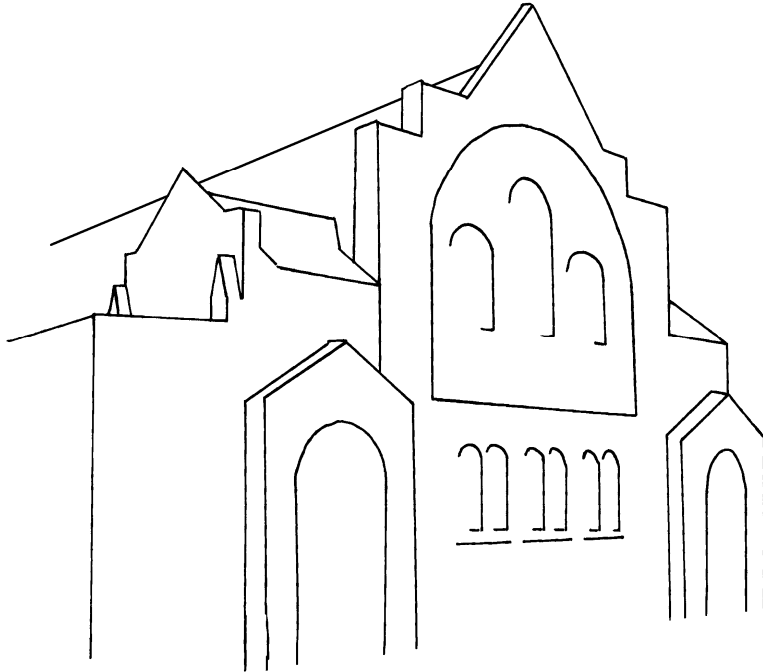




October
2012

Newsletter



Bush Hill Park United Reformed Church
25 Main Avenue, Enfield EN1 1DJ

www.bhpurc.org.uk

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Secretary
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Sylvia Page

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(with areas of special responsibility)

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Where an Elder is listed with special responsibility for an area, please contact them first if your question relates to that area.

The Bush Hill Park URC Newsletter is published monthly on the last Sunday of the month. Please note that the views expressed in this newsletter are not necessarily the views of the whole fellowship or representative of church policy.

Have you seen the news on the Church Internet site? Check it out at www.bhpurc.org.uk/news.htm

Next Newsletter

The next edition of the newsletter will be published on Sunday 28th October. All material for inclusion should be placed in the folder in the church lounge (or e-mailed to newsletter@bhpurc.org.uk) by **Sunday 14th October.**

Please note that late contributions may be held over.

Editor: **Lisa Hamblin, 130 Clive Road, Enfield EN1 1RF**



I know the summer has passed and we have probably forgotten the Olympic and Paralympic Games.

Whatever you may have thought about them, Viv and I were fortunate to get tickets for the last full day of the athletics and the end of the table tennis competition at the Paralympics. The atmosphere in the stadium with nearly eighty thousand people applauding and cheering was something special. Every athlete, no matter what country they represented, were applauded and got a tremendous cheer of encouragement, especially when a record was broken. The determination and commitment to succeed was evident for all to see. For many it represented years of training. For some who broke world records, there was no medal because of the categories they were competing in.

As well as the athletes, we heard and saw a good number of the 'games makers', who made the day in many ways. Giving help, advice and direction, and supporting athletes, officials and visitors. People who had given their time to be a part of a special occasion.

This theme was not lost on the apostle Paul, who would have probably witnessed the Greek games. He offers a stark choice to the church at Philippi in Philippians 3:12-31

Running toward the Goal

I have not yet reached my goal and I am not perfect. But Christ has taken hold of me. So I keep on running and struggling to take hold of the prize. My friends, I don't feel that I have already

arrived. But I forget what is behind and I struggle for what is ahead. I run toward the goal, so that I can win the prize of being called to heaven. This is the prize that God offers because of what Christ Jesus has done. All of us who are mature should think in this same way. And if any of you think differently, God will make it clear to you. But we must keep going in the direction that we are now headed.

My friends, I want you to follow my example and learn from others who closely follow the example we set for you. I often warned you that many people are living as enemies of the cross of Christ. And now with tears in my eyes, I warn you again that they are headed for hell! They worship their stomachs and brag about the

disgusting things they do. All they can think about are the things of this world.

But we are citizens of heaven and are eagerly waiting for our Saviour to come from there. Our Lord Jesus Christ has power over everything, and he will make these poor bodies of ours like his own glorious body.

Do you know which goal you are aiming for? Is there something you can do to encourage, support and direct those who are seeking Jesus?

God Bless

m. j. ...



"It's either an appeal to youth culture or we can't afford to service the boiler for the Winter season"

Smile Lines

What the young monk found

A young monk was assigned to help other monks copy out the old canons and laws of the church by hand. On his very first day he noticed that all of the monks were copying from copies, not from the original. So, the new monk went to the head abbot to question this. He pointed out that if someone had made even a small error in the first copy, it would never be picked up! In fact, that error would be continued in all of the subsequent copies.

The head monk said: 'We have been copying from the copies for centuries, but you make a good point, my son.' So he went down into the dark caves underneath the monastery where the original manuscripts were held in a locked vault that had not been opened for hundreds of years. Hours went by and nobody saw the old abbot.

Finally the young monk got worried and went down to look for him. He found the old monk banging his head against the wall and wailing. "We missed the R! We missed the R! We missed the R!"

The old monk's forehead was all bruised and he was crying uncontrollably. The young monk asked the old monk: 'What on earth is wrong, father?'

With a choking voice, the old abbot replied: 'The word was... CELEBRATE'.

Here is the News

Ivy & Arthur are each having some operations, we pray for their continued healing and for the doctors & nurses working with them.

Don't forget you can get this newsletter emailed directly to your inbox. Email newsletter@bhpurc.org.uk if you would like to subscribe.

The clocks go back on Sunday 28th October - an extra hour in bed!



**Edna was shattered after decorating
the whole church for Harvest.**

How do you pray?

Give-me-give-me? Or how-do-you-do?

Each week we pray in church. We use different postures while we pray:- kneeling, sitting, or standing. These postures may well affect our thinking and attitude to God. What we say, whether that be out loud or in our thoughts, also reflects our relationship with God.

If all we do is come to him with a 'shopping list' of requests, whoever they are for, we're like young children who sit on their daddy's knee in order to get what they want. We are always asking for something bigger and better; the latest style and colours. We are never satisfied with what we have. We don't want a relationship with God; we want what we hope he will give us.

On the other hand, we may approach him only formally. We acknowledge with respect his power and greatness. But where do we go from there? How can such a far away, powerful God, have any interest in us? We have no idea, and so our prayers are brief, rarely acknowledging the ache in our hearts, and the needs in our lives.

The Bible shows a middle way: between the 'give me give me' prayers, and the prayers which hesitate to ask for anything at all. The Psalmist made clear that our prayers come out of our relationship with God. "The Lord is near to all those who call upon him, to all that call upon him in truth. He will fulfil the desire of those who fear him; he also will hear their cry, and will save them. The Lord preserves all those who love him, but all the wicked will he destroy." (Ps 145:18-20)

So the key is this: if you really want God, then just tell him so. Be honest. From the depths of your inner self, call upon him. Acknowledge your sins, and ask for forgiveness. Then see what happens. Jesus promised: "Seek and you SHALL find. Knock and the door SHALL be opened unto you." (Matt 7:7)

Rev Dr Jo White

Quiz Night

Family Quiz Fundraising event

Event to raise funds for building projects at Bush Hill
Park United Reformed Church in Enfield.
Serving the community since 1887

Saturday 20th October, 7pm

Tickets £5

Call
Anthony Rensch
on
07956 914526
for tickets.

bhpurc.org.uk

facebook.com/bhpurc



Diary

October

See also Prayer pages, back cover for regular activities

The diary is also online at www.bhpurc.org.uk/calendar

Tues 2nd	7:45pm	Elders Meeting
Sun 7th	10:30am	Communion with Rev Jim Gascoigne
Mon 8th	8:00pm	Book Club
Sat 13th	7:30pm	Enfield Brass Band Concert
Sun 14th	10:30am 5:30pm	Parade and Enrolment with Rev Martin Legg Second Sunday Study
Thur 18th	8:00pm	Church Meeting (in the church)
Sat 20th	7:00pm	Family Quiz
Sun 21st	10:30am	Morning Worship with Martin Wells
Sun 28th	10:30am 12:15pm	Morning Worship with Rev Martin Legg Arts and crafts for all ages

Next newsletter deadline
Sunday 14th October

PRAYER PLAN

OCTOBER 2012

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.”
Psalm 121:1-2

Monday 1st
Evelyn & Fred Rolph
Tuesday 2nd
Boys Brigade
Wednesday 3rd
Downs Road
Thursday 4th
Member of Parliament for
Edmonton - Andy Love
Friday 5th
Resolution in Syria
Saturday 6th
Sunday's Worship Leader
and the service tomorrow
Sunday 7th
Thanks for all the benefits
we enjoy living in England

Monday 8th
Alan & Angela Rushbrook
Tuesday 9th
Girls Brigade
Wednesday 10th
East Crescent
Thursday 11th
Member of Parliament for
Enfield, Southgate - David
Burroughs
Friday 12th
Karam, our sponsored child
in Bethlehem
Saturday 13th
Sunday's Worship Leader
and the service tomorrow
Sunday 14th
Thanks for the autumn
colours starting to show

Monday 15th
Reg & Vera Seer

Tuesday 16th
Kings Club

Wednesday 17th
Erminside

Thursday 18th
Member of Parliament for
Enfield North - Nick de Bois

Friday 19th
Ruth, our sponsored child in
Zambia

Saturday 20th
Sunday's Worship Leader
and the service tomorrow

Sunday 21st
Thanks that few people in
this country go hungry or
thirsty

Monday 22nd
Mavis Seligmann

Tuesday 23rd
Book Club

Wednesday 24th
Falmer Road

Thursday 25th
Local Councillors

Friday 26th
Thanks that few people in
this country go hungry or
thirsty

Saturday 27th
Sunday's Worship Leader

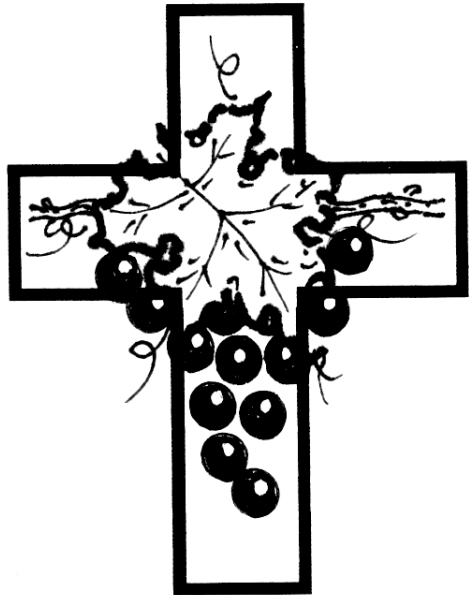
and the service tomorrow
Sunday 28th

Thanks for our fellowship
and the activities we enjoy
with our church friends

Monday 29th
Joyce Smith

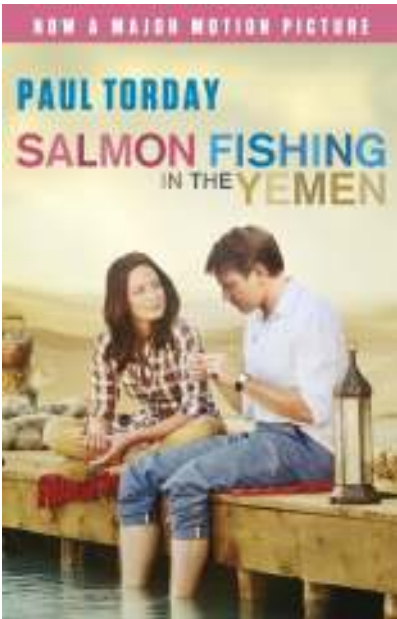
Tuesday 30th
Prayer time

Wednesday 31st
First Avenue



Book Club

Salmon fishing in the Yemen by Paul Torday



This is a book to be recommended when you want a 'silly' easy read. The story is far from being practical but that is part of its charm. The characters are likeable; well mostly as the Prime Minister's PA is insufferable but that could well be so true to modern politics! There is certainly a question of political satire running through the story and possibly a suggestion of reaping vengeance on a Prime Minister who had started an unjust War in the Middle East.

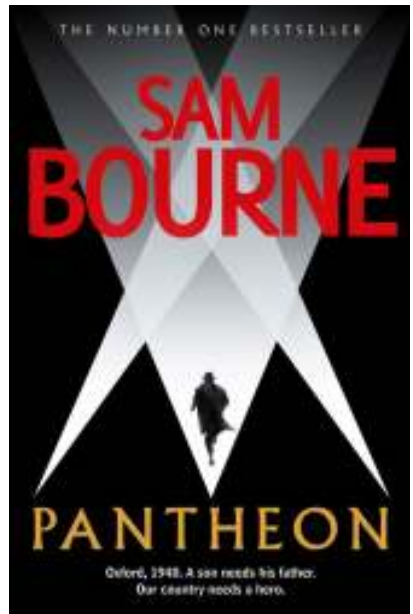
So what of the Sheikh? So much money to spend on what sounded like an impossible dream yet through his personality there ran a spiritual

dimension and this aura certainly influenced those he met; although he did have his enemies.

If you have seen the film, then you will recall those wonderful scenes – shot in Morocco and not the Yemen – but there is a twist as the ending is not the same!

Next month we look at 'Pantheon' by Sam Bourne set between Oxford, Spain and the USA; something totally different with the central character a Professor.

Sylvia Page



The Enfield Brass Band Presents

A night at the movies

With music from... Brassed off, Ben Hur, Out of Africa,
Born Free, Rocky and many, many more.

On Saturday 13th October

Commencing at 7.30pm

at

Bush Hill Park United Reformed Church
25 Main Avenue
Enfield
EN1 1DJ

Admission £5



Is there something out there that frightens you?

This may be the season for 'ghoulies and ghosties and long-legged beasties and things that go bump in the night', but for most of us, the thing that goes 'bump' in the night will be our heart, as we struggle with ever increasing anxiety and stress.

It seems that panic attacks are on the increase. People are living at a faster and faster pace, until one day the body gets so flooded with adrenaline (the flight or fight response) that it goes into a kind of hyper-drive. A panic attack can include intense physical symptoms such as tunnel vision, hyperventilation and racing palpitations.

Last year the NHS issued seven million prescriptions anti-anxiety drugs. There were more than 17,000 outpatients' appointments for anxiety-based medical problems – four times as many as in 2007.

The financial crisis doesn't help. But now a number of clinical psychologists suspect that there is another reason for such widespread heightened anxiety: modern technology. All day, every day, we are bombarded with information, updates, and news. Some of us go on Facebook before we even get out of bed in the morning. We are no longer able to switch off. We are on overload.

One psychologist put it this way: "When our brain is expecting some kind of news, we prime ourselves to be on alert. With texts, email and social media, on top of images from TV news, we are now constantly on alert, constantly prepared to react to the next thing. That can lead to people being chronically exhausted, and chronically anxious."

Dr Joanna Moncrieff, a consultant psychiatrist and senior lecturer at University College London, says that modern culture "makes people anxious". She says that we have been led to think that everything can be achieved or bought, and that we have to succeed at everything - or be failures. She cites as an example the editor of Vogue magazine, Alexandra Shulman, who admits to panic attacks and always carried some Xanax in her handbag as her 'lucky charm'.

In 1952 the US Diagnostic and Statistical manual of mental Disorders, the psychiatrists' bible that classified mental illnesses, listed 106 disorders and ran to 130 pages. Nowadays it lists 297 disorders and runs to 900 pages.

The Bible urges us to take time out from daily life, and focus our attention on God. "You will keep him in perfect peace whose mind is stayed on you, because he trusts in you," says Isaiah 26:3. "God is not the author of confusion, but of peace," observes Paul in 1 Corinthians 14:33

Boys' Brigade News

Our first meeting back in September went very well and it was great to be back after what seemed a very quick break. The company is very strong with numbers at the moments, so we are able to run lots of different activities on Monday nights.

This is fantastic and very encouraging. It has meant that we now run two games sessions (One for the senior boys and one for the younger boys) and four different badge classes every Monday night.

We kicked things off with a bang. Our newest members, fresh up from Junior section, will spend the next 12 weeks doing what is called 'Target Award'. It is designed to give them a brief insight into all areas of the BB work, while being fun and informative. So far they have found out all about the staff and the history behind the 2nd Enfield and checked out some of our archives. There are lots of different taster topics planned for them over the next 11 weeks.

Our eight year 8 boys are starting out with a six week course in music (they are all very keen). Mr Ward spent the summer polishing up and doing maintenance on the brass instruments we have. He hopes that very soon we will have a Church Parade Brass Band.

Another group of lads are covering cooking as part of a skills section of their badge work. And the Seniors boys are undertaking a six weeks course in fitness and health (which at that age they are all very keen on).

We also cram into Monday nights a full inspection of their uniform, a drill session, a games session and also a devotions period for any boy who was not at church on the Sunday. So far we have had a very positive turn out from the lads on Sunday for bible class. I hope we can maintain this all year and also improve on it.

We have the usual competitions coming up as well as the start of the football league. On Sunday 14th October the brigades have their Annual Enrolment service, where all members and staff commit themselves to the work of the Companies.

Girls' Brigade News

Camp 2012, thoughts from the girls

We met at Bush Hill Park Station at 11 o'clock on the Monday and travelled by train, coach & foot to Gatwick Airport to catch a flight to France.

The flight was really quick, though some found it scary as they didn't like flying. When we arrived in La Rochelle we were glad we had landed, excited to be there and surprised at how small the airport was.

We thought the house in Aulnay was beautiful and have decided to call it *Grace* as in "amazing grace".

On the first day we went on a foot rally around the village, Sarah-Jane, Allysia and Anne-Marie got lost! Spent the rest of the day relaxing round the pool and doing craft work in the garden.

On Wednesday we had a trip to St Jean d'Angely, and climbed up the steps to take in the view of the town and admire the fantastic views. Thursday was a trip to Angouleme to the cartoon museum, and a visit to the chocolate factory which was great fun and very tasty.

Friday took us to the Valley D'Singes, the monkey sanctuary, no-one got left behind and we didn't come back with anything extra either! Saturday was another lazy morning then a trip to the beach at Chatelaine Plage and then an evening visit to La Rochelle for an

ice cream to soak up the atmosphere and to watch the street entertainers.

Sunday was the local market day and we had a visit from Martin & Vivienne as well as an afternoon of craft and fun in the pool playing games - some of which were impossible.

Monday - our last day we spent at Futurascope at Poitiers, and stayed to see the light show at the end - beautiful!

Tuesday it was time to go home but we had time to visit the Aquarium in La Rochelle before we caught our flight.

When we arrived back in England after the sunny day in France it was raining and kind of depressing.

As Chris & I (Lynda) waited for the girls to come out of the airport I was approached by a man who had been on the plane who had recognized their uniform. He told me that they had been behaving and conducting themselves as young ladies should. I must say that the girls were a pleasure to take away this year and they all seemed to have enjoyed themselves.

I must thank Chris Hall for organizing the devotions (based on Harry Potter) and for providing all the food with Sue's help and for Barbara & Carol for giving us moral support. I hope they enjoyed themselves too.

What does this year bring?

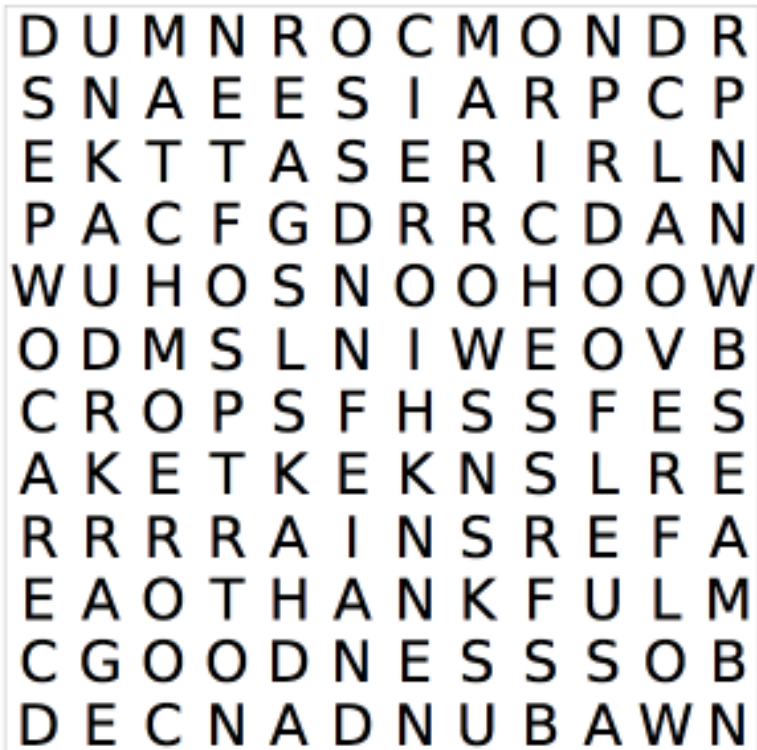
Well we desperately need more girls - so please pray for us, and spread the word and if we get more girls we will need more helpers - so pray even more for us!

Lynda Cook

Wordsearch

October brings us Harvest, and Psalm 65 expresses it perfectly: “You care for the land and water it; you enrich it abundantly. The streams of God are filled with water to provide the people with corn, for so you have ordained it... You crown the year with your bounty, and your carts overflow with abundance... the hills are clothed with gladness, the meadows are covered with flock and the valleys are mantled with corn; they shout for joy and sing.”

corn	rain	mud	wheat	abundance
goodness	riches	pumpkins	marrows	water
thankful	food	crops	soften	carts
overflow	praise	care	blessing	meadows flocks





GUARDIAN ANGELS

2nd October is the feast day or celebration of guardian angels. A guardian angel is an angel who protects and guides a person. Angels are mentioned in 34 books of the Bible: they protect people from danger and are a bridge between God and the world.

Acts (chapter 12) tells how Peter was put into prison by King Herod, but the night before his trial an angel appeared to him, and told him to leave. Peter's chains fell off, the prison doors opened of their own accord, and the angel led him out.

Even little children have a guardian angel: Jesus said "See that you despise not one of these little ones: for I say to you, that their angels in heaven always see the face of my Father who is in heaven." (Matthew, chapter 18).



Guardian angels cannot change what we do but they will lead us, if we wish it, to the Kingdom of Heaven.

WHICH ANGEL?

Write the first letter of the answer to each of these questions in the boxes below. Then rearrange the letters to make the name of an angel who delivered a special message....

1. The first man
2. A book of the Old Testament is named after this queen
3. A giant killed by David
4. He was Ruth's second husband
5. Son of Abraham, father of Jacob and Esau
6. A doctor who wrote the third Gospel and Acts
7. Another book of the Old Testament named after a woman.



**How do you help a donkey?
Give assistance.**

**Where's spaghetti junction?
Just pasta Birmingham.**



**How do pigs make coffee?
With a coffee porkulator.**

1.Adam 2.Esther 3.Goliath 4.Boaz
5.Isaac 6.Luke 7.Ruth
Rearranged the letters give you Gabriel.

BHP DAY BY DAY URC

Sunday 10:30am Worship with groups for children and young people (Communion 1st Sunday in the month)
12:15pm Arts and crafts for all ages (4th Sunday in the month)
5:30pm Second Sunday Study (2nd Sunday in the month)

Monday 7:30pm Boys' Brigade (Company Section)
8:00pm Book Club (2nd Monday in the month)

Wednesday 6:30pm Girls' Brigade Explorers & Juniors
7:40pm Girls' Brigade Seniors & Brigaders

Thursday 7:30pm Boys' Brigade Company Section circuit training (when advised)

Friday 9:30am Prayers in the Junior Room
10:00am Baby & Toddler Group
6:00pm Boys' Brigade Anchor Boys
7.15pm Boys' Brigade Junior Section

