Jumble Sale in hall
Tues 24th Feb:	7.30pm	First Lent Course in the Royal Room
Wed 25th Feb:	12.00 noon	MCC
Sat 28th Feb:	8.00am	Men's Breakfast
Sat 28th Feb:	10.00am	Craft Morning

Thank you to everybody who supports our Shoebox Campaign. With your help, we were able to send 420 shoeboxes, which went to Romania and Ukraine.

The monthly collections went really well, and we will continue it this year as follows:

February - Soaps and Flannels March—Toothpaste and tooth-brushes

April—Colouring pencils, crayons, note book, erasers, sharpeners.

May—Small toys (tennis balls, yoyos. cars, dolls, small games etc)

June and July—Sweets

August—Back to soap and flannels and toothpaste

Sept—Teddies and soft toys Oct—Gloves, hats and scarves

Nov—Pencils, crayons, colouring/note books

Please keep your shoeboxes for us too and any unwanted teddies. Every item you donate is truly appreciated. Thank you for supporting this wonderful charity.



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

Wake up, sleeper, rise from the dead, and Christ will shine on you. (Eph. 5:14, NIV)

Did you know that in Britain, only three mammals truly hibernate? Across the land, Bats, Hedgehogs and Dormice, all return to their dens around October-November time and remain there, mostly inactive until early spring the following year. So, there is something about the early months of the year that causes me to think of hibernation. Like the mythical Phoenix, there is a sense in which we are all arising out of the “ashes” of the year just gone by. I suppose that is why some of us make new year resolutions; We desire something, anything, to help turn the page into a bright new chapter.

I am not certain that I have fully settled into a new rhythm this year. Perhaps this is a feeling you recognise. Whether you're doing the school run, commuting to work, writing a sermon, cooking the family meal, etc. All are good things, but when they are not illuminated by the light of Jesus, getting them done doesn't seem to “flow” as it should. They can begin to feel like dull and dry chores. As though you are just trudging along in the dark, from one repeating task to the next. But somewhat like the alarm bell on my phone, the writer of Ephesians is ringing loudly;



“Wake up! Not for you, this hibernation, this dull, dead life. There's a glorious existence promised to all who follow Jesus”.

Wake up, sleeper, rise from the dead, and Christ will shine on you.

The internet informs me that the way hibernation works, is that animals begin by fattening themselves up and then go into what is much more than a “deep sleep”. Their bodies slow down so dramatically that they appear to be dead - because they are doing only the bare minimum required to keep life ticking over. It's how they survive harsh, cold winters. And we too can lapse into a “survival mode” that is quite similar. We retreat into a dull daze after having gorged on the joys of Christmas,



both literally and spiritually. For many people, the plentiful carols and festive food are already a distant memory; one that has been replaced by their humdrum routine. All too often, life gets reduced to the task of merely existing and doing just . to keep things ticking over.

This verse in Ephesians helps us see that joy and abundance are in no way limited to Christmas. The Light of the world has come and so nothing we do now, need by done in drudgery or darkness. We are now children of light, and the natural fruit of that light is goodness, righteousness and truth. If we find ourselves in hibernation mode, let us remember that Jesus said:

"I have come that they may have life, and have it to the full" (John 10:10).

Our Christ does not bring a life of fruitless deeds. Rather, He brings one of limitless opportunity, rich in colour and depth. As that lovely hymn goes, *"There's light for a look at the Saviour, And life more abundant and free!"* Therefore, we ought to remove our focus from the challenges we face and the things that are not yet quite as they should be in our lives. Let me invite you instead, to join me and *"Turn Your Eyes Upon Jesus"*. My prayer, both for myself, and anyone reading this, is that the Spirit of Jesus would guide us into the warmth of His light and bring life to what would otherwise be lifeless. That He would bring His fullness to our everyday tasks, so that no matter how challenging, we start to feel all things clicking into place. May we be lifted from death to life, to stand in the light of the Risen Christ, the Sun of Righteousness. To look full in His wonderful face, so that the things of earth would grow strangely dim, in the light of His glory and grace.

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This year's Lent Course will take place on Tuesday evenings in the Royal Room starting at 7.30pm on Tuesday 24th March for five weeks, finishing on Tuesday 17th March. The course will be based on 'Creation and New Creation'

Please note the Tuesday Prayer group will be joining the Lent Course, along with the Lighthouse Home Group and any other homegroups that meet on a Tuesday, but everybody is welcome to attend.

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



ST CHAD'S CHURCH

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

All Welcome

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

The next children's **Craft Morning** is on Saturday 28th February at 10.00am in the church. Come along and enjoy Crafts. Songs, Games, Stories and refreshments included, £3 per child. To book, contact Juie.stchads@gmail.com



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

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.



Tuesday 3rd February is a day of prayer and fasting. Here are some prayer points:



- Pray for the world—this fallen world is economically, socially, climatically, politically damaged, war-torn, unsafe streets. Where there is war and unrest. 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. (see weekly notice sheet).
- Pray that Leaders of all Nations would turn to God for Godly counsel.
- Pray 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
- Continue to pray for our clergy, 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.
- For the Church globally .
- Scriptures: for safety and protection. **Join our Zoom Prayer meeting every first Monday at 1.00pm.**
- Genesis 28:15, Psalms 18:22, 3:5, 71:3, 121:8

Pray for our community by street each week.

w/c 2/2 Burlington Gdns, Wadeville Ave, Morden Rd , Bennet Rd , Merten Rd, Farrence Rd, Woodlands Ave, Firs Infant School

w/c 9/2 Ashton Gdns , Tenby Rd , Bath Rd , Cromer Rd , Tenby Close , Eagle Ave, Willow Rd

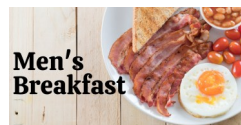
w/c 16/2 Mill Lane , Kelly Way , Beresford Gdns, Cavendish Gdns, Morley Rd, Lansbury Ave, East Rd .

w/c 23/2 Pemberton Gdns, Geneva Gdns, Adelaide Gdns, Yew Tree Gdns, Cedar Ave, Henly Gdns, Melbourne Gdns.

Pancake Day. Ignite, our Youth Group, would like to cook pancakes for you on Shrove Tuesday, 17th February in the church hall from 6.00pm, for donations which will go towards equipment for the group or a trip out.



The next Men's Breakfast is on Saturday 28th February and every last Saturday of the month at 8.00am—9.30am in the Royal Room. Breakfast is £5. See Dave.



February 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 1st February	All Age worship
Sunday 8th February	Family Church
Sunday 15th February	Family Church with Holy Communion
Sunday 22nd February	Family Church

Mid-week Services (Wednesday 10am)

Wednesday 4th February	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 of the Year 2026

Join us for fellowship after our church services and enjoy tea, coffee and good company. You may even want to volunteer to help out with serving refreshments. See Pauline if that is you!.





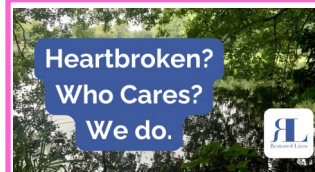
Come and help at our Jumble Sale on 21st February in the church hall. The sale is from 11.00am to 2.00pm, but if you are helping, please be at the church by 10.00am. We will be setting up stalls on Friday 20th February from 2.00pm. Please do come along and help. Jumble can be bought to the church hall from the previous week, Sunday 15th February. There will be a sign up sheet at the back of church, to volunteer or just message the church office. If you are able to bake a cake for the coffee shop, that would be great too. Many thanks



At our Fundraising Team meeting, we have planned the following events for the year.
Jumble Sales 21st February and 24th October.
Mothers Day Cake Sale 15th March.
Easter Raffle and Margaret's Chocolate Oranges and Easter decorations Easter week
New Dimensions choir concert 27th June
Summer Fete and Raffle 4th July
Christmas Market 21st November
Shoebbox Day 5th December
 Next Fundraising meeting Thursday 30th April to plan the summer fete. Come and join us.



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



Are you or anyone you know struggling after a relationship breakup? For information about **Restored Lives**, speak to Iain or Lindsay Torrance. (Iain.torrance@nelft.nhs.uk)

Calling all Ladies, please come and join us for a Continental Brunch on Saturday 7th February at 11.00am in church. Pauline will be giving a presentation of her trip to Bosnia to give out shoeboxes. The cost is £5 pp to cover the brunch. Please sign up in church or message the office, for catering purposes.



If you would like to know what happens to our shoeboxes once they leave St. Chad's, come along to a presentation in the church on Saturday 7th February, when Pauline will be talking about her trip to Bosnia to distribute shoeboxes. If you do not fit the criteria for the Ladies' Brunch, ie, you're not a lady, come along for the presentation which will start at about 12.15pm, there maybe some leftovers !

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



Lighthouse Home Group is at 7.30pm in the Lady Chapel in church on the 1st Tuesday of the month in February, which will be the 2nd. New members always welcome.

Our next Zoom Prayer Meeting will be held on Monday 2nd February 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



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 church Office during the week. Thankyou.

