

Lancaster Road
United Reformed Church



June 2026
Newsletter

www.lrurc.org.uk

Hello everyone,

I hope this month's letter finds you keeping well? There have been many people hit by bad coughs recently and a few having to spend time in hospital. Hopefully, if you have been poorly, you'll start to benefit from the warmer weather and care you have received and get back to full strength soon.

We take good health for granted don't we? It's only when we become ill we take stock. Many people take the time to be disciplined around physical exercise in order to take care of themselves. However, despite all our human efforts, we cannot defy the ageing process and our bodies slow down until one day they stop.

There is a level of health that can be maintained and can become even stronger with ageing - our spiritual health. Like our physical exercises, we need to be disciplined to see the benefits. Exercise in fits and starts does not produce stamina, strength and resilience to the stresses placed on the body, we need to do exercise regularly.

Regularly spending time with God in prayer and reading Scripture strengthens us to stand up against the lies the world would want us to believe. Remember the Devil deceives and steals and if we don't read Scripture, how can we ever know The Truth intimately.

We live in a world that places importance on how we feel, rather than what is truth; a world around self-service rather than serving others. Feelings aren't reliable, they go up and down due to all sorts of factors that affect us.

Lent, for example is a time when we are disciplined about giving up things like chocolate, social media and maybe biscuits. Let's go into

June deciding to be disciplined about reading our Bibles and spending time in prayer each day. We will be investing our time well, as we are told in Scripture,

“Do not waste time arguing over godless ideas and old wives’ tales. Instead, train yourself to be godly. “Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.” 1 Timothy 4:7-8 (New Living Translation)

“No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.” Hebrews 12:11 (New International Version)

As it says in Nehemiah (Nehemiah 8:10) ‘the joy of the Lord is your strength’ and we can only get to know what God’s joy is if we spend time with him in prayer and in His word. Jesus promised us that the Holy Spirit will help us and that he will never leave us. We can call upon the help of the Holy Spirit to help us to be disciplined in our spiritual training too.

I’ll conclude sharing what Isaiah chapter 41 verse 10 encourages us with, *“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand”*.

God bless you this June.
Ruth

Highs and Lows in Holland, Part One

Here I go again! After stressing over what to pack, I was then up at 5am to get to Kings Cross St Pancras railway station for Eurostar to Amsterdam. This was already extremely busy when we arrived, due to long queues at the Security Passport Border Checks, brought about since Brexit. This went smoothly for me, but Emma, obviously looking like a highly suspicious traveller, was told to give on-the-spot fingerprint and facial photo checks. (Little did I know then that our return journey five days later was to include much longer queues, both of us having to do the tests and our train being delayed).



Amsterdam was then reached smoothly on the train, but was extremely busy and touristy. I found crossing the roads particularly hazardous with traffic flowing on the opposite sides of the road to the UK, tramlines, trams, cyclists, mopeds, pedestrians – all seemed intent on gaining priority over each other. The site of Anne Frank's house, now contained within a modern box-like shell with large windows, underneath which, I am told, contains the original industrial character, both inside and out, was almost impossible to

get near. However, a meal outside, sitting beside a canal, refreshed us for the afternoon. Just as well, as the car hire we had pre-booked for our stay was found to be unavailable when we went to collect it. So, a Plan B had to rapidly be put into practice to enable us to reach our Air BnB in the far more rural area of Lissersbroek in the Bollenstreek area.

I was very pleased to have had the opportunity of seeing Amsterdam, but perhaps even more pleased to gratefully accept a taxi ride to our Air BnB escape. Here we received a wonderfully warm welcome from our hosts and their dog Bowie, who showed us their secluded holiday home. A small static caravan in a lush green field, complete with goats, ducks, and hens – who provided us with fresh Free-Range eggs in a fascinating way.



At night they chose to sleep alongside the goats in a stable. In the daytime they would go into a room attached to the owners' house, lay their eggs, and leave them on the sideboard, at waist height, for our hosts Esther and Michel to collect. What considerate hens!! Also, generous hosts for sharing eggs with us! Delicious! Tasting all the better, knowing the hens they came from and how fresh the eggs were!!

That first evening we sat outside in the fading sunshine with the

animals, whilst listening to the birds singing, watching the sunset and later gazing at the stars. A wonderful peaceful evening contrasting to the pressures of the day.

As the famous 'Taps' song says: 'Day is done, gone the sun...all is well, safely rest, God is nigh'.

Marion Burdett





Thank you to everyone who supported our Coffee Morning and Plant Sale. We raised just over £500 which will be used to support some of our activities that we do over the summer months.

On Saturday 9th May our Boys and Girls took part in the Battalion Hare and Hounds which is basically a cross country run while chasing a person (the hare). We entered in the Anchors, Juniors and Seniors events. Our Junior Section Team won their age group with George coming first overall. The rest of the team was Alex 4th, James 5th and Joseph 10th. Olivia was in the Anchors and came 11th. Max with 2 other Boys from the 3rd Enfield won the senior's race. I am not sure of Max's place.



June

Monday	Tuesday	Wednesday	Thursday
1st Toddlers 9.30to 11.30 Elders Meeting 7pm	2nd Bible Study Church Lounge 8.15pm	3rd Food Hub 10.00-12pm Prayer at Home 9.30pm	4th
8th Toddlers 9.30to 11.30	9th	10th Bible Study 9.45 Food Hub 10.00-12pm Prayer at Home 9.30pm	11th
15th Toddlers 9.30to 11.30	16th Bible Study Church Lounge 8.15pm	17th Food Hub 10.00-12pm Prayer at Home 9.30pm	18th
22nd Toddlers 9.30to 11.30	23rd	24th Bible Study 9.45 Food Hub 10.00-12pm Prayer at Home 9.30pm	25th

Friday	Saturday	Sunday
5th Shoppers Coffee in the church with lunch 10-2pm	6th	7th Morning Worship With Holy Communion 11.15am Revd Martin Legg
12th Shoppers Coffee in the church 10-12 Church Prayer Weekend 10am to 7pm	13th Church Prayer Weekend 10am to 7pm	14th Morning All Age Worship 11.15am Claire Harris Prayer Weekend 10am to 1.30pm Holiday Club Meeting
19th Shoppers Coffee in the church 10-12	20th	21st Morning Worship 11.15am Mrs Lisa Hamblin Evening service 6.30pm @ LR
26th Shoppers Coffee in the church 10-12	30th	28th Morning Worship 11.15am Mrs Laura Marlow



Roll up, Roll up, Roll up



'Big Top'
holiday club

@ Lancaster Road URC
Church Hall, Armfield Road

Monday 3rd to Friday 7th August.
9.30 to 12.30

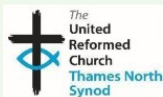
Registration forms from:
holidayclub@lrurc.org.uk



Holiday Club

Preparations are on the way for this year's 'Big Top Holiday Club'. We are in need of lots of toilet roll tubes for one of the handicraft activities. We will be placing a bin the lounge for you to place them in.

Many thanks



Thames North Synod URC

Eco Day

Saturday 13th June 2026

9.30am - 4pm

Amersham Free Church

Woodside Road, Amersham HP6 6AJ

Nature on our Doorstep

Join fellow churchgoers from across the Synod in exploring animal and plant life, gardening skills, and energy saving.

Hear our gold medal winning 'Amersham in Bloom' describe how they transform public places for nature and people.

Come for a walk with us (optional!) through the woods to the River Misbourne, a chalk stream. 45 minutes of gentle walking, but bring strong shoes. We'll bus back.

or a delicious lunch - locally sourced produce, and home-made cakes for tea.



For more information email: Colleen Fraser at
modpa@urcthamesnorth.org.uk



North Enfield Pastorate of United Reformed Churches.

Weekend of Prayer



At: Lancaster Road

United Reformed Church

Friday 12th June (10am - 7 pm)

Saturday 13th June (10am - 7 pm)

Sunday 14th June 2026 (10am - 1.30pm)

including Sunday Service from 11.15am

***Come to receive prayer or
just spend time in quiet reflection in a
sacred space away from a busy world.
Come when you can - go when you must.***

Refreshments available.

ALL WELCOME



Craft Fair

Saturday 6th June

11am - 3pm

St Luke's Church
Phipps Hatch Lane
Enfield
EN2 0HL



Duty Elders for June 2026

	11.15 a.m.	Notes	6:30 p.m.	Notes
7 th	Beryl/Chris	Holy Communion		
14 th 21 st	Clare Beryl	All Age/Parade Service Father's Day	Chris	Joint Service with CHP
28 th	Beryl			

Elders marked in **BOLD** are responsible for reading notices at that service. Please let them have any notices 10 minutes before the start of the service.

Elders on duty at a **Communion Service** must ensure that the person presiding at Communion informs the congregation of the Charity/Organisation receiving the Communion Offertory and that the collection plate is on the Communion Table.

Thank you

Coffee Morning Rota June/July

Friday

"	June 5th.....	Sue and Brenda
"	June 12th.....	Shivane
"	June 19th.....	Terry
"	June 26th.....	Graham & Marilyn
"	July 3rd.....	Graham and Marilyn
"	July 10th.....	Sue and Brenda
"	July 17th.....	Shivane
"	July 24th.....	Terry
"	July 31st.....	Viv and Martin

Youth & Childrens work Activities In the Church Hall Armfield Road.

Toddler group – 0-4 yrs

Monday morning 9.30 – 11.30am. Just come along, refreshments provided.

Boys Brigade and Girls Association (boys and girls) – 5 – 11 yrs.

Monday 6.15 – 7.30 pm.

Contact Vivienne Legg 1stenfieldbb@gmail.com

5th Enfield Rainbows - Girls 4-7y rs -

Thursday 5.30pm - 6.30pm :

Contact Sumita Biswas 5thenfieldrainbows@gmail.com

5th Enfield Brownies - Girls 7-10 yrs -

Thursday 6.15pm - 7.45pm

Contact Mary Dawson 5enfieldbrownies@googlemail.com

5th Enfield Guides - Girls 10-14 yrs

Thursday 7pm—8.30pm

Contact Allison Duggal guides5thenfield@hotmail.co.uk

5th Enfield Rangers - Girls 14-18 yrs

Thursday 7pm—8.30pm

Contact Nansi Ellis guides5thenfield@hotmail.co.uk

YPCF – 5 -11 yrs **Sunday 11.15 – 12.15 (in the church).**

Contact Chris Marlow ypcf@lrurc.org.uk

Who to Contact

Minister

Revd Ruth Dewis : minister@lrurc.org.uk

Phone: 0759 2125027

secretary@lrurc.org.uk

elders@lrurc.org.uk

News Letter: newsletter@lrurc.org.uk

Lettings: Hall-Bookings@lrurc.org.uk

Website: www.lrurc.org.uk

Facebook: www.facebook.com/pg/LRURC/

Church Address Lancaster Rd, Enfield EN2 0BS

Church Hall 9, Armfield Rd, Enfield, EN2 0DH,