



The
United
Reformed
Church

March 2021



GOD IS
MY ROCK
IN WHOM
I TAKE
REFUGE

Psalm 18:2

Bush Hill Park United Reformed Church
25 Main Avenue, Enfield EN1 1DJ
www.bhpurc.org.uk

Who to contact

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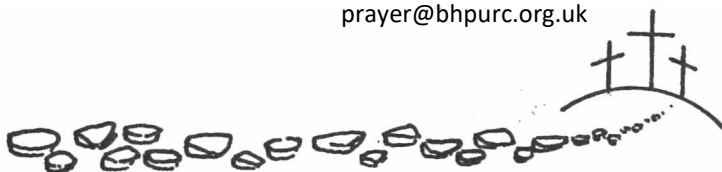
Youth activities

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.*

Build on a Strong Foundation

The theme for the World Day of Prayer being held on 5 March this year is **“Build on a Strong Foundation”**. The service this year has been put together by women from Vanuatu, a cluster of islands stretching for about 400 miles in the southwestern Pacific Ocean. (If you can find it on the globe you’ll be doing better than us!)



Because of the covid situation in the UK, World Day of Prayer will be putting the service on their YouTube channel or elsewhere (for details see page 11 or look at their website www.wwdp.org.uk).

Can we encourage you, if you are able to, to try and join in with this day as it always, to us, seems to provide a link with other Christians all across the world.

The words of the first song in the service on that day this year we find to be particularly appropriate, even though they were written with Vanuatu in mind:-

**It is time to get together
As a nation and family
Let’s forget our differences
And let us work in unity**

What a joy it would be to see all the nations of the world working together for unity both as individual countries, but also with

their neighbouring countries as well.

But, **Building a strong foundation** is also something that we need to be looking to do as a church here at Bush Hill Park.

It is something that amazingly (should we really use that word when we believe that all things are possible for God?) has been achieved in terms of our building refurbishment here at Bush Hill Park.

Martin recently went back over income and expenditure over the past few years and calculated that we had spent (since 2010 when we replaced the church roof) over £250,000 on major projects and received over £100,000 in grants with much more promised!

This is an incredible achievement and gives us confidence to hope for that final push that we’re

working towards to finish the hall off well.

But, **Building a strong foundation** involves more than physical buildings, developing resources.

Building a strong foundation

means growing spiritually, remembering how we came to faith:

“Therefore let us go on towards perfection, leaving behind the basic teaching about Christ, and not laying again the foundation: repentance from dead works and faith towards God, instruction about baptisms, laying on of hands, resurrection of the dead, and eternal judgement.” (Hebrews 6:1,2)

It means making that step forward towards perfection, as the writer to the Hebrews says, and it means adding to what we have already got/achieved/accomplished:-

“Make every effort to support your faith with goodness, and goodness with knowledge, and knowledge with self-control, and self-control with endurance, and endurance with godliness, and godliness with mutual affection, and mutual affection with love.” (2 Peter 1:5 – 7)

So, as we are now in the season of Lent, a time of preparation for Easter let us think of our own lives and how we might **build a strong foundation**, or build on the strong foundation we already have in our lives, the foundation of faith in Jesus Christ, and if we are wondering about how we might do that then please do take time to explore the other options to grow in your faith and understanding that are presented either in this magazine or elsewhere through the programmes and activities based at our church (Boys Brigade, Girls Brigade, Study groups, book club and others). A lot of the thoughts for the day and sermons that we’ve delivered over the past year are available to view on the Enfield URCs Youtube page as well!

May God strengthen you for the next stage of your journey, and fill you with hope and peace as we prepare to celebrate Easter again together.

In the love of Christ,
Mark and Melanie

Smile Lines

Bishop

A little girl told her mother, "We went to a confirmation service at the cathedral and I saw the bishop. Now I know what a crook looks like!"

Knock knock

A conscientious minister decided to get acquainted with a new family in his church and so he visited them one Spring evening. After his knock on the door, a lilting voice from within called out, "Is that you, Angel?"

"No," replied the minister. "But I'm from the same department."

Switched on

A housewife was helping her aged mother get up the stairs on their brand-new stair lift when the minister telephoned her. He was horrified to hear her say: "I'm so sorry, but I'll have to ring you back. I can't talk right now because I've finally got Mother in the electric chair and I'm eager to press the switch and see if it works!"

Observations on modern life

Save the earth. It's the only planet with chocolate.

A hangover is the wrath of grapes.

When two egotists meet, it's an I for an I.

Two choir members recently got married. They met by chants.

Here is the News

Fairtrade Fortnight: 22nd February – 7th March

It has been a terrible year for farmers and workers in the global south.

In 2020, on top of the pandemic, they had to deal with the growing impact of climate change: more droughts and crop disease, locusts, floods, fires, and heatwaves. No wonder their harvests were shrinking.

Yet with the help of Fairtrade, many of these producers of food, drinks and cottons can be equipped to meet more everyday needs, and to deal with the challenges facing them.

So this month, why not visit www.fairtrade.org.uk and see how you can send some support.

Last month the church once again became a Fairtrade church. This means we have committed to:

Use Fairtrade products wherever possible (at least tea, coffee and sugar).

Celebrate Fairtrade Fortnight and integrate Fairtrade into the life of our church.

Engage with other Fairtrade campaigns and connect with community groups, such as schools and towns, where possible.



Awarded to
Bush Hill Park URC

On
1st February 2021

Next Renewal due:
1st February 2023

Michael
Michael Sidney
Chief Executive
Fairtrade Foundation
fairtrade.org.uk





Fairtrade, climate and you

Farmers need help to put their voices at the heart of tackling the climate crisis and share the reality of their struggles. Our global trading system is balanced in favour of the powerful few. Trapped in this system, farmers already struggle to meet their immediate needs. More

than ever, they need a fair price for their crops and their hard work. Fairtrade works to raise the voices of producers and prioritise what they need to respond to the environmental crises unfolding in already vulnerable communities. This Fortnight, you are asked to 'Choose the World You Want' and use your voice to tell others about the challenges that farmers face from climate change. Think environment. Think Fairtrade!

Fundraising via

AmazonSmile

Amazon has donated £6.03 to Bush Hill Park URC as a result of AmazonSmile programme activity between 1 October and 31 December, 2020.



You can shop AmazonSmile at <https://smile.amazon.co.uk/ch/1176710-0>, and Amazon will donate to Bush Hill Park URC, at no cost to you.

AmazonSmile is also available in the Amazon Shopping App to all AmazonSmile customers using an iPhone or Android phone. When you have activated AmazonSmile in the app, every eligible purchase will automatically generate a donation to Bush Hill Park URC. Go to "Programmes and Features" in your app's menu to activate AmazonSmile.

Ralph Leonard Eveleigh



[1932 – 2021]

Congregational church life in the 1960s was vastly different from today. Ministers learned on the job as Probationary Ministers and this is how Bush Hill Park came to hear of Ralph's intentions to serve his Lord. He preached with a view on two occasions, end of December 1963 and early January 1964 being introduced as Mr Eveleigh.

On one of the 'preach with a view' days my parents invited them to Sunday lunch, and it was somewhat crowded in our small room but such fun. We clicked. The call was issued and answered, and the family arrived at the beginning April 1964. The evening Service of Recognition was a joy and Rev Ralph Eveleigh settled into the life of the church guiding and teaching and working in the wider scope of Districts and Provinces.

By this last year of his training, he was married to Doreen with two children John and Judith. Caroline came along later. The family moved into the manse at 14 Lyndhurst Gardens and it became a home to this lovely family. However, there was a problem when Ralph was one day clearing out unwanted items, some left over from others, he found an old shotgun and it was discharged through his calf. He was taken to Chase Farm Hospital. The local press had a field day with a headline. He was on crutches for a time, but it certainly did not stop him

working. At one time, John the eldest child had become seriously ill, friends and church members gathered for a special service offering prayers and support for the family. There was much rejoicing when John made a full recovery.

The very many church Deacons were revered by the teenagers and I was one of these 'youngsters', but this large team of men and two or three women worked well with Ralph. Church membership classes were started, and it was through these that many made their commitment. The church membership numbers rose, and a Junior Membership list started. It was a time of church socialising in many ways. The young people were often invited round to the Manse after evening service and were welcomed. They were happy times. I counted 49 marriages and 131 infant baptisms during his time with us. I am sure many of the children were those of the couples he had married!

Ralph was a strong supporter of the Brigades and regularly went to camp with the boys. I understand from those "Old Boys" who are still around that Ralph took in good part the many jokes played upon him; however, he would never enter the sea. Returning from one camp the boys' coach was involved in a serious road accident. Ralph was in a car following and came across the awful scene. He went with Gary (who had gone through the windscreen) to Hospital. Gary was not detained, and they returned to Enfield in a Police car, driven very fast!

One of his last tasks was to guide the membership towards voting to give up being Congregational to embrace the newly formed United Reformed Church in 1972. He left us that November for the pastorate at Clacton URC.

Those of the current fellowship who remember him do so with fondness. He was a good leader, a wonderful pastoral man, so easy to talk to. We missed him but moved on ... We have seen Doreen and Ralph many times since continuing that friendship made in the 1960s.

Sylvia Page

A former Church Secretary

Eco Church approves 1000th award for environmental responsibility

Conservation charity, A Rocha UK has announced that Hereford Cathedral is the recipient of its Eco Church scheme's 1,000th award for creation care.

A spokeswoman for A Rocha UK said: "Hereford Cathedral demonstrates that even historical buildings can make great progress towards being more sustainable. The Cathedral land includes both gardens within the cathedral complex and some farms in the local area which are managed in a sustainable way."

Hereford Cathedral, one of over 3000 churches to register for Eco Church, shares eco-lifestyle tips during school visits and in its weekly church notices, including suggestions on personal consumption and carbon footprint reduction. They have made alterations to the heating and lighting across the church buildings to improve efficiency and are actively researching how best to install water harvesting systems in the future.

This is a critical year for the climate, ahead of the UN COP26 climate negotiations scheduled to take place in Glasgow in November.

Eco Church is a free online award scheme and is an A Rocha UK project. Our church has achieved the Bronze award and we are working towards the Silver award.



World Day of Prayer 2021

Build on a Strong Foundation



Women of the Republic of Vanuatu (located in the South Pacific Ocean) have prepared this year's service. The black and white sandy beaches, coral reefs with coloured fishes, lovely birds, fruits and nuts in the forest, all make the islands a pristine environment but they are vulnerable to frequent tropical storms, earthquakes, cyclones, tsunamis and active volcanoes. Women, men and children of all ages are called to 'Build on a strong foundation' and live in unity, love and peace in the context of ethnic and cultural diversity like Vanuatu and so many other places around the world.

World Day of Prayer is an international, inter-church organisation which enables us to hear the thoughts of women from all parts of the world; their hopes, concerns and prayers. The preparation for the day is vast. An international committee is based in New York and there are national committees in each participating country. Regional conferences meet to consider the service and then local groups make their plans. Finally at a church near you or online on the World Day of Prayer International Committee's YouTube channel (www.youtube.com/channel/UCadJuRhUQBdbNTFzFCfqbw) on

Friday 5 March 2021 people will gather to celebrate the service prepared by the women of Vanuatu.

The Day of Prayer is celebrated in over 170 countries. It begins in Samoa, and prayer in native languages travels throughout the world – through Asia, Africa, the Middle East, Europe and the Americas before finishing in American Samoa some 39 hours later.

For further information and resources, together with details of services in your area see the WDP website: wwdp.org.uk

Ed: Our church is planning to watch the live stream.



The
United
Reformed
Church

Enfield & East Herts Local Area Group

LENT COURSE

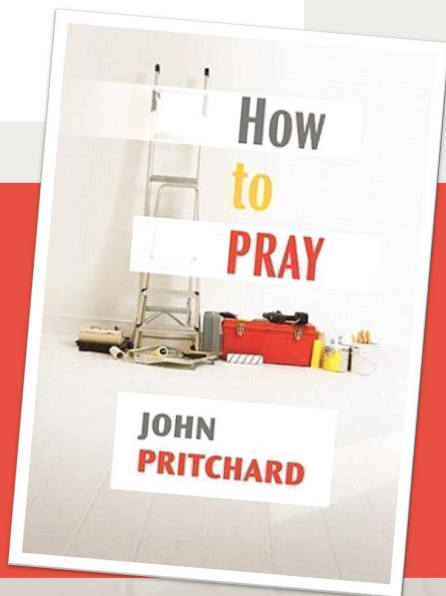
Based on **JOHN PRITCHARD'S** book

How to PRAY

Wednesdays 24th February,
3rd, 10th, 24th March
7.30pm - 9.00pm

or

Saturdays 27th February,
6th, 13th, 27th March
10.30am - 12.00noon



Email: Mark revd.meatcher@gmail.com for joining instructions
Copies of the book (not essential) available from Mark or online

Diary

March

See also Prayer pages and back cover for regular activities

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

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.

Wed 3rd	7:30pm	Wednesday lent course continues, see page 11 for more details
Fri 5th	All day	World day of prayer, see page 11 for more details and page 24 for a prayer
Sat 6th	10:30am	Saturday lent course continues, see page 12 for more details
Mon 8th	10:30am	Book club on zoom, see inside front cover for contact details to get the link
Wed 10th	7:30pm	Wednesday lent course continues
Sat 13th	10:30am	Saturday lent course continues
Wed 24th	7:30pm	Wednesday lent course continues
Sat 27th	10:30am	Saturday lent course continues

Next newsletter deadline:
Sunday 14th March

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

Prayer Diary

MARCH 2021

Ask and it will be given to you;
seek and you will find;
knock and the door will be opened to you.
For everyone who asks receives;
the one who seeks finds;
and to the one who knocks, the door will be opened.
Matthew 7:7-8

Monday 1st

Diann

Tuesday 2nd

That our church building works
will happen on time and to budget.
Give thanks for those helping
this to happen.

Wednesday 3rd

Lincoln Road

Thursday 4th

For a reversal of global warming

Friday 5th

The work of Tearfund (we
support them through Toilet
Twinning)

Saturday 6th

Sunday's Worship Leader and the
service tomorrow

Sunday 7th

Give thanks for those who faithfully
attend our church services
week by week

Monday 8th

Evelyn

Tuesday 9th

For the future of our church and
fellowship

Wednesday 10th

Leighton Road

Thursday 11th

For world leaders to investigate
and implement good waste management

Friday 12th

Elijah, our sponsored child in
Zambia

Saturday 13th

Sunday's Worship Leader and the service tomorrow

Sunday 14th

Give thanks for our ambulance, medical services and the air ambulance helping to save lives

Monday 15th

Fred

Tuesday 16th

That we as a fellowship will be open to the guiding of the Holy Spirit

Wednesday 17th

Main Avenue

Thursday 18th

For less human impact on nature, particularly deforestation

Friday 19th

Children in care, that they would be fostered/adopted by a loving family

Saturday 20th

Sunday's Worship Leader and the service tomorrow

Sunday 21st

Thanks for all the benefits we enjoy living in England

Monday 22nd

Gertrude

Tuesday 23rd

The leadership of the church and its organisations

Wednesday 24th

Melbourne Way

Thursday 25th

For better air quality in UK cities and worldwide

Friday 26th

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

Saturday 27th

Sunday's Worship Leader and the service tomorrow

Sunday 28th

Thanks for water, whether rain or from the turn of a tap

Monday 29th

Ivy

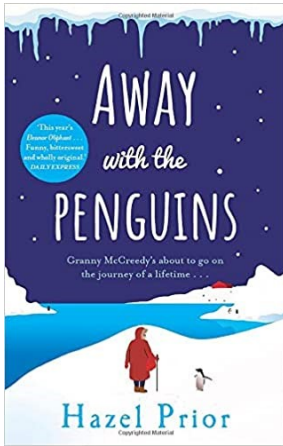
Tuesday 30th

That people will earnestly pray about their role in the church and if they are being led to take a more active part in the life of the church and its mission

Wednesday 31st

Millais Road

Book Club



'Away with the Penguins' by Hazel Prior

This is a can't put it down interesting and amusing book. First you are in Scotland with a daily litter picking, strong minded octogenarian who decides to go to visit the Adélies Penguins under research in Antarctic, with a view to saving them. The characters are all so well written and you can associate with each of them. Even so far south social media has a strong influence on the lives of those involved.

We thoroughly recommend this as a get away from it all read; and on Kindle there is a bonus story, which nicely ties things together producing a feel-good feeling!

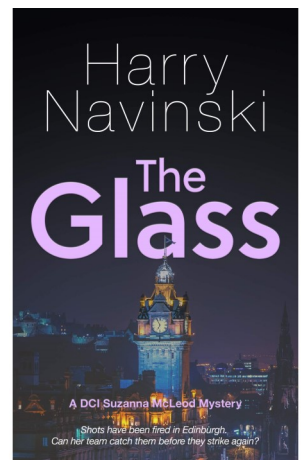
'The Catch' by T M Logan

Ed and Claire are introduced to their daughter's new boyfriend ... and soon to be son-in-law in six weeks' time! Planning is going a pace; however Ed is far from comfortable with his future son-in-law, but he is the only one with concerns - to the others Ryan is the perfect catch, handsome, bright, successful, kind and generous. He seeks to find out more about Ryan who is extremely economical when it comes to information about his past. Ed sets out to find the truth and goes to extreme lengths because he is working against time as the impending wedding draws closer.

Set from Nottingham north to the Peak District the story unfolds. Obsession, oh yes, but ...

We all felt this a good read. The description of the Peak District National Park is a good reminder if you know that area.

For our next Zoom on Monday 8th March we will read 'The Glass' by Harry Navinski.



How to gain contentment

Rejoice in the Lord always. I will say it again: Rejoice! ... Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

(Philippians 4:4,6-7)

I've been thinking a lot about contentment in the past couple of years, and have been struck by the fact that we can choose to be content.

As Paul says in Philippians 4:12, *"I have learned the secret of being content in any and every situation ... whether living in plenty or in want."* He doesn't explicitly tell us what the secret is – but the word 'learned' is significant.

Contentment isn't something we have to hope we might be given, or something that would blossom in our lives if only we received or achieved all the things we're longing for. Contentment isn't the result of everything being the way we want. Nor is it a gift randomly given to some people to enable them to bear difficult circumstances. Rather, it is something we can learn, something we can actively pursue. We do that by choosing to seek Christ's glory over our own, to emulate His life of grumble-free humility, and to learn from others how to press on towards the goal of becoming more like Him.

And we do it by choosing to rejoice. Paul doesn't say 'Rejoice in the Lord when things work out', or 'Hang in there; we'll be able to rejoice one day'. No, he commands us to rejoice in the Lord always. God is always good. There are always things to praise him for, in our plenty and in our want, in promotion or demotion, on a luxury holiday and in a long, lonely lockdown. (Isn't it interesting that Paul had to learn how to be content with plenty as well as with want? Even the dream job, ideal home, and perfect partner won't bring automatic contentment.)

This doesn't mean denying the reality of our situations. We can and should 'present [our] requests to God', we just do it in an attitude of thankfulness not anxiousness. And as we play our part, God will respond by giving us something greater than what we have asked for – He'll give us His peace, 'which transcends all understanding, [to] guard [our] hearts and [our] minds'. True contentment is a gift from God – as indeed is everything good in life – but God in His goodness allows us to choose whether to receive it or not. So, make the choice: rejoice!

Jennie Pollock is a writer with London Institute for Contemporary Christianity (LICC). She blogs at jennieplock.com.

Finding God in Each Moment of the Day

Do you know the popular series of books entitled Where's Wally? These books are filled with very detailed cartoon drawings in each of which is hidden Wally. He is dressed in a red and white striped ski cap and glasses and the challenge is to find Wally. You have to search for some time to pick him out of the crowd, but Wally is always there!



In many ways, like finding Wally, we need to develop the skill of identifying God's presence in our daily lives. One approach that can help us to find God throughout the day is to do a daily review of our day with God. It can provide us with a means of seeing where God has been at work during our day. It's an opportunity of remembering how God has been at work and how we have responded to Him. As the psalmist says, 'On my bed I remember you; I think of you through the watches of the night' (Ps 63:6).

What does this look like in practice? Here is a step by step guide:

1. Be still for a moment, and quiet your mind.
2. Acknowledge that Jesus is present. Invite Him to guide you.
3. Recall the beginning of the day, when you first woke up. Watch that scene, as if on film. What is your reaction to what you see? Talk to God about it.
4. Continue through the film of your day, going from scene to scene. As you reflect on each one, some scenes may fill you with gratitude,

others with regret. Speak directly to God about this. You may also want to pray for those you encountered during the day.

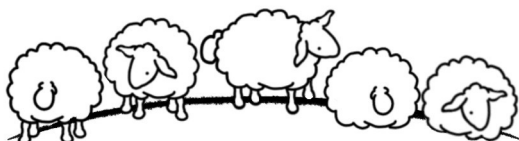
5. End your review with a prayer of thanksgiving for God's mercy and love. Ask him to refresh you as you sleep.

As you begin reviewing your day with God regularly, you can expect to see two things beginning to happen:

Firstly, you will become more aware of recurring negative patterns in your life, which will challenge these wrong attitudes and habits and increase your desire to grow and change.

Secondly, you will become more aware of God's presence in the ordinary moments of your life. And when you start experiencing the reality of God's presence with you every day, it's not ordinary any more!

The Revd Canon Paul Hardingham



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?

Around 35 years

What made you choose our church to come to?

I wanted to change my church, so attended services at several churches in the area. I chose BHP URC because I liked the minister and his wife (David and Ruth Hamblin) and found their approach down to earth and friendly - as were the congregation!

What makes you go to church at all?

Belonging to a church gives a 'structure' to my belief and it is good to be with other people sharing that belief.

I get a sense of peace whenever I enter a church.

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

One of the hymns I really like is 'Jerusalem'. This was one of my mother's favourite hymns. I love the music, surely no-one can fail to be inspired and uplifted as the music builds up throughout the hymn. I also like the lyrics, especially the first and last verses which I find encouraging and uplifting.

And did those feet in ancient time
Walk upon England's mountains green?
And was the holy lamb of god
On England's pleasant pastures seen?

I will not cease from mental fight;
Nor shall my sword sleep in my hand
Till we have built Jerusalem
In England's green and pleasant land.

Used with permission, CCLI 7878

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

I have always liked Ecclesiastes 3, 1 - 8. I find it a comforting passage as it reminds us mankind does not control time, only God does, and

there is indeed a season for everything under the sun. During our life we will experience good times, but then also bad ones; conversely, we will experience painful times, but good ones will return. Life is changing all the time and I think this passage reflects reality and also gives re-assurance. (Perhaps v.5 is more pertinent today than we would like!)

- ¹ There is a time for everything,
and a season for every activity under the heavens:
- ² a time to be born and a time to die,
a time to plant and a time to uproot,
- ³ a time to kill and a time to heal,
a time to tear down and a time to build,
- ⁴ a time to weep and a time to laugh,
a time to mourn and a time to dance,
- ⁵ a time to scatter stones and a time to gather them,
a time to embrace and a time to refrain from embracing,
- ⁶ a time to search and a time to give up,
a time to keep and a time to throw away,
- ⁷ a time to tear and a time to mend,
a time to be silent and a time to speak,
- ⁸ a time to love and a time to hate,
a time for war and a time for peace.

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

Yes, very much so, both in my personal life and at work. It is good to know there is someone you can speak to, whatever time day or night.

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

Attend services in a few churches near you and if you find one you particularly enjoy, speak to one of the elders or the minister there get more information and, hopefully, answers to some of the questions you have - it doesn't commit you, but may well inform you and help you to the next step!

Yvonne

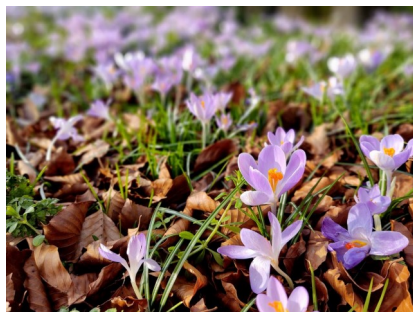
What will March bring?

Mental health ideas for uncertain times

We may all have rather mixed feelings on reaching March this year. On the one hand, it is lovely to see the onset of Spring, and vaccinations and better weather may make handling the pandemic a little easier. On the other hand, marking a year from the start of the first UK lockdown will be painful for some, especially as many of us are likely to be experiencing restrictions or ongoing hardships for quite some time. We may need to find new ways to keep going, so here are some suggestions that draw on both science and Christian theology.

Getting outside

Time outdoors in a natural environment is very good for you – and you can't argue with the happy hormones produced by exercise. Attending to the details of nature can also inspire awe, which has been linked to positive mood, and increased life satisfaction. Enjoying creation can also help us connect with God.



Looking outside

If you are truly stuck indoors, try putting bird feeders outside your window so creation comes to you. This is also an act of kindness (see below)!

Lament and praise

The Psalms are a rich resource to help us express both our grief and our thanks to God. Try reading one or two each day.



Journaling

Keep a journal of thoughts, experiences or practices you have engaged with during the day. Constructing a personal narrative or story is now recognised as a very powerful psychological and spiritual tool for building resilience. It is also a vital learning tool that we can go back to when tough times return in the future.

Acts of kindness

Helping or encouraging someone else is obviously a good thing to do in itself, but it also has a very positive effect on the giver – spiritually, mentally, emotionally, and even physically. Whichever way you look at it, finding new ways to show kindness to others can be a very effective way to help ourselves feel better too.

Gratitude

Gratitude is another natural drug – in a sense – that can help us feel better. Try keeping a grateful diary, adding a few things each day.

Laugh, sing, make music, dance

All of these activities are deeply rooted in our physical and mental makeup. You may have forgotten how great they feel, especially in times of sadness, but we can learn from children who do them very naturally.



I hope these ideas may help bring us closer to God, each other, and His creation.

Dr Ruth M Bancewicz, Church Engagement Director at
The Faraday Institute for Science and Religion in Cambridge

Prayer

A Prayer for Vanuatu 2021 (World day of prayer, see page 11)

Holy God, Creator of the heavens and the earth and all that is in them:

We join with the Christian women of Vanuatu in praise to you

- for fertile land and fresh air
- for the sweet melody of the birds, for land animals and the mysterious creatures of the deep
- and for the sounds of children playing.

We thank you for the example of the Christian women of Vanuatu

- for their trust in you and
- for their fortitude as they struggle to provide food for their families and education for their children
- things that we in this country so often take for granted.

We ask your forgiveness for our thoughtlessness, our carelessness and our lack of foresight which has led to the pollution of the environment and the current climate emergency, and is causing irrevocable damage to Vanuatu and to other low-lying Pacific islands.

We pray that you will help us

- to listen more carefully to you and to your Word
 - to build our homes and communities on its strong foundations
 - and to work together towards a world where resources are used more sustainably;
- where justice and peace reign; and where all your creatures can live in safety and harmony.

We pray in the name of Jesus

Amen. (Elizabeth Burroughs)

From the World day of prayer website www.wwdp.org.uk/prayers/vanuatu-2

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

Girls' Brigade News

Girls Brigade sadly closed last March, and although we have had a couple of Zoom meeting, we have not really been functioning as a group since then.

We are in contact with the families through WhatsApp, and the girls all received a Christmas card and present.

Charlotte has a new employment and is waiting to move further away so has resigned as Captain (or Leader), of the company and I have volunteered to step up as "administrator" so the company can carry on. Sue is a qualified Leader, and Margaret Trevallion & Chris Hall have offered to help.

Hopefully, if we are allowed to meet face to face, we can start functioning again after the Easter Holiday and I am working on that premise.

I would like to thank Charlotte for her devotion to the company, and hope that her new employment, and Martin and her move goes well, and we wish them well for the future.

Please pray for us and the girls, we would appreciate any help you could give us, or if you know anyone who can help.

Lynda



Wordsearch

Life is full of ups and downs: after blessings, hard times often follow. They are not meant to destroy us but to help us grow spiritually by deepening our faith and dependence on God. The Holy Spirit led Jesus into the wilderness to be tempted by the devil – to give Him the opportunity to stand fast against the enemy. The devil’s temptations were based on half-truths, which Jesus rejected by standing firm on the whole truth of Scripture. The truth sets us free!

Holy	Spirit	Jordan	Wilderness	Tempted
Devil	Fasted	Hungry	If	Bread
Alone	Kingdom	World	Authority	Glory
Worship	Me	Serve	Jerusalem	Pinnacle
Temple	Stone	Foot	Angels	Bear
Strike	Test	temptation		

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

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

