

January 2021



Bush Hill Park United Reformed Church
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www.bhpurc.org.uk

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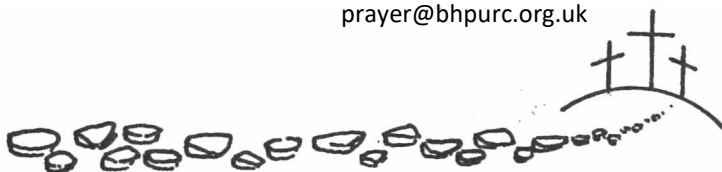
Youth activities

Boys Brigade	bb@bhpurc.org.uk
Girls Brigade	gb@bhpurc.org.uk

Other activities

Baby & Toddlers	toddlers@bhpurc.org.uk
Book Club	bookclub@bhpurc.org.uk

Weekly news sheet	link@bhpurc.org.uk
Newsletter	newsletter@bhpurc.org.uk
Hall & Room bookings	bookings@bhpurc.org.uk
Prayer requests	prayer@bhpurc.org.uk



We are part of a group of United Reformed Churches in the London Borough of Enfield. If you would like to know what we are all doing please subscribe to our NewsShare mailing list at:
<http://eepurl.com/dHm8TH>.

Emails are only sent once or twice a month so you can keep up to date without getting too many emails, you can unsubscribe at any time.

*The Bush Hill Park URC Newsletter is published monthly. To receive email notifications please email newsletter@bhpurc.org.uk
Please note that the views expressed in this newsletter are not necessarily the views of the whole fellowship or representative of church policy.*

Vision 2020

Twelve months ago we wrote in our church magazines about Vision 2020, the programme launched by the United Reformed Church about ten years ago now, designed to help us all look at our mission purpose.



None of us, we are sure, would have expected that the way in which we “do” church would have changed in the last twelve months as much as it has done.

Transferring what we do online, distributing paper copies of services and engaging with others when we have not been able to be physically present with them has been a challenge for all of us.

But as we re-consider those statements that Vision 2020 urged us to consider, has something happened to us in our churches these past twelve months? Are we standing still as Christian communities or has there been growth of any kind?

The ten statements of Vision 2020 urged us to look at one or more of the following:-

Spirituality and Prayer, Identity, Christian Ecumenical Partnerships, Community partnerships, Hospitality and Diversity, Evangelism, Church Growth, Global Partnerships, Justice and Peace and the integrity of creation.

Think for a moment or two about each of those headings and ask yourself whether those have changed, developed or been affected by what has actually gone on in 2020.

Please don't simply read this page and ignore it – take some time out to think and pray through these things.

For us this past year has been an immense challenge and our ministry has changed. We are also very conscious that in all

likelihood our ministry will keep on changing in the weeks and months ahead.

We hope that we will be able to encourage growth in all the churches in the Enfield and the East Hertfordshire Local Area Group in some of these areas in the months ahead but nothing will happen unless all of us together set our hearts and minds to follow in Christ's footsteps and obey whatever the Holy Spirit guides us all to do.

So, as we prepare for a New Year, and what we hope will be a healthier and happier one for all of us, let us open our hearts to God's word to us today and *"press on toward the goal for the prize of the heavenly call of God in Christ Jesus"* (Philippians 3:14)

May God be with you all at the start of the New Year.

Peace and Love

Your ministers,
Mark and Melanie



Smile Lines

The cat

A vicar and his wife were going out for the evening, and carefully set the security lights and put the cat out. But when they opened the door to go to the taxi, the cat slipped back in and disappeared upstairs. Irritated, the vicar followed it.

The wife waited with the taxi driver. Not wanting him to know that they were leaving the parsonage empty, she said: "My husband is just upstairs for a quick word with my mother."

A few minutes later, the husband arrived, breathless. "Sorry I took so long" he said, "but she put up a fight! Stupid old thing was hiding under the bed and I had to poke her with a coat hanger and grab her by the scruff of the neck to get her out."

Order

Happy to visit his local pub before it closed again, a man found himself near two nuns. Eager to talk to anyone after weeks in Tier 3, he ventured: "What is your order?" (Meaning their religious community.)

The nuns happily replied: "Sausage and chips."

Miscellaneous observations

Wrinkles mean you laughed; grey hair mean you care; scars mean you lived; a large rear end means you love take-aways.

Stealing someone's coffee is called mugging.

Here is the News

Building fund update

The Congregational and General Charitable Trust have agreed to support the hall refurbishment with a £25,000 grant - the maximum they ever award! Praise God for His provision. If you would like to contribute you can at www.give.net/bhp2

The latest update from David Skipp is that he hopes the work will finally begin at the end of January. Please continue to pray for the hall.

Start A Home – Can you help?

Based at St Paul's Centre in Church Street Enfield, Start A Home is a small charity that is looking for one more volunteer to join the team.

The charity receives new, or nearly new, bedding, towels, cutlery, crockery, pots & pans etc. and hands them out to Enfield residents in need.

For more information, in the first instance, please feel free to contact Nigel Hands on 020 8363 5070 or by email pnhands@gmail.com.

‘Quarantine’ – the 2020 word of the year

The Cambridge Dictionary has named ‘quarantine’ as its ‘word of the year’ for 2020. Apparently, it was the word most looked up between January and October of last year. ‘Quarantine’ even beat ‘pandemic’ and ‘lockdown’.

The Cambridge Dictionary has now added a new meaning to the word ‘quarantine’. It runs: ‘A general period of time in which people are not allowed to leave their homes or travel freely, so that they do not catch or spread a disease.’

The editors are also considering some possible new words for the dictionary. These include ‘Quaranteam’ (a group of people who go into quarantine together), Lockstalgia (a feeling of nostalgia for the lockdown period), and Coronial (someone born around the time of the pandemic).



Try out 'Veganuary' to slash your carbon emissions!

The biggest source of CO2 emissions, soil pollution and ocean pollution when it comes to food is the intensive farming of meat and dairy.

How about making a pledge for veg? Eat more veg and less meat! You could also try 'Fish-free February' to help preserve our oceans.



CAP Scotland to open new Debt Centres across Scotland

Debt counselling charity Christians Against Poverty (CAP) has welcomed a recent funding boost from the Scottish Government which will help reach people in debt who desperately need support.

CAP's National Director in Scotland, Emma Jackson, said: "This funding boost will enable us to reach people who are being hit the hardest by the pandemic. We're proud to be playing our part in the response to COVID-19 and urge anyone struggling with debt problems to pick up the phone today."

Communities Secretary Aileen Campbell said: "I am pleased the Scottish Government has been able to support Christians Against Poverty as part of an additional £2.4 million for debt advice support services across Scotland. Services like this are vital for people who are experiencing debt, offering them help and guidance to start to address their financial issues."





Sundays with CWM 2021

The disruptive and unrelenting force of COVID-19 greeted us at the beginning of 2020 and grounded us for the entire year. The coronavirus has claimed the lives of hundreds of thousands of our loved ones and infected millions more, causing severe pain and dislocation. As we seek to discern the future, we pray for grace, sufficient to our needs. It will certainly take time for us to adjust to new ways of being, juxtaposed to the pre-COVID-19 period; but by God's grace we will stand secure.

We enter this New Year, 2021, with some degree of uncertainty. But we are a people of faith and we stand assuredly on the solid rock of our salvation, believing that our faith will not shrink under pressure. Now, when the storms of life are raging, we seek God's help to remain strong in faith, resilient under pressure and faithful in our witness. We pray that God will guide us to the lessons for the moment and that we will heed the call and respond obediently.

During the period when several plagues devastated Egypt, the Pharaoh failed to see the writing on the wall and he chose instead to continue with business as usual, stubbornly defying the signs of the time and the voice of God through God's messenger. COVID-19, despite its devastations, offers us an invitation to see and act differently – to examine the pandemic through our faith in God's incarnational presence and the lens of our values of hospitality and generosity of spirit. To do so is to hear God's voice as we look at the social ills that the pandemic reveals – economic inequalities, inadequate healthcare system and the incapacity for international cooperation, in times of crisis. Now is the time for people of faith and all people of goodwill to come together and act with justice to right the wrongs of our time and to work together for life-flourishing alternatives, marked by equity, justice and peace for all.

Sundays with CWM is a series of weekly devotional meant to inspire faith and deepen our relationship with God, as we face the challenges and opportunities of life. I commend this devotional to you with prayers for your spiritual enrichment and growth.

Rev. Dr Collin Cowan
CWM General Secretary

Find the resource at: <https://www.cwmission.org/wp-content/uploads/2020/12/Sundays-with-CWM-2021.pdf>



Ponders End knife amnesty

A knife amnesty bin has been installed at Ponders End URC. It was supplied by Enfield Council in collaboration with the local police from a specialist company, Knifesafe. Funding is for two years, initially, and includes secure disposal of any weapons deposited. Knives are destroyed and off the street for good. The metal is crushed and 100% of the money raised from this recycled metal is given directly to Knifesafe's chosen knife crime charities. This process guarantees that the knives cannot end up back on the streets and that the disposal ensures investment in further anti knife crime initiatives. The bin is located in a position which is not visible to any CCTV camera, so that weapons can be left anonymously. Enfield has some of the worst youth violence in London, and Ponders End URC is situated in a ward predicted to see increased youth violence.

Church Minister, Rev. Melanie Smith said:

Prophets of the Hebrew Bible told us that 'they shall beat their swords into ploughshares, and their spears into pruning hooks'. Although we don't know exactly what the knives will be made into, we hope that the knife amnesty bin will help make it a little easier for young people, gang members and others in the community who might be tempted into knife crime to move in a different direction. The bin being installed during Advent this year seems particularly poignant, as we await the Prince of Peace.



Photo shows Rev

Melanie Smith, Minister of Ponders End URC, Imam Shams (local Imam) and Andrew White of Knifesafe, and was taken by Jim Holliday.

Time to prepare for the Week of Prayer for Christian Unity 18th – 25th January

This year's Week of Prayer for Christian Unity has been prepared by the Monastic Community of Grandchamp in Switzerland. The theme, "Abide in my love and you shall bear much fruit", is based on John 15:1-17 and expresses Grandchamp Community's vocation to prayer, reconciliation and unity in the Church and the human family.

For 2021, the sisters are inviting churches across the world to enter into their tradition of prayer and silence that is rooted in the ancient traditions of the Church catholic.

Today the community has 50 sisters, spanning different generations, Church traditions, countries and continents. In their diversity the sisters are a living parable of communion.



Each year Christian Aid provides the 'Week of Prayer for Christian Unity' with 'Go and Do' action points for each of the daily reflections – linking into the important work of Christian Aid in the relief of poverty and advocacy of justice.

More at: <https://ctbi.org.uk/go-and-do-week-of-prayer-for-christian-unity-2021/>

KSN Hospital Update

We received the following message about the hospital in India that we have been supporting just before Christmas:

Thank you very much for your mail and special greetings and love from all of us. We are fine here and pandemic situation is much better in our area. Now for few weeks we do not have any reported positive case in our area. Government has provided us with rapid antigen test kits for conducting tests on every suspected case. Except maternity ward, patient strengths in other departments have gone down drastically....

You may have heard about certain developments in the hospital which took us few years back in last few months. We are still struggling to find a replacement doctor, which I am sure is not going to be easy. The present Bishop is trying hard to find doctors suitable in mission field. At one point I almost gave up when I could not see any light.... It will have a devastating effect on the people of Sarenga and personally on me if this place go down. Trust me everyday I experience God's providence for the place and I am sure He is listening to the cry of so many of His children.

Thank you very much for your special heart for this place and your continued prayer. I am still clueless about how to go about but I am sure God will see us through if we are sincere and true to our commitment to this place. I have got positive response from our Bishop when I requested him to held us conducting at least half day retreat for all the staff every month. Somehow I feel we lost our goal and this crisis may help all of us to once again examine and recommit ourselves. And it is now up to us if we are ready to do that or not.

I can not stop thanking all those who donated lots of sanitizer, gloves, PPE Kit, masks and what not to protect ourselves from infection. We

still have lot of them to cover next three months...I request you to convey our gratitude to all the kind donors. I can not explain how much these gifts meant to us during pandemic situation.



We are in a process of renovating the female medicine ward the way we did for maternity ward. With making arrangement for separating male and female patients, we may accommodate all the medicine patient in one ward with a common Nursing Station. This will help us to manage the ward with limited trained Nursing Staff.

May God bless you and have a blessed Christmas.... Thanks for being great support.

With lots of love...

Pradip

Plants in your front garden

What's in your front garden? If it is sparse, why not consider adding some plants this year? Apparently, the presence of greenery can lower your stress levels as much as two months of mindfulness sessions. Plants can also help you to feel happier.

A recent trial study by the Royal Horticultural Society found that people who introduced ornamental plants such as juniper, azalea, clematis, lavender, daffodil bulbs and petunias had a significant lowering of the stress hormone, cortisol, and many reported that they felt 'happier'.

Overcoming disappointment

‘We must accept finite disappointment, but never lose infinite hope.’ (Martin Luther King, Jr).

During this current pandemic, one of the dominant emotions is disappointment. It comes out of our expectations of life, even as people of faith. The life story that we adopt for ourselves is that life should be long and healthy; we can become anything we want, and we have perfect families, homes, holidays and retirement! No wonder we’re disappointed when things don’t work out like this, especially during the pandemic.

Jesus tells the story of a wealthy farmer, living the good life (Luke: 12:13-21), when God says: ‘You fool! This very night your life will be demanded from you. Then who will get what you have prepared for yourself?’ It’s a very modern story, as this farmer’s expectations of the future took no account of death or God. Like death, there are unexpected moments that interrupt our life story, including illness, redundancy, divorce, or the pandemic.

If we pay more attention to how Covid upsets us, we can discern where we have set our hearts. What life story are we really living for? What are our expectations for work, family and friends, health, God or church?

At the end of His parable, Jesus offers this challenge: ‘This is how it will be with whoever stores up things for themselves but is not rich toward God.’ (21). At the beginning of a New Year, are we ready to align our story more to God’s story for us? Reflect on Jesus’ parable, asking how God can be at the heart of our life story.

What words would we like to see written on our gravestone when we die, describing the way that we’ve lived our life? With God’s help, those words can reflect our life today!

Canon Paul Hardingham

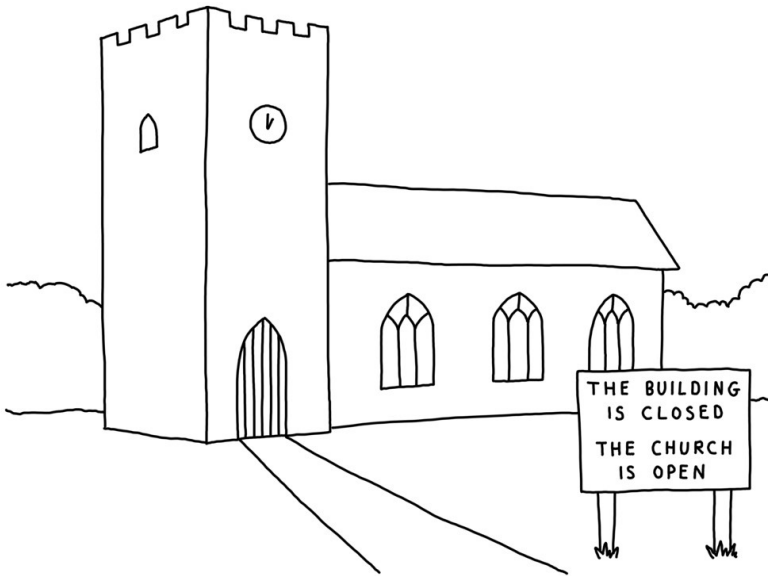
Diary

January

See also Prayer pages and back cover for regular activities

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

While London remains in Tier 3, worship will take place online.
If you would like details of how to join our online worship,
please contact an elder - details on the inside front cover.

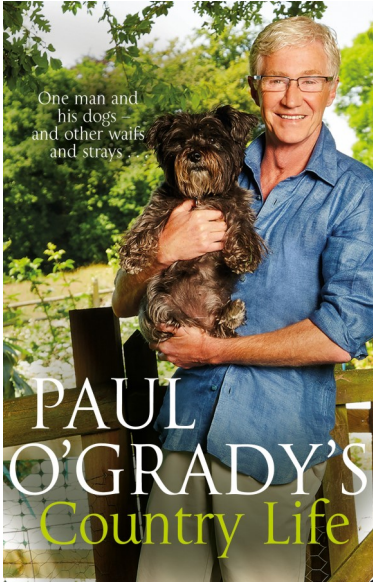


CartoonChurch.com

**Next newsletter deadline:
Sunday 10th January**

All material for inclusion should be emailed to
newsletter@bhpurc.org.uk

Book Club



Country Life by Paul O'Grady.

Immersed in what sounds like a large property in rural Kent, Paul is surrounded by animals, each with a name and how he remembered them is amazing but then he is an actor, performer.

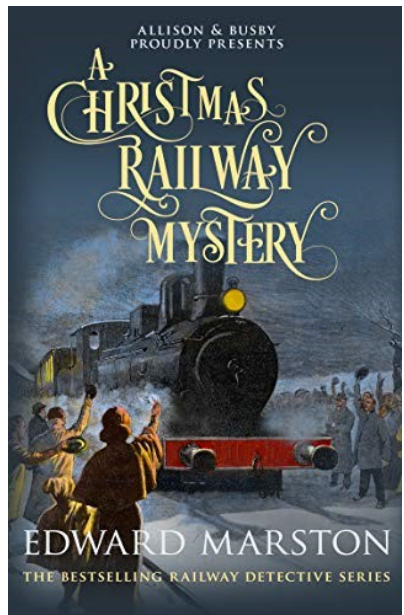
It was an easy read and the text sounded like him either as himself or Lily Savage. It is certainly repetitious in parts with many friends who skip in and out of his life.

For non-animal lovers it was a bit full on but there were certainly funny parts in it; especially the 'geestapo' and the cow that went rogue! His recipes tried and tested are interesting and perhaps some to be sampled when fruit is in season again. It was certainly a different read.

We mulled over a few titles for now and came up with 'A Christmas Railway Mystery' by Edward Marston – another author we have not tried, and he is prolific.

A zoom is being arranged for Tuesday, 5th January 2021.

Sylvia



The first man to get stopped for speeding...

It was 125 years ago, on 28th January 1896, that Walter Arnold of Kent became the first person in the world to be convicted of speeding. The speed limit was 2mph at the time, and a man carrying a red flag had to walk in front of the vehicle. But one day Mr Arnold took off at 8mph, without a flag bearer. He was chased by a policeman on a bicycle for five miles, arrested, and fined one shilling.

Mr Arnold was four times over the rather modest 2mph limit in the streets of Paddock Wood, near Tunbridge Wells in Kent. To achieve this feat today, a driver in most towns or cities would have to be travelling at over 100mph, which is probably a bit excessive.

The speed limit was changed later that same year to 14mph, but there is no record of Mr Arnold getting his money back. Nor is there any evidence that he was endangering life and limb, which used to be the criterion: the 1832 Stage Carriage Act introduced the offence of endangering someone's safety by "furious driving".

Just over 100 years later, the road safety charity Brake reports that male motorists are more than three times as likely as women to having driven at more than 100mph, because 'boy racers' believe they have more talent than the average driver. Police have caught one driver doing 120mph in a 20mph zone, another doing 152mph in a 30mph zone, and one doing an astonishing 180mph on a motorway. As Edmund King, AA president, points out: "Generally men have riskier attitudes towards driving than their female counterparts."

Tim Lenton



Prayer Diary

JANUARY 2021

But I will sing of your strength,
in the morning I will sing of your love;
for you are my fortress,
my refuge in times of trouble.

Psalm 59:16

Friday 1st

The work of The Leprosy Mission
(we support them)

Saturday 2nd

Sunday's Worship Leader and the
service tomorrow

Sunday 3rd

Give thanks for our Elders

Monday 4th

Andrew

Tuesday 5th

Worship God for his perfection

Wednesday 6th

Hazelwood Road

Thursday 7th

Our libraries & those who work
in them

Friday 8th

Elijah, our sponsored child in
Zambia

Saturday 9th

Sunday's Worship Leader and
the service tomorrow

Sunday 10th

Thanks for the small things people
do to help us

Monday 11st

Anne

Tuesday 12th

Worship God for his sovereignty

Wednesday 13th

James Street

Thursday 14th

Bin & recycling workers

Friday 15th

Those without enough money for heating and food and the charities who aim to provide help

Saturday 16th

Sunday's Worship Leader and the service tomorrow

Sunday 17th

Give thanks for God's love

Monday 18th

Arthur

Tuesday 19th

Worship God for his nearness

Wednesday 20th

John Street

Thursday 21st

For our parks & those who maintain them

Friday 22nd

Children and staff at Al-Shurooq School in Bethlehem who we support as a church

Saturday 23rd

Sunday's Worship Leader and the service tomorrow

Sunday 24th

Give thanks for family and friends

Monday 25th

Bill

Tuesday 26th

Worship God for his infinite greatness

Wednesday 27th

Kingsbury Place

Thursday 28th

Social workers

Friday 29th

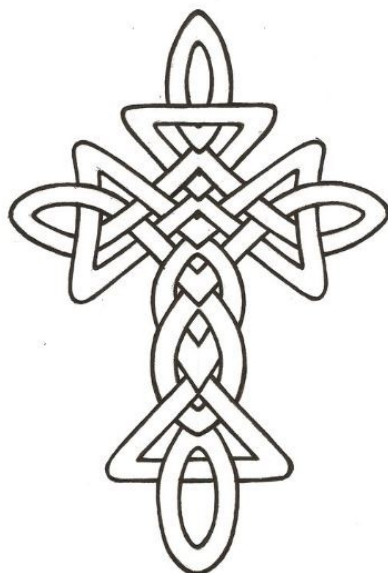
Those suffering from Multiple Sclerosis and the charities who seek to find a cure

Saturday 30th

Sunday's Worship Leader and the service tomorrow

Sunday 31st

Be joyful in hope and faithful in prayer giving thanks to God for



Help us raise up to £217

in **FREE** donations when you switch providers

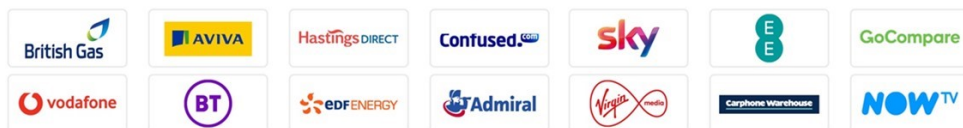
	Retailers	Estimated Donation*
Car Insurance	Confused.com Admiral direct line	Up to £35
Home Insurance	LVE GoCompare John Lewis FINANCE	Up to £22
Broadband & TV	BT sky Virgin media	Up to £42
Energy	Uswitch EDF ENERGY British Gas	Up to £25
Mobile Phones	vodafone EE O2	Up to £50
Travel Insurance	coverwise cover for you.com Travel Supermarket	Up to £8.50
Pet Insurance	vodafone animal friends compare themarket	Up to £35
Total raised per supporter 5 supporters = £1,085		£217

*based on donation rates correct as of **29th July 2020**

Find us and support us using

www.easyfundraising.org.uk/causes/bhpurc

Shop at over **4,300** online stores



Enfield Churches Debt Centre Leader



This is an exciting opportunity to join a rapidly growing movement of people who are working together to tackle one of the biggest social problems facing us today.

The Enfield Debt Centre Leader is a paid part time role (16 hours per week) on the frontline of meeting with those locally who are struggling with financial debt.

The role will be to work with them (assisted by 'Christians Against Poverty') to move them towards being debt free and to partner with local churches to give them opportunities to discover the saving love of the Lord Jesus.

The main requirements for applying for this role are that you be a passionate follower of Jesus with a heart for the poor and the lost. To find out more about the role and request the job description, please email us: enfieldchurchesdebtcentre@gmail.com

Safeguarding Statement

Bush Hill Park United Reformed Church believes that safeguarding is the responsibility of everyone and is committed to safeguarding and promoting the welfare of all those who are vulnerable (children, young people and adults at risk).

We expect all of our leaders, volunteers and those who use our premises to share this commitment and value the support of those who worship here in achieving this. Park United Reformed Church believes that safeguarding is the responsibility of everyone and is committed to safeguarding and promoting the welfare of all those who are vulnerable (children, young people and adults at risk).

Please visit <https://www.bhpurc.org.uk/about-us/safeguarding> for further information.

Interview

How long have you lived in this area?

I was born in Cheshunt and haven't ever lived very far away from Bush Hill Park. When I married John in 1974 we moved into a house in Bush Hill Park together, he was a local boy and that's when I started coming to this church.

What made you choose our church to come to?

When I was just three years old my much older sister, Joyce, took me to the United Reformed Church in Cheshunt. My parents only came occasionally but my grandparents went there as well as cousins and other relatives, it was quite a family friendly church. My father used to blow up the organ using the bellows!

I went to that URC in Cheshunt until I got married. When I moved to Bush Hill Park I was looking for another United Reformed Church and Bush Hill Park was the closest, it helped that the people were really friendly too.

In 1979 we moved to Enfield Highway and I changed to Ponders End United Reformed Church. We moved back to Bush Hill Park in 1993, it took a while but in about 2001 I changed back to Bush Hill Park URC and I've been here ever since.

What makes you go to church at all?

It's a big part of my life, I've been going to church since I was three! It was a family thing with so many relatives there. I've been through Sunday school, guides and youth club, there have been so many happy memories made from going to church that I think I'd be missing something in my life if I didn't go to church! My son was christened at BHP URC in 1979 so he will be on the cradle roll which makes another connection and life event making church more meaningful in my life.

I like this church because everyone is so friendly and welcoming. What you hear and experience on a Sunday morning makes a good grounding for the week to come.

Do you have a favourite hymn? What is it, and why?

I have lots of favourites, I mostly like the old school hymns but the new ones are ok. Narrowing it down to one, my favourite is Make me a Channel of your Peace. It's a nice tune, very soothing and peaceful but I also like the lyrics, they are a good guide for you in life and can help you through life.

It's a measured way of looking at things and keeps you aware of different ways you can act and react to many situations in life. The words simply ring true to life and seem so real and helpful. In hard times you can console others and God will console you. The words also help me think of others *"Where there's despair in life, let me bring hope" and "Where there is hatred, let me bring Your love"*.

Do you have a favourite Bible passage? What is it, and why?

My favourite bible passage is a very well known one from 1 Corinthians 13, they are words you can remember and aim to act out throughout life.

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres."

We had this at our wedding like lots of people do, I read it at my son's wedding too.

The reasons I like this passage are similar to my favourite hymn, it's something you can hang on to, something to think about. It helps me think about what I can do in my life to be the best person I can be.

Has your faith in God helped you at different times in your life?

This is a definite yes! I know God is always there ready to listen to me, any time, in good times and bad.

I don't have any specific examples but just knowing there is someone to talk with helps, not just asking for things but also thanking for the good things too.

It's a great help, so you know you're not trying to do it all yourself.

What would you say to someone who is not a Christian, but would like to know more?

I would encourage everyone to come to church to find out more. I found our church very welcoming.

I'd tell them some of the reasons I have for faith, that God can help you through good and bad times, you'll have someone to listen to you and you're not on your own. God will be there for you and so will the other people in the church.

How to **AVOID SINGLE-USE PLASTICS** during the pandemic

What's the problem?

There has been a huge increase in the use of disposable items during the Covid-19 pandemic, especially single-use plastics, which is having a major environmental impact.

Plastic is a significant contributor to climate change, as it generates greenhouse gas emissions at every stage of its lifecycle.

Plastic waste has an enormously detrimental effect on our rivers, oceans and wildlife. It can choke or smother fish, dolphins, seabirds and seals. No square mile of surface ocean anywhere on earth is free of plastic pollution. It takes hundreds of years to break down, and the effects of microplastics on ecosystems are only just beginning to be understood.

“Covid will eventually go away, plastic waste won’t, it’s here forever.” Dr Christian Dunn, Bangor University

Isn't plastic essential to protect us from the virus?

Items made of single-use plastic have undoubtedly been important in the fight against Covid-19, especially for protective equipment for frontline health and care workers.

However, in non-clinical settings, there is no evidence that disposable plastic versions of products such as gloves, facemasks or food and drink packaging give any greater protection against coronavirus than reusable equivalents.

What can we do?

There are a wide range of alternatives to using disposable single-use plastic items – see below. To protect health and reduce the risk of transmission of the virus, good hygiene practices and risk management measures also continue to be vital.

“As a body of people committed to caring for God’s creation, our intent is to reduce our carbon footprint, improve recycling, minimise waste and improve efficiencies on finite natural resources in all of our operations.” URC Environmental Policy

Facemasks: The government recommends reusable face coverings to the general public. Research by consumer group Which? found that well-fitting two or three-layer fabric masks are just as effective at filtering out bacterial particles as single-use surgical masks. It recommends: NEQI Reusable Face Masks, £15 for three, available from Boots and Ocado, and Bags of Ethics Great British Designers Face Coverings, £15 for three, available at John Lewis, Boots, Sainsbury's, Argos and Waitrose.

If half of the UK’s population used one disposable mask a day for a year, it would create more than 30,000 tonnes of contaminated plastic waste. UCL

Gloves: According to Which?, disposable surgical gloves are not generally needed for the general public: “Gloves are just as likely to become contaminated when out and about, so instead of throwing away a pair of gloves each time you go out, washing your hands or using sanitiser are better options. Wearing gloves may also give the false impression of hand hygiene, while forgetting to change your gloves would be just as bad as forgetting to wash your hands.”

Reusable cups, food containers, & shopping bags: In June 2020, a study by health experts concluded that during the pandemic “reusable systems can be used safely by employing basic hygiene”.

Cleaning: Current government advice is that there is no need to use additional personal protective equipment, special antibacterial wipes or other disposable products when cleaning in nonhealthcare settings during the pandemic. The recommendation is to clean and launder more often, using standard products. Eco-friendly cleaning products in refillable containers are becoming available in many places.

Counting the cost of coronavirus

Happy New Year! It's good to begin a new year with hope, but few of us have left 2020 unscathed by the pandemic.

For example, nearly half of us, 48 per cent, put on weight during lockdown. (According to a recent survey by King's College London and Ipsos MORI).

Millions of us turned to alcohol or drugs. Public Health England reports that one in five of us aged 45-74 are now drinking more than 21 units a week. The Royal College of Psychiatrists expresses alarm at the rapid rise in patients whose alcohol or drug use led to a decline in their mental health in 2020.

Children have suffered. Childline had nearly 43,000 calls from young people March and October. Cyber bullying has soared, with one in three children being bullied during the pandemic, according to the Anti-Bullying Alliance.

For millions of pensioners, Covid-19 'hit the fast-forward button on ageing', according to Age UK. Lockdown left old people frightened and losing their confidence, mobility and even functions such as memory.

Suicidal thoughts soared during lockdown, with the number of people seeking help tripling, to stand at more than a quarter of a million. The Royal College of Psychiatrists warn that mental health services are now 'overflowing' with patients struggling to cope with anxiety, psychosis and depression. Many charities fear that a 'second pandemic' of mental health problems.

So – what do we do as January 2021 dawns? Each one of us CAN do something to make things better, if only in a small way. How about these for your New Year Resolutions?

Firstly, just get regular exercise. As one professor said, "Exercise creates a virtuous circle of physical and mental well-being. You move

more, you eat better, you feel positive.” On the other hand, only a couple of weeks of lying around the house will leave your cardiovascular systems less effective, your musculoskeletal system weaker, your metabolic rate affected, and your immune system lowered.

Secondly, adopt the right mental attitude. Studies of Holocaust survivors found that those who recovered best had certain character traits of resilience: optimism, self-esteem, acceptance and above all, spirituality. A faith in God gave them purpose and meaning, even in the midst of fear and death.

Thirdly, make an effort this year to keep in touch with your friends and keep an eye out for vulnerable neighbours. Be willing to act as a safety net for others, if only to show compassion and a willingness to listen to them.



*Ryan was delighted with the cloak, but
not so sure about the face mask*

Prayer

For everything a season

God of heaven and of every season beneth,
help us to leave in the year that has died
all that it held of shame, sorrow and sin,
and to treasure the riches it leaves –
the learning, the laughter, the love.

God of past and future,
teach us how to grasp in the year that is born
promises by which we may live,
kindness we can offer,
hopes you set before us.

God of work and toil and busy-ness,
we ask for confidence for this year's duty,
energy amid its demands,
and wisdom in the unfolding of its days,
that we may now the times and discern our task.

God of every season,
may the living of our years,
serve the purpose of heaven.

John Proctor

From the URC prayer handbook 2016 for 1st January looking at Ecclesiastes 3: 1-13

Ed: If you have a prayer you would like put in the newsletter instead (or indeed as well as...) do email it to newsletter@bhpurc.org.uk.

If you would like prayer for yourself or family and friends please email prayer@bhpurc.org.uk

THE BOYS' BRIGADE
> the adventure begins here



For ages 5 - 18

are you missing out?



Boys in school years 1 – 3 meet on Fridays 6pm to 7.15pm

Activities for this group include; games & sports, arts & crafts, story time & lots of fun. There are also lots of activity days, competitions and much, much more!



Boys in school years 4 – 6 meet on Monday 6.00pm to 7.30pm

Activities for this age group include; games & sports, arts & crafts, cooking, teamwork, drama, weekend camps, activity days out, athletics, swimming, and much, much more!



Boys in school years 7 – 13 meet on Mondays 7.30pm to 9.30pm

Activities for this section include; Duke of Edinburgh Award, crafts, music, first aid, cooking, sports & games, gymnastics, 4 day expeditions in Wales, wild camping, sailing. Outdoor activity centres and much, much more. We also run a 7 day Summer camp. Plus you will make life long friends.



Spaces are available now in all three sections, so give us a call and start the adventure today. It really can change your whole life.

07775 697 255 or visit www.2ndenfieldbb.co.uk

Wordsearch

The Christmas story carries on into the New Year, with Epiphany and the arrival of the Wise Men, led by the Star in the East. Through the eyes of faith, they saw Messiah in that small baby, and worshipped him, giving gifts that foresaw his life and work. New Year is also a time of new beginnings for us – resolutions about diets and paying the bills and doing better at work... Happy New Year!

Epiphany
Wise
Men
Camels
Baby
Jesus
Star
Herod
Worship
Gold
Frankincense
Myrrh
New
Resolutions
Bills
Work
Study
Running
Gym



Other local church activities

Please note that current circumstances mean that regular activities may not be taking place as they normally would. Please contact the relevant church to check on the current status of an activity.

Weekly

Day	Time	Activity	Location
Sun	6.30pm	Service (1st of the month is Café style, 4th of the month is Contemporary with the band)	Lancaster Road
Mon	10am	Ladies Bible Study	Living Room
	7.30pm	English Conversation Club	Living Room
	7.45pm	Prayer at Betty's (Fortnightly)	BHP Methodist
Tues	10am	Tots and Toys	Gospel Hall
	10.30am	United Prayer (1st and 3rd of the month)	Winchmore Hill Baptist
	1.30pm	Open House (Coffee and Chat)	Living Room
Wed	9.45am	Bible Study (Fortnightly)	Lancaster Road
	10am	Prayer (Fortnightly, alternates with above)	Lancaster Road
	2pm	Wednesday Fellowship (Talks from a variety of speakers, see Margaret Barbour for detail)	BHP Methodist
Thurs	1pm	Back to Life (Support Group / Board Games) starts with lunch	Living Room
Fri	10am	Shoppers Coffee Morning	Lancaster Road
	4pm	EPIC (Club for kids in years 3-6)	Gospel Hall
Sat	9am	Breakfast Club (1st and 3rd of the month)	Christ Church

Weekly Activities

Monday 6.15pm Boys' Brigade Junior Section
 7.30pm Boys' Brigade (Company Section)
 8.00pm Book Club (Once a month, see inside for date)

Wednesday 9.30am Baby & Toddler Group
 6.15pm Girls' Brigade

Thursday 7.30pm Boys' Brigade Company Section circuit training (when advised)

Friday 10.00am Baby & Toddler Group
 6.00pm Boys' Brigade Anchor Boys

Sunday 9.30am Prayers (3rd Sunday)
 10.00am Worship with groups for children and young people (Communion 1st Sunday)

Some activities are happening this month, please check the church website to confirm if the activity you want to go to is going ahead.
www.bhpurc.org.uk/calendar

