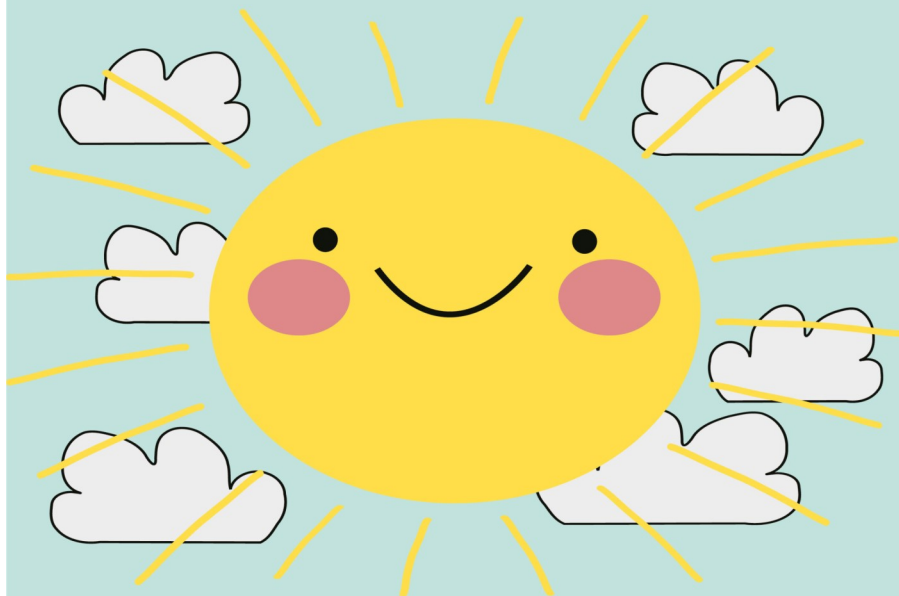


June 2021



OH HAPPY DAY!



THIS IS THE DAY  
THAT THE LORD HAS MADE  
PSALM 118:24

© 2019 A Rocha

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

[www.bhpurc.org.uk](http://www.bhpurc.org.uk)



## Who to contact

### Minister

Mark Meatcher	020 8374 0509	minister@bhpurc.org.uk
---------------	---------------	------------------------

### Serving Elders

Andrew Caddies	07775 697 255	andrew.caddies@bhpurc.org.uk
Lynda Cook	07949 033 869	lynda.cook@bhpurc.org.uk
Martin Hamblin (Treasurer)		martin.hamblin@bhpurc.org.uk
Diann Nicolaides	020 8292 1094	diann.nicolaides@bhpurc.org.uk
Robin Ward (Secretary)	07962 207 256	secretary@bhpurc.org.uk

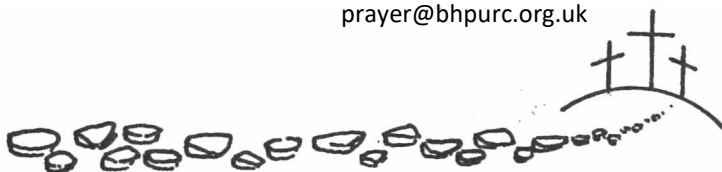
### Youth activities

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>.

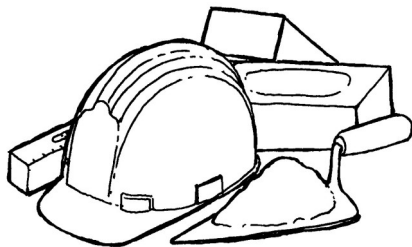
Emails are only sent once or twice a month so you can keep up to date without getting too many emails, you can unsubscribe at any time.

*The Bush Hill Park URC Newsletter is published monthly. To receive email notifications please email [newsletter@bhpurc.org.uk](mailto: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.*

## Building

*"Each builder must choose with care how to build..."* (1 Corinthians 3:10)

Over the past few years a lot of our time at Bush Hill Park has been spent in trying to look after and develop our buildings.



At the moment we hope to shortly come to the end of the latest project, the refurbishment of the hall – and we are very grateful to all those who have played a part in reaching this particularly milestone.

**Thank you – you know who you are!**

But it is highly likely that it *will* simply be the end of the latest project, and I have a sneaky suspicion that there will be another one waiting for us around the corner... (watch this space??)...

Our buildings can become a millstone around our necks if we are not careful, and they can detract us from what we should be focussing on.

We would like to suggest this month that we take a break

from thinking about buildings and focus on another type of building – the building up of our spiritual lives, the development of our faith.

In 1 Corinthians 3: 10 – 17 we find a description of a different building, the building of our lives. We discover there that Christ Jesus is the foundation that we need for our lives but that then it is up to us, as the builders as to what we then put on top of that foundation:-

*"If anyone builds on the foundation with gold, silver, precious stones, wood, hay, straw – the work of each builder will become visible..."* (1 Corinthians 3:12,13)

So we need to ask one another how is the building of our lives going?

Are we using the right materials that will help us to grow in our faith, or is our own spiritual journey something that is not bearing fruit at this time, and is there a danger that what we have built will not last, will not stand the test of time?

It may feel like thinking like this begins to put a pressure on us to **perform** in some way, but hopefully we can all realise that there is nothing that we can do, in and of ourselves, that can enable us to build our spiritual lives in the best way possible.

We **must** rely on the Holy Spirit, the gift that God has given us, to help us and to guide us as we seek to grow in our faith and understanding.

Jesus said to his friends:  
*“the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything and remind you of all that I have said to you...”* (John 14:26)

*“When the Spirit of truth comes, he will guide you into all the truth...”* (John 16:13)

So, in attempting to build our lives, how much time are we spending asking for the Holy Spirit to show us the right way, that we might give glory to Jesus?

In our church, how are we asking God to guide us? Is it simply something that each of us does in our own way and there is little work done **together** that might enable growth of the church family?

The Psalmist wrote *“Unless the Lord builds the house, those who build it labour in vain”* (Psalm 127:1).

Can we spend some time listening to God this month, and endeavouring together to find out where and how we might spend the resources we have in order that the kingdom of God might grow?

In Christ Jesus,

Your ministers,  
Mark and Melanie

## Smile Lines

### Old and alone and needing help...

An old Italian priest lived alone. He wanted to plant his annual tomato garden, but it was very difficult work, as the ground was so hard. A member of his church, Vincent, who used to help him, was in prison. So the old priest wrote a letter to his parishioner and described his predicament:

Dear Vincent, I am feeling pretty sad because it looks like I won't be able to plant my tomato garden this year. I'm just getting too old to be digging up a garden plot. I know if you were here my troubles would be over. I know you would be happy to dig the plot for me, like in the old days. I remember you in my prayers.

Fr Louis

A few days later he received a letter from his parishioner.

Dear Fr Louis, whatever you do, don't dig up that garden. That's where the bodies are buried. Thanks for your prayers.  
Vinnie

At 4 am the next morning, the local police arrived and dug up the entire area, without finding any bodies. They apologised to the old priest and left. That same day the old priest received another letter.

Dear Fr Louis, You can go ahead and plant your tomatoes now. That's the best I could do under the circumstances.  
Vinnie

# Here is the News

## Christian Aid Week

Thanks to all who contributed to Christian Aid week this year.

£122.86 was collected at Church and a further £171.25 via our electronic envelope bringing our total to £294.11.

If you missed donating this year, our e-envelope is still available. Visit [bit.ly/3xHXYtv](https://bit.ly/3xHXYtv) to make your donation.

## Your Covid experiences

As June (hopefully) heralds the start of more freedom, it would be nice to know if Covid-19 has changed any aspects of your life and what you're looking forward to. So, in 50 words or less, please email [newsletter@bhpurc.org.uk](mailto:newsletter@bhpurc.org.uk) details about how Covid-19 has affected your life in one or more of the four following categories:

1. Your holiday plans for this year
2. Your home – have you redecorated, bought new furniture?
3. Your home-based exercise – have you redone your garden, taken up walking?
4. Your relationships – have any new significant relationships come out of lockdown?

## Trouble sleeping?

Try listening to 'sedative music', with a slow tempo, soft volume and smooth melody. Music is less invasive than sleeping pills, and may possibly work for you.

A recent study carried out at a university in Taiwan found that "listening to sedative music can improve sleep by modulating sympathetic nervous system activity and the release of cortisol, thereby lowering levels of anxiety and stress responses."

Listening to music before bed for more than four weeks was found to be especially effective.



Play your part for climate change, switch to using a shower!

Did you know that our UK water network is under serious stress each year to provide us with clean water? Yet thousands of us still use the bath tub. Climate change is upon us and the UK is getting warmer each year. It won't be long

before our water is rationed.

For shower systems with standard showerheads, around 2.5 gallons\* of water per minute will emerge, so a 10-minute shower will use about 25 gallons of water and cost £1.14. By contrast, filling a bath can take up to around 70 gallons of water, depending on the size, costing £3.18.

So if you shower daily rather than have a bath, you'll save £745 a year!

\*1 gallon = 4.54 litres, 1 litre of water costs 0.1p

Source: <https://www.bigbathroomshop.co.uk/info/blog/faqs/what-uses-more-water-a-bath-or-a-shower/>



# Waste Warriors

Did you watch Channel 4's Cook Clever, Waste Less with Prue & Rupy which first aired on the 27th May? It's a four-part series from the BBC Studios Science Unit which focused on transforming the cooking and food shopping habits of four British families. One of which was mine!

Food Waste in the UK is a massive problem with the equivalent of 1 in 6 shopping bags or 1 in 8 prepared meals going to the bin from households across the nation. With most of this waste destined for landfill or incineration, food waste remains one of the biggest challenges we face globally. If food waste was a country, it would be the third biggest GHG (Green House Gas) emission source after China and the US.

My family and I were identified as 'Food Wasters' but after working with Prue, Rupy and the Science Unit we have become 'Waste Warriors' and I want to share some of the things that we were shown, to make you a 'Waste Warrior' too.

Some of the tips you may already do, which is awesome, keep that up, but for others, this may all be new ideas for you. People live differently so some tips may not work but don't worry, there are plenty of tips to try. Continue to reduce your waste in as many ways as possible to help the planet and the environment for the younger generations that come after you.

Good luck!

Vikie and the Thompson Waste Warriors

## Tip 1: Take stock

*Less than a third of households check the fridge, freezer or cupboards before going shopping. (Source - BBC Studios' Science Unit).*

- Do a stock take before your food shop, don't buy things you already have!
- Check the backs of cupboards etc... to see what is going off soonest, make a plan to use them for snacks or meals. Place them



near the front so they are in your eye line, or clearly visible, as a reminder.

- Shop wisely by sticking to a shopping list and avoid buying bulk deals if you're not realistically going to eat them. Or in our case, the £1 per packet biscuit deals!

## **Tip 2: Storing commonly wasted foods**

*Every day, homes in the UK throw away approximately 800,000 whole apples. (Source - BBC Studios' Science Unit). That's a lot of apples!*

- **Apples and other fruit** (except bananas) are best kept in their original packaging in the fridge. You will be amazed how long over the 'best before' date they will last in there.

- **Bread** should be stored in a cool dark place, not the fridge. Ours is in a cupboard as we don't have a bread bin. Bread can be frozen by separating out the slices (we've found this works in pairs to make sandwiches) so its easier to take what you need and then the bread lasts longer.

- **Potatoes** must also be stored in a cool dark place (not the fridge), away from onions too. (Both onions and potatoes release moisture, which can lead to faster spoiling).

- **Salad** ingredients –  
Cucumber and bagged salad should be kept in their original packaging in the fridge.

Tomatoes should be stored at room temperature, not in the fridge. Store them stem side down to help keep in the moisture and retain the juiciness.

- **Herbs** –  
Place soft herbs like Mint, in a glass filled 1/3 with water in the fridge to increase its shelf life. Make sure to remove any leaves close to the end of the stem so they aren't submerged in the water as this will spoil the mint quicker.

Wrap hardy herbs, like rosemary, in damp kitchen paper and put in a sealed container in the fridge.

Please make sure you always check the label for advice too.

Ed: There are many more tips which will come in future newsletters

# Wonders of the Living World

What are the best metaphors we could use to describe biological things? You might be used to hearing phrases like “your genetic blueprint” or “survival of the fittest”, but are they helpful or even accurate? Some of these words fail to capture the wonder and joy of understanding something new about the nature of living organisms.

I learned that one researcher was using the phrase ‘The Snuggle for Existence’ as a way to convey the idea, familiar to biologists, that cooperation is at the heart of the living world. For example, every cell more complex than a bacterium contains minute energy factories, each one containing their own piece of DNA – which makes them a sort of miniature cell, hidden away inside the larger host cell. These ‘mitochondria’, as biologists call them, turn raw materials from the host into chemical energy. In this way, everyone benefits: the mitochondria now have a safe a place to live, and the host receives the energy it needs. There are many more examples of organisms working together to produce something that is more than the sum of its parts, where often the individual parts could not survive on their own.

‘The Map of Life’ is a way of describing the regularities we see in biological processes. Eyes, legs and wings have emerged in the living world again and again, and why not? If the properties of light and gravity remain constant, we should expect living things to find the same solutions to seeing or getting around. When we look at these organisms’ family trees, we see they share a common ancestor that had no eyes, or no wings. These structures have developed completely independently, or you could say that the paths of the living world have converged on the same solution. That’s not to say they had a conscious goal, but that the world has certain properties, and those properties have channelled biological processes in certain directions.

None of these stories give us definite evidence for God. Science simply provides data, which can often be interpreted in several different ways. Perhaps the world just happens to be full of mathematical regularities, maybe there’s an overarching physical law we don’t yet understand, or perhaps there are multiple universes and ours happens to be the one in which life has arisen. But I believe that the observations scientists make about the living world are compatible with the existence of the God described by Christian faith.

Dr Ruth M Bancewicz

More at [wondersofthelivingworld.org](http://wondersofthelivingworld.org).



# OWL

Online Watch Link

REGISTER  
FOR FREE AT

[WWW.OWL.CO.UK/MET](http://WWW.OWL.CO.UK/MET)



## OWL is the latest way to interact with your local police and Neighbourhood Watch

- Regular local updates from your local police
- Get Covid-19 alerts on rule changes and scams
- Advice on improving your home and personal security
- Builds stronger ties with Neighbourhood Watch leading to safer communities
- A unique collaboration between the police and the public designed to tackle the issues that are important to you
- A quick, easy, and flexible system that fits in with your lifestyle

Register for **FREE** at [www.owl.co.uk/met](http://www.owl.co.uk/met)



MOPAC

MAYOR OF LONDON  
OFFICE OF THE MAYOR



## **‘I do not know the man’, the fearful Peter said**

At the end of this month, on 28th June, we celebrate two of the great saints of the early church: Peter and Paul. We might relate more easily to Peter because his humanity and vulnerability spill out of the pages of the New Testament in everything he said and did. Peter was a fisherman, who was impetuous and headstrong, not once, but over and over again, saying one thing, and doing another. And yet our Lord chose Peter as the rock on which He would build His church, and at Caesarea Philippi Peter acknowledges that Jesus is the Messiah, the Son of the living God. Then, when Jesus is arrested, the same Peter in the High Priest’s courtyard declares with an oath, ‘I do not know the man.’

That denial is in all four Gospels. We might have expected the evangelists would have had greater respect for this follower of Jesus. But they are not intimidated by his later fame and importance, and they record the episode in vivid detail.

That episode is recorded by Duccio in this month’s painting, ‘Christ before the High Priest and the Denial of Peter.’ Duccio worked in Siena in the late 13th and 14th centuries. In his paintings Jesus and the saints are no longer remote, austere figures: he portrays them in a natural, simple way. His greatest work was a series of 45 panels called the Maesta.

This month’s picture is the first painting to depict Jesus’ trial and Peter’s denial together. The scene is a two-storey building: the figures above, apart from the High Priest, are all on their feet. Below, the figures are all seated, with the exception of the serving girl. Notice the wonderful array of hair styles and beards that are typical of Duccio’s work.

In the painting Peter is recognisable by his halo, like Jesus above. He is in a direct line below Jesus, but just look at the contrast between the

two. Jesus is standing with His hands bound in front of Him and His head to one side. Peter below is seated, looking straight at the girl, raising his hand to protest his ignorance and warming his feet by the fire. It needed courage for Peter to be there, but the Gospels tell us how quickly his vulnerability is exposed. As he answers the questions and reveals his Galilean accent, he starts to curse. He denies Jesus three times, and the scene ends in bitter tears. For all the bravado, a human, broken figure leaves the scene.



On his feast day we rejoice in that humanity of Peter, which brought him low, but encouraged him to try again. In Duccio's painting his denial takes place by the fire of the courtyard. It will be by another fire lit on the shore of the sea of Tiberias that Peter will be asked another three questions – not by a serving girl, but by Jesus. This time he will respond with affirmation, knowing that his Lord has come in resurrection glory to bring a new way forward for him and for everyone as He offers life in abundance.

Revd Michael Burgess

# How big is your environmental footprint?

The planet is in crisis - from climate change to the pollution in our oceans and devastation of our forests. It's up to all of us to fix it. Take your first step with WWF's environmental footprint calculator at <https://footprint.wwf.org.uk>

We would like to be able to publish an average figure for a member of our church in the next newsletter. To do that we need add as many members as possible to take the survey and email the number shown in tonnes on the weight on the weighing scales at the end of the survey to [newsletter@bhpurc.org.uk](mailto:newsletter@bhpurc.org.uk) by 15th June.

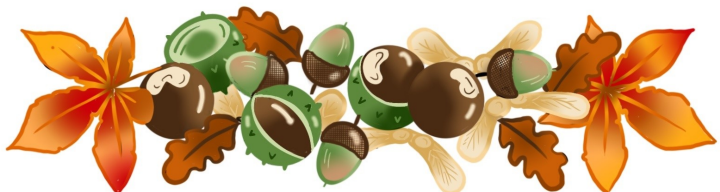
When you take the survey do please take a note of actions you could take to improve your carbon footprint.

We hope to make this an annual survey so we can see improvements year on year.



Challenge yourself to make a difference. Download the my footprint app and take the survey.

Lisa on behalf of the Eco Church group



# Diary

## June

**See also Prayer pages and back cover for regular activities**

The diary is also online at [www.bhpurc.org.uk/calendar](http://www.bhpurc.org.uk/calendar)

Sun 6th	10:00am	Communion with Revd Barrie Thompson
Sun 13th	10:00am	Parade with Laura Marlow
Sun 20th	10:00am	Worship with Ray Pettipher
Sun 27th	10:00am	Worship with Revd Mark Meatcher

---

**Next newsletter deadline:  
Sunday 13th June**

All material for inclusion should be emailed to  
[newsletter@bhpurc.org.uk](mailto:newsletter@bhpurc.org.uk)

---

# Prayer Diary

JUNE 2021

Be joyful in hope,  
patient in affliction,  
faithful in prayer.

Romans 12:12

## **Tuesday 1st**

Missionaries in Europe

## **Wednesday 2nd**

Tweedy Close

## **Thursday 3rd**

Local Councillor for Bush Hill Park  
– Clare De Silva

## **Friday 4th**

The work of Christian Aid (we  
support them)

## **Saturday 5th**

Sunday's Worship Leader and the  
service tomorrow

## **Sunday 6th**

Thanks for the stewards, those  
who project our services and  
everyone who helps our services  
happen week by week

## **Monday 7th**

Mabel

## **Tuesday 8th**

Missionaries in Asia

## **Wednesday 9th**

Wellington Road

## **Thursday 10th**

Local politics and council deci-  
sions

## **Friday 11th**

Elijah, our sponsored child in  
Zambia

## **Saturday 12th**

Sunday's Worship Leader and  
the service tomorrow

## **Sunday 13th**

Give thanks for long summer  
days



**Monday 14th**

Margaret (both)

**Tuesday 15th**

Missionaries in the Americas

**Wednesday 16th**

Alberta Road

**Thursday 17th**

Local Councillor for Bush Hill  
Park – James Hockney

**Friday 18th**

Those caring for vulnerable  
adults and the charities which  
help

**Saturday 19th**

Sunday's Worship Leader and  
the service tomorrow

**Sunday 20th**

Thanks for our service men &  
women

**Monday 21st**

Mark

**Tuesday 22nd**

Missionaries in Africa

**Wednesday 23rd**

Amberley Road

**Thursday 24th**

Local politics and council deci-  
sions

**Friday 25th**

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

**Saturday 26th**

Sunday's Worship Leader and  
the service tomorrow

**Sunday 27th**

Give thanks for good health

**Monday 28th**

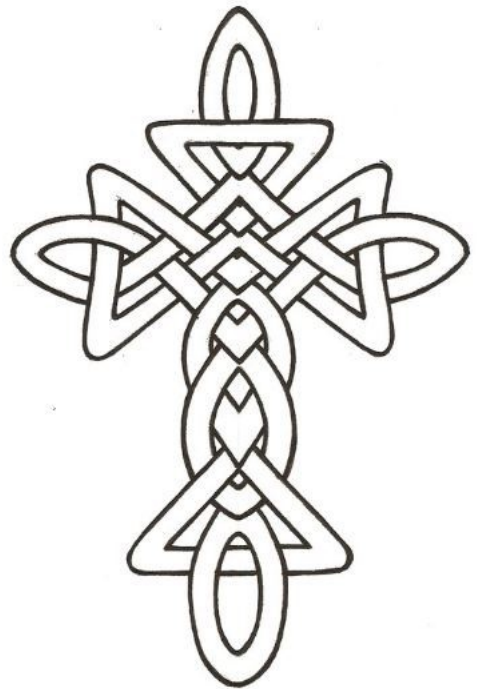
Martin

**Tuesday 29th**

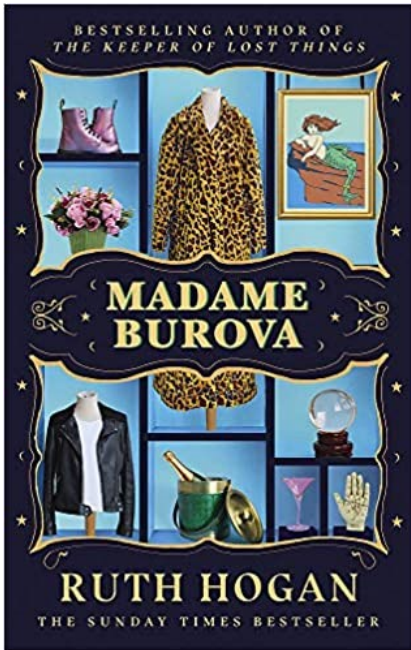
Missionaries in Australasia

**Wednesday 30th**

Amberley Gardens



## Book Club



Madame Burova by Ruth Hogan

Set between the 1970s and present day, this is an intriguing look into the confidences held by a Brighton based Crystal ball and Tarot card reader who inherited the business from her Romany mother. There are interesting characters working in a holiday camp setting; not quite Hi-De-Hi but there are similarities!

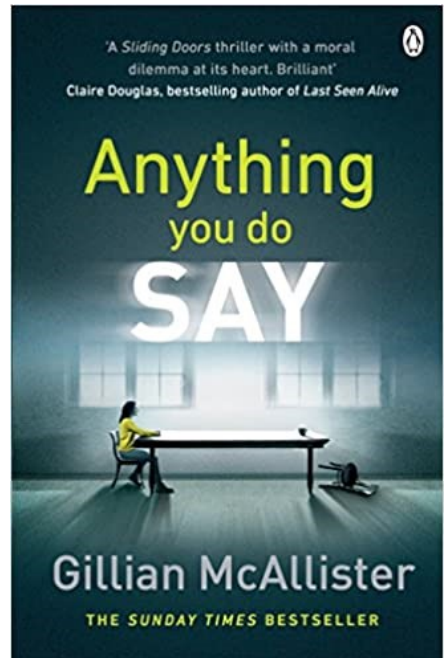
Set in the present day the main character is Billie, a woman who, on her father's death is told she is

adopted and is now trying to piece together her beginnings in life. She is led to Brighton and the 1970s Larkins Holiday Park.

The start is a bit slow, but the very different characters keep you entertained. The book is not too long – it was a light-hearted read and we quite enjoyed it.

We next meet on Monday 7 June in a garden, we hope. The chosen book is 'Anything You do Say' by Gillian McAllister.

Sylvia



# SANCTUARY

Find Calm | Make Space | Move Forward

Feeling low? Going through emotional distress and struggling to cope?

CALL US on 020 8906 7509

Support is available 7 days a week,  
365 days a year,  
between 12pm-10pm

Find Calm:

We will listen with compassion and  
without judgement

Make Space:

We will help you identify key issues

Move Forward:

We will work with you, one to one,  
and in groups to find a path  
forwards

Our service is open to all Enfield  
residents, aged 18+.

If you are in an emergency and have  
concerns for your health or safety due  
to your mental health then  
call 0800 151 0023 for the Enfield Crisis  
Resolution Home Treatment Team.

[www.mindinenfield.org.uk/sanctuary/](http://www.mindinenfield.org.uk/sanctuary/)

 **mind**  
for better mental health  
**Enfield**

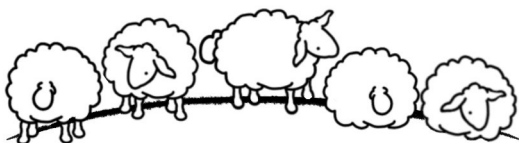
# What do you think will happen after Covid?

You can take your choice: a recent survey has found that a third of us think that society may never go back to the old ways, a third of us think we will go back to exactly as we were before, and a third of us think that we will be keener than ever to stay together.

The Together Coalition, chaired by the Archbishop of Canterbury, has been working for the past year on a piece of research to track just what has happened to communities during lockdown.

The new research has found that “people feel a stronger sense of connection to their neighbours and community. ...We found a clear public appetite for a society in which we are more connected to each other, and the community spirit of 2020 is kept alive.”

It also found that around 12.4 million people have volunteered during the pandemic, 4.6million of them for the first time. And 75 per cent of those volunteers would be happy to do so again.



## ***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.*



## **Talks on 'Planning for Later Life'**

Friday 18th June 2021, 2-3.30pm  
Thursday 22nd July, 11am-12.30pm  
Wednesday 25th August, 1-2.30pm  
Via Zoom online

Planning for the future and putting certain things in place can provide peace of mind and security for both you and your loved ones.

As part of Enfield Connections, Age UK Enfield are offering free Planning for Later Life sessions for people 50+ or carers of people aged 50+.

The session will cover the following

- Making a will
- Power of Attorney
- Advanced Decisions/Statements
- Bereavement Services

You will have opportunities to ask questions, and an information pack can be posted/emailed on request.

Please contact Kate Reader on 020 8375 4120 or [kate.reader@ageukenfield.org.uk](mailto:kate.reader@ageukenfield.org.uk) to book your place.

Zoom details will be emailed to you nearer the time. If you need support with Zoom we can help, let us know.

## Interview

### **How long have you lived in this area?**

All of my life; our family home was in First Avenue where I lived from 1974.

### **What made you choose our church to come to?**

My mum enrolled us into the playschool in the parlour aged about three (1977 ish) and we attended the Sunday School, run by (maybe) Winnie and Jill Garret. I remember singing songs sat on benches along both sides of what's now the Girls Brigade cupboard!

Then I joined the Boys Brigade with Harold and Barbara Nix taking us each summer to Studland village hall for Junior section camp. Then through Company section, mostly captained by Trevor Bellis, and then on to become a staff member. Boys Brigade used to have its own Bible class back then in the hall with a guest speaker each week and hymns sung with gusto as Horrace Persons played a worn out piano (we always used to laugh when he played the keys that had no sound and just went thunk).

When I was about 16 or 17 I went to Spring Harvest with Derek, Rosemary and Mathew Jones. Inputs from all these people plus many others influenced me to commit to church life.

### **What makes you go to church at all?**

When I am not able to come to church I miss it.

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

My favourite Hymns are Dear Lord and Father of mankind (good with a brass band) and the first line seems a good way to start a prayer... forgive our foolish ways. At the name of Jesus (we used to sing this at bible class and camp, always enjoying linking the verses with a hearty bom bom bom bom bom bom bom bom) and for a more modern

hymn I like the servant king (from heaven you came) which we sang at my daughters christening) which reminds us that Jesus was a baby and grew up on earth and I like the combination of servant and King. I always like it when there is a good mix of old and new hymns.

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

I love Christmas time and the story of Christmas. It's a time of hope and new starts.

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

You don't always notice at the time because you are busy and wrapped up in things but when you look back on the tough events I think they are a bit less tough when you have faith.

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

Becoming a Christian probably won't involve a lightning strike moment like Paul on the road to Damascus (but you never know) more probably you will slowly move into a position of faith by being around people of faith and listening carefully to their lessons and experiences. It can be a slow gradual process but with prayer and good mentors you can get there and your life will be better for it (it was like this for me anyway).

Robin W



## Wake up!

Remember the story of Jacob, and how God met him in a dream when he was sleeping on the desert floor with a rock for his pillow? The story in Genesis 28 says this: *‘When Jacob awoke from his sleep, he thought, “Surely the Lord is in this place, and I was not aware of it.”*

I wonder what place you find yourself in today, and if you are aware of God’s presence with you there?

It may be a geographical place, the place where you live or work. That may be a beautiful place to be, or it may be a very hard place to be, and you would much prefer to be somewhere else. Either way, God is with you there, for He is everywhere, and there is no place where He is not.

It may be an emotional place, as when we say, ‘I’m not in a good place right now’. How are you feeling today – up or down? Again, whatever mood you are in, God is with you for He knows us through and through. Having become human, He understands all our fluctuating emotions. He can comfort us right where we are.

It may be a phase of life that you are passing through, a stage on life’s journey or a transition as you move from one situation to another. You may be passing through the valley of grief and loneliness, or anxiously waiting for news of a loved one who is ill. No matter where you are, you are not alone, for God is with you whether you can feel His presence or not.

What is needed is for us to become more aware of God’s surrounding presence, to wake up to His closeness as did Jacob.

*Lord, wake me up to your abiding presence, even this day.*

Tony Horsfall



## **Twin your fridge and help save lives**

Last year, when the pandemic hit, we (Tearfund) launched Tap Twinning to raise urgent funds for our Covid response. And you responded in the most incredible way – donating more than £500,000 in just a few months to help improve water access, hygiene and public health awareness.

A year on, the pandemic continues to wreak havoc across the world – pushing more vulnerable communities into extreme poverty.

Now, more than 40 million people are going hungry because of Covid. Lockdowns and restrictions have left many without work and unable to feed their families. That's why we are launching Fridge Twinning to help families put food on their table.

There are no social safety nets, no food banks or furlough schemes in countries such as Afghanistan, South Sudan, Yemen and Democratic Republic of Congo, which are among the worst hit.

So our partners are extending their support to vulnerable communities – beyond water, hygiene and sanitation projects – to distribute basic food supplies and cash vouchers. And they are providing training and resources to help people start small businesses.

But, to continue this work, they need your help.

By donating £30 to twin your fridge, you can help provide emergency food and livelihood support to families across the world who are suffering most from the economic impact of Covid. In return we'll send you a set of fridge magnets you can customise your fridge with to show your support.

<https://appeals.toilettwinning.org/>



**twin your fridge**



## Community litter picks in Bush Hill Park

10.00 to 12.00 – meet at the hut

On the following Sundays:

27 June    25 July    22 August

*For your own safety, please take a moment to read the guidance below*

- Volunteers participate at their own risk
- Observe social distancing guidance and the rule of six
- Use the litter pickers and sacks provided
- Do not pick up anything sharp, heavy or dangerous. If you spot such items, alert the organisers who will arrange safe disposal
- Disposable gloves and hand sanitiser are available on request
- Refreshments provided but the hut will not be open to the public

*Thank you for helping to keep Bush Hill Park looking good*

---

### **Gardening really is good for you**

According to a recent study conducted by the Royal Horticultural Society (RHS) and two universities, people who garden every day have well-being scores 6.6 per cent higher, and stress levels 4.2 per cent lower than those who do not garden at all.

Dr Lauriane Chalmin-Pui, RHS well-being fellow and lead author says, “The evidence overwhelmingly suggests that the more frequently you garden, the greater the health benefits.

“In fact, gardening every day has the same positive impact on your well-being as taking regular, vigorous exercise like cycling or running.

“Gardening is like effortless exercise: it doesn’t feel as strenuous as going to the gym, but we can expend similar amounts of energy.”

# Prayer

## Hope

For the starved  
    with no food for tomorrow,  
for those in despair,  
    struggling with disease,  
    and caring for them,  
for the redundant,  
    able and willing to work,  
for the bullied at school,  
for those neglected  
    by their family or friends,  
for the displaced,  
    because of faith or background,  
for those who are lonely,  
    longing for a warm embrace,  
for those who want to help  
    and feel powerless to do so,  
I pray for hope.

Spirit of wisdom,  
today make me one who ploughs the field of hope.  
In the wilderness of our world,  
    may I plant seeds of life  
    to brighten the days of tomorrow.

Terry Jin

From the URC prayer handbook 2015 for 14th June looking at Mark 4:26-34

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](mailto:newsletter@bhpurc.org.uk).

If you would like prayer for yourself or family and friends please email [prayer@bhpurc.org.uk](mailto:prayer@bhpurc.org.uk)

# Boys' Brigade News

## **JANUARY, FEBRUARY & MARCH**

Prior to being able to meet face to face, our Monday night meetings were conducted over zoom. These included cooking (rocky roads and short breads), air fix models, king cobra wooden models, oven key rings, shapes in nails, make your own bouncy balls and 3D T-Rexes. All the boys attended all the zoom sessions plus all have returned to face to face. The fundraising for the mini bus went well with the old boys raising over £5,000 and the current boys raising over £1,000. The company also had been saving up over the past 8 years and was able to contribute the rest along with donations. Two boys did a 30 mile bike ride along the River Lee to raise money, which they thoroughly enjoyed.

## **APRIL**

When we returned in April we started off with a game of quick cricket over Bush Hill Park before the boys faced a series of puzzles and challenges in small teams. These included a rope untangling puzzle, a block transfer puzzle where a larger block can not be placed on top of a smaller block. Two throwing games where bean bags had to be thrown in to three different sized holes and three different sized buckets from a distance of 2m, the smallest target scored 15 points, the middle, 10 and the largest 5 points. Other challenges included moving a ping pong ball with bamboo sticks and distance catching.

For our second week back, we again headed over to Bush Hill Park, this time playing Danish Rounders. A summer classic that we play during the build up to and at camp. Usually Danish Rounders is met by an abundance of laughs, smiles and comical missed catches but it's also a game that signifies the BB summer session.

## **MAY**

The first Monday of May was a Bank holiday. The beginning of May also saw our first church parade in a while before returning the following Monday for a round of Frisbee golf (Disc Golf) over in Lee Valley and seeing as no one managed to get a hole in one it was appropriate that no one had two pairs of socks on. The aim of disc golf is to throw Frisbees into baskets around a course, like a golf course, with the lowest score winning. I was stood on the course when I wondered why the Frisbee was getting larger the closer it got, and then it hit me.

The following week we returned to the fields of Bush Hill Park for games of Cricket, football and the Frisbee game. Which lead to the unpopular opinion that Frisbees aren't heavy enough, that's something to discuss. To play the Frisbee game players on teams throw a Frisbee to their team mates but can't move with the frisbee, they must catch the Frisbee in a 1m x 1m box marked out by cones to score a point. We were going to play Star Wars themed cricket but every time the ball was delivered the umpire struck back.

We are hoping to go to a climbing wall in Hemel Hempstead; which was met by huge enjoyment the last time we went before the second bank holiday at the end of the Month.

## **JUNE**

In June we hope to have our annual trip over to Whitewebbs for the Whitewebbs challenges as well as going to Mega Jump, an orienteering night and Quasar. This will take us all the way up to the week before the camp meeting provided restrictions allow camp to go ahead this year.

We're looking forward to hopefully having a great summer session and getting back to normal.

Joseph Nicolaides

# Wordsearch

## St Alban - the first British martyr

Persecution of Christians worldwide is rising fast, so it is worth remembering St Alban, the first British martyr. Alban was a Roman citizen living in England when the Roman emperor, Diocletian, began a fierce persecution. Soon Alban found a desperate priest on his doorstep, hunted by local soldiers. Alban gave the priest shelter, and within days was converted. When the soldiers arrived, Alban took the priest's place, refused to offer sacrifice to the Roman gods, and was condemned to death. Alban went to his execution on 22nd June 250AD with such serenity that one of the executioners was converted. He died on the site of the Hertfordshire town that now bears his name.

alban      martyr      persecution      roman      emperor  
 diocletian      priest      converted      soldiers      sacrifice  
 gods  
 condemned  
 death  
 execution  
 serenity  
 died  
 site  
 town  
 name  
 doorstep

D	R	N	R	R	T	P	I	G	O	D	S
E	S	A	D	I	E	D	A	T	E	D	E
N	O	I	T	U	C	E	S	R	E	P	R
M	L	T	N	O	I	T	U	C	E	X	E
E	D	E	D	E	F	R	R	O	M	A	N
D	I	L	O	E	I	E	Y	S	P	L	I
N	E	C	O	S	R	V	O	T	E	P	T
O	R	O	R	T	C	N	N	T	R	P	Y
C	S	I	S	U	A	O	A	I	O	A	D
O	N	D	T	I	S	C	E	B	R	W	M
H	T	A	E	D	T	S	N	S	L	O	N
E	O	E	P	E	T	E	C	E	M	A	N

## 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  
                  6.30pm    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](http://www.bhpurc.org.uk/calendar)

