

# *The* HEATH



News, views & comment from the  
United Reformed Church, Chadwell Heath

50p

Dear Friends,

I recently spent a week in Prague at the Annual Ministers' Conference of the Evangelical Church of Czech Brethren. The visit was the result of a long-term partnership between the Czech church and the URC...particularly our own Thames North Synod.

It was an amazing trip. I met lots of great people, had some wonderful local cuisine, and walked many miles through the meandering streets of Prague's Old Town. The conference was exceptional with brilliant speakers and interesting and engaging topics. It really was an amazing week, and I look forward to welcoming our guests from Czechia who will be attending our Spring School in April.

As I reflect on that experience, what stands out to me most is the gift of new and different perspectives that it offered to me. I think it goes without saying that all of us are shaped by the places we live, and the people and events that surround us during our lives. But, sometimes, it can be hard to fully appreciate the extent to which those shape our behaviour, our worldview, and even our faith.

I had some similar insights after moving to the UK. The lingering influence of the experiences of WWII, for example, continue to shape life and policy in this country in far more significant ways than they do in, say, the United States. In Prague, it is the experience of Communist occupation for decades following the war that shapes their collective experiences in ways large and small. During the conference, I became aware that a sizable number of the ministers in the room had led churches during the occupation. How different that experience must have been...and how unlike my own experience.

It was a reminder to me of the importance of always considering the situation, experience, and perspective of others, when we engage with them, especially those we may not always agree with. Jesus often displayed this sort of sensitivity as he tailored his teachings to the situations that people were experiencing at that moment. He would often say "you have heard it said..." regarding a certain law or commandment, "but I say to you..." and offer a clarification or extension on the previous teaching as a way of helping people to understand the purpose and importance of those spiritual laws. Jesus took into account the perspective of his audience, and structured his teaching in a way that was most helpful for them.

As we consider ways in which we can share the gospel with those who need to hear it, we will be well served to take a few moments and try to appreciate the viewpoint and perspective of the person we are speaking with. It's a sign of respect, compassion, and genuine caring...attributes that are sorely lacking in much of the public discourse in our nation and around the world. In doing so, we are demonstrating the love of God to people who may not have experienced it before...what a way to spread the Good News of Jesus!

Blessings,

Brian



## Church Diary March & April

1st March 11:15	Morning Worship & Holy Communion.	Led by Rev. Ann Woodhurst
8th March 11:15	Morning Worship	Led by Tim Marshall
15th March 11:15	Morning Worship	Led by Rev. Brian Buschkill
22nd March 11:15	Morning Worship Followed by Church Meeting & AGM	Led by Rev. Brian Buschkill
29th March 11:00	Morning Joint Worship	At Romford Western Road URC
5th April 11:15	Easter Morning Worship & Holy Communion	Led by Rev. Ann Woodhurst
12th April 11:15	Morning Worship	Led by Rev. Brian Buschkill
19th April 11:15	Morning Worship	Led by Rev. Brian Buschkill
26th April 11:15	Morning Worship	Led by Cassie Baker





# Worship Themes

## March & April

*Church will use the themes listed below*

Second Sunday in Lent - March 1, 2026

- Genesis 12:1-4a
- Psalm 121
- Romans 4:1-5, 13-17
- John 3:1-17 or Matthew 17:1-9



Third Sunday in Lent - March 8, 2026

- Exodus 17:1-7
- Psalm 95
- Romans 5:1-11
- John 4:5-42

Fourth Sunday in Lent - March 15, 2026

- 1 Samuel 16:1-13
- Psalm 23
- Ephesians 5:8-14
- John 9:1-41

Fifth Sunday in Lent - March 22, 2026

- Ezekiel 37:1-14
- Psalm 130
- Romans 8:6-11
- John 11:1-45

Liturgy of the Passion - March 29, 2026

- Isaiah 50:4-9a
- Psalm 31:9-16
- Philippians 2:5-11
- Matthew 26:14-27:66 or Matthew 27:11-54

Resurrection of the Lord - April 5, 2026

- Acts 10:34-43 or Jeremiah 31:1-6
- Psalm 118:1-2, 14-24
- Colossians 3:1-4 or Acts 10:34-43
- John 20:1-18 or Matthew 28:1-10

Second Sunday of Easter - April 12, 2026

- Acts 2:14a, 22-32
- Psalm 16
- 1 Peter 1:3-9
- John 20:19-31

Third Sunday of Easter - April 19, 2026

- Acts 2:14a, 36-41
- Psalm 116:1-4, 12-19
- 1 Peter 1:17-23
- Luke 24:13-35

Fourth Sunday of Easter - April 26, 2026

- Acts 2:42-47
- Psalm 23
- 1 Peter 2:19-25
- John 10:1-10





## Heath & Havering Churches

Chadwell Heath URC  
Nelmes URC  
Trinity (Upminster) URC  
Western Road URC

# Lenten 2026 Bible Study

## Abraham's Family Grows: Genesis 23-38

All sessions to be held on Tuesday mornings at 9:45 am in Roope Hall, Trinity URC  
(Sessions will be recorded and posted on our YouTube channel:  
search "heath and havering urc")

### **3 March—Issac & Rebekah**

Read: Genesis 23-26

### **10 March—Sibling Troubles**

Read: Genesis 27-30

### **17 March—Jacob on the run**

Read: Genesis 31-34

### **24 March—Jacob and his family**

Read: Genesis 35-38



Our minister, Brian, will be spending some of his office time in our local cafes and coffee shops in the coming months. You are welcome to stop by to say 'hello,' stay for a chat, or just share some light conversation over a refreshing beverage.

**All sessions will take place from 9:30 to 11 am**

**Chadwell Heath**

**(1st Wednesday of the month)**

*Bon Appetit café*

*(next to Sainsbury's)*

**7 January**

**4 February**

**1 April**

**6 May**

**3 June**

**1 July**

## **Growth Prayer**

God of mission  
Who alone brings growth to your Church.  
Send your Holy Spirit to give  
Vision to our planning,  
Wisdom to our actions,  
Joy to our worship,  
And power to our witness.  
Help our church to grown in numbers,  
In spiritual commitment to you,  
And in service to our local community,  
Through Jesus Christ our Lord.  
Amen.

We are using this growth prayer in our  
worship each week.



# QUIET DAY

## MONDAY 30<sup>TH</sup> MARCH 2026



### RETREAT HOUSE PLESHEY CM3 1HA

Meeting at Pleshey at 10:30am.

People requiring transport please ask.

The cost including lunch is £22 per head.

The Diocesan Retreat House Pleshey is set in one of the most attractive villages in Essex. This is a chance to get away from the hustle & bustle of daily life and remain quiet or have relaxed discussions within the atmosphere of peace. If you would like to come, please book through Roger.

Tel: 01992 523849

Email: [rogergayler@btinternet.com](mailto:rogergayler@btinternet.com)

Please contact Dianne by 10th March if you wish to attend the Quiet Day.

Please provide any dietary requirements. Pay on the day.



***“Unless I see the nail marks in His hands and put my finger where nails were, and put my hand into His side, I will not believe it.” (John 20: 25)***

How patient Jesus was, in giving ‘Doubting Thomas’ a second chance! Earlier, the risen Christ had said to His disciples, “Peace be with you!” (verse 19). And it is only because of those scarred hands that His peace is made available.

There have been many religious leaders in history – but only one had scars as the proof of what He had achieved. It is also evident that – after Christ’s bodily resurrection – the scars were never obliterated. “Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe” (verse 27).

The ordeal was over – but the scars remain – for ever. At the end of time – in the future New Creation – our Lord Jesus Christ will still have those scars, when He is affirmed as ‘the Lamb slain from the foundation of the world’ (Revelation 3:8). The apostle Peter himself echoed the timelessness of the Cross of Calvary (1 Peter 1:20). The Cross and Resurrection form the centrepiece of our entire human story.

The scarred hands... It is vital that one and all should receive the lesson that Thomas learned that day: “Blessed are those who have not seen and yet have believed” (verse 29)

For it would not be long before the bodily presence of the Lord would be removed from human sight. From then on, it would be the preaching of the apostolic witnesses that would take Christ’s message to the ends of the world. Thomas himself was going to be despatched to India! Later would see Augustine to Canterbury, Francis sent to Assisi, Patrick to Ireland and Livingstone to Africa.

Today sees the mission of the risen Jesus criss-crossing all over the world – creating the biggest and fastest-growing body of belief ever known.

Be a living exponent of this Easter Gospel yourself. Use it, proclaim it, know it and live it. Then you can identify along with believing Thomas!

## Why we should be like donkeys

Are you a pet-lover? Many people own a dog, a cat or a budgie, but most of us don't own a donkey! Yet in Bible times, donkeys were essential to daily life. They did everything from helping to grind corn, to ploughing, to carrying people, to transporting their belongings. Despite their small frame, donkeys are surprisingly tough. They are content with poor fodder like thistles and can travel an average of 20 miles a day.

There are two occasions in the Christian calendar where donkeys walk into the picture. At Christmas, Mary travelled the 100 miles from Nazareth to Bethlehem on a donkey. And although a donkey doesn't get a specific mention in the manger story, that same one that transported her was probably there at the birth; where else would it have been?

On Palm Sunday Jesus entered Jerusalem riding on a donkey. Jesus deliberately chose this animal rather than a horse. Why? In Bible times, the horse was associated with war, conquest and worldly might. But the donkey was a symbol of peace and humility. Jesus used this animal to show that He had come with the dignity of the King of peace. His entry into the Holy City also fulfilled Zechariah's prophecy concerning the Messiah.

Donkeys are hardworking and undemanding. They wait for their master to put them to the work he has chosen for them. And, remarkably, each one bears the mark of the Cross on their backs!



## Earth Hour 2026 – a time to turn off your lights

The Earth Hour 2026 takes place on Saturday 28<sup>th</sup> March, when at 8.30pm in their local time millions of people worldwide will turn off their non-essential lights for one hour.

Organised by the World Wildlife Fund (WWF), the 20<sup>th</sup> anniversary of this global initiative will aim to raise awareness of the earth's climate crisis, and to encourage environmental action through sustainable, actionable lifestyle changes.

The first Earth Hour was held in Sydney, Australia, on 31<sup>st</sup> March 2007, and has since become a global movement. The 2025/26 theme is 'Giving an Hour for Earth' is encouraging people to adapt sustainable habits in their daily lives.

And while our lights are off for an hour, Earth Hour will encourage us to spend the time in nature, or stargazing, or engaging in environmental, educational, or sustainable activities.

More info at: <https://www.earthhour.org>



## The Song of the Spirit

O when Your Spirit softly  
sings  
Within our hearts of stone  
Lord, speak to us of godly  
things  
And make our hearts Your  
home.

Sometimes our doubts like  
briars grow  
Sometimes our faith is weak,  
O Spirit, sing, that doubt may  
go,  
Lord, help us hear You  
speak.

Transform us through Your  
Spirit's voice  
And set our hearts alight,  
So truly may our hearts re-  
joice  
And shine with Godly light.

For those who hear the  
Spirit's song,  
Are filled then with His pow-  
er!  
Their light shall shine the  
whole day long  
And praise fills ev'ry hour!

*by Nigel Beeton*

## The mystery of suffering

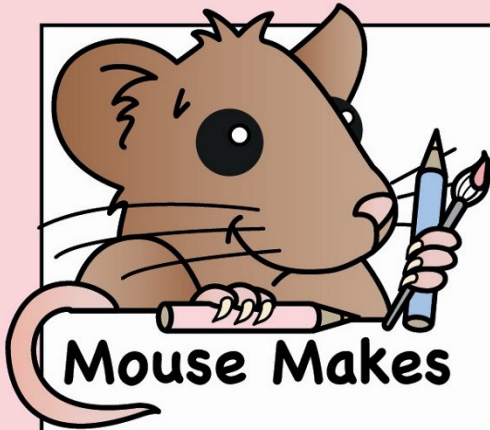
Why is there suffering, who can  
know  
When all is well and free from  
strife?  
Job also thought upon these  
things  
Then tragedy struck, upturning  
his life.

A curtain in heaven was drawn  
aside,  
A spiritual battle was all around  
Bringing death, destruction, sick-  
ness and woe  
As Satan attempted to bring Job  
down.

Job's friends arrived to sit and  
pray,  
To fathom out the reason why,  
But all their wisdom came to  
nought,  
Even his wife said: 'curse God  
and die'.

Unseen forces inhabit our world,  
But God is faithful, His word is  
true,  
Hold fast to God, He never fails  
For God in Christ will see us  
through.

*By Megan Carter*



# Mouse Makes

The Bible has many stories of mothers who had great faith in God. With their love, care, encouragement and prayers their children grew up to be great people of God.



Who saved her baby by putting him in a basket in the river?  
*Exodus 2:1-3 and 6:20*

*Exodus 2:1-3 and 6:20*

Who was 90 years old when she had her son Isaac?  
*Genesis 17:19*

### Across

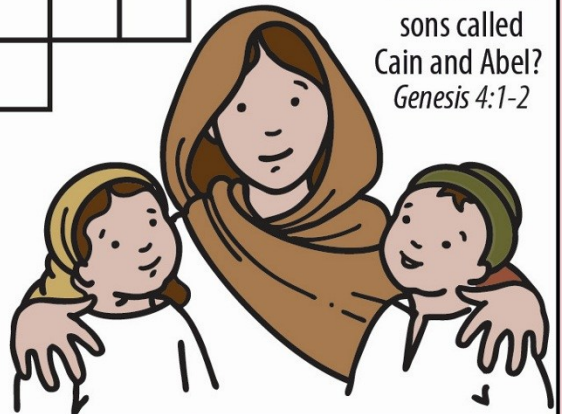
- 3. **Obed's** mother  
*Matthew 1:5*
- 4. **John's** mother  
*Luke 1:57-60*
- 7. **Reuben's** mother  
*Genesis 29:32*
- 8. **Joseph's** mother  
*Genesis 30:22-24*
- 9. **Jesus'** mother  
*Acts 1:14*

### Down

- 1. **Boaz's** mother  
*Matthew 1:5*
- 2. **Solomon's** mother  
*1 Kings 1:11*
- 4. **Timothy's** mother  
*2 Timothy 1:5*
- 5. **Ishmael's** mother  
*Genesis 16:15*
- 6. **Jacob and Esau's** mother  
*Genesis 25:21-26*

Whose prayers for a child were answered by God?  
*1 Samuel 1:20*

Who had two sons called Cain and Abel?  
*Genesis 4:1-2*



Answer the questions then put them into the crossword

The Tale of the **TWO BUILDERS**



JESUS OFTEN TOLD STORIES WITH HIDDEN MEANINGS

ONE WAS ABOUT TWO MEN WHO BUILT THEIR OWN HOUSES

THE FIRST BUILDER SEARCHED HIGH AND LOW FOR A GOOD SOLID ROCK ON WHICH TO BUILD HIS HIS HOME.

AT LONG, LONG LAST HE FOUND THE IDEAL SPOT.

SO HE BEGAN TO BUILD.

THE OTHER BUILDER DIDN'T CARE WHERE HE BUILT HIS HOUSE

HE THOUGHT SOME NICE FLAT SAND WOULD BE AN EASY PLACE TO BUILD.

BUT ONE DAY THE STORM CAME...

...AND THE WIND BLEW...AND THE RAIN FELL...

...AND THE HOUSE ON THE SAND COLLAPSED!

BUT THE HOUSE ON THE ROCK STOOD FIRM.

JESUS EXPLAINED - IT'S IMPORTANT OUR LIVES HAVE A FIRM FOUNDATION!

## Diary/Noticeboard:

Chadwell Heath + Heath & Havering Group of Churches

### Foodbank:

Thank you for your continued support.

We are currently short of Washing up liquid, Washing detergent, Toilet rolls, Hand wash, Creams, Custard/Rice pudding, UHT Milk (whole), Tinned Corned Beef, Cereals, Drinking Chocolate and Cooking Oil.

We are very grateful to receive any non-perishable food items, as well as general items e.g. washing powder/liquid, washing up liquid, tin openers – plus all important personal/female/toiletries including soap, toothbrushes & toothpaste/toilet rolls & baby nappies, sizes 5/6.



## **Happy Birthday's In March & April**

**Len Clarkson 2nd,  
Ethel Baddoo 6th,**

**Dianne Crisp 3rd,  
Evie Catlin 9th,  
Lidia Catlin 12th,  
Harvey 17th**

**Christina Buxton 22nd.**

Today I ask God  
to bless you with  
every kind of joy  
on your birthday  
and always.  
Happy Birthday!





**WEEKDAY ACTIVITIES**  
Foodbank, Tuesday &  
Thursday 10:00am - 12  
noon.



Web site: <http://www.heathandhaveringurc.co.uk/chadwellheath.html>  
Chadwell Heath URC is part of the Heath and Havering Group



**Our Minister's contact details are: Revd. Brian  
Busckill 216 Corbets Tey Road, Upminster,  
RM14 2BL**

**01708 784701      07548 447067**

**[busckill@gmail.com](mailto:busckill@gmail.com)**



### **H&H Communion Service at Nelmes**

H&H Communion Service at Nelmes URC every 2nd Wednesday of  
each month at 5:30pm starting 14th January 2026.

**Please send any news, information or an article for the Heath to  
Dianne Crisp. Email [ChadwellheathURC@gmail.com](mailto:ChadwellheathURC@gmail.com) The deadline is  
Monday 27th April for the May Edition.**

*Thank you*