

Lancaster Road
United Reformed Church



Summer 2026
Newsletter

www.lrurc.org.uk

Hello - The summer bumper edition is here!

Firstly, can I on behalf of everyone wish our editors a well-earned summer break and thank you for all the care and attention you give to our monthly magazines.

School finishes for the year at the end of July and so those in our congregations who are teachers or run the uniformed groups that use our halls, you too deserve a break. Having a rest is a biblical principle that often gets forgotten. So, we wish you all a time of rest and recuperation and a chance to catch your breath.

My daughter and I were talking about sayings that we use as Christians that are not in the Bible and we quote them as if they are. It did get me thinking about the many sayings in common use, that are found in the Bible. For example,

- 'I have escaped only by the skin of my teeth' (Job 19:20).
- 'At my wit's end' (Psalm 107:27)
- 'A law unto themselves' (Romans 2:14)
- 'Land of Nod' (Genesis 4:16)
- 'The root of the matter' (Job 19:28).

Our conversation started when my daughter shared what she had seen written by a writer called Chad Logan; he had written the following:

'One of the most unbiblical phrases Christians repeat is:
"God won't give you more than you can handle".

Really?

Moses couldn't handle Pharoah [on his own]. David couldn't handle Goliath [on his own]. Gideon couldn't handle the Midianites [on his own]. Peter couldn't handle the waves [on his own]. Paul couldn't handle the thorn [God's grace was to be sufficient]. And you couldn't handle your sin [on your own]. The entire point of Christianity is not that you're strong enough. It's that you're not. God regularly allows us to carry more than we can handle so we discover our desperate

need for Him. If you could handle everything on your own, you wouldn't need a Saviour. The Gospel is not "you've got this". The Gospel is Christ has you."

What is actually being said in Scripture, that often gets misinterpreted, is found in 1 Corinthians 10:13,

"He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure".

This verse is actually talking about temptation not suffering and hardship. Chad Logan goes onto say,

"God often allows us to reach the end of ourselves, so we learn to rely on Him rather than our own strength."

We can all get to the 'end of our tether' (not a Bible saying) due to all sorts of factors. Elijah after a massive spiritual victory, sat under a tree and prayed to die (1 Kings 19:4). David was often despairing, for example Psalm 109:22 and Paul also admitted to being pushed past human capacity (2 Corinthians 4:8).

But the hope we have is:

"Come to me, all who labour and are heavy laden, and I will give you rest." (Matthew 11:28)

"My grace is sufficient for you, for my power is made perfect in weakness". (2 Corinthians 12:9)

"The Lord is close to the broken hearted and saves those who are crushed in spirit". (Psalm 34:18).

So, we are not meant to carry on believing we should endure whatever life throws at us without calling out to God to help us. Even when we can't see how it helps, we must cry to God for his help and strength to endure. Therefore, for all those who are tired and weary, frustrated and fed up,

make time to sit with God and wait on him to refresh you, being honest about how you feel. It is not a failing to admit when you are overwhelmed because we have a heavenly Father that says he can carry us through those tough times in life.

“Even to your old age and grey hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you”. (Isaiah 46:4)

God bless and take care.
Ruth

Job or ministry?

In our church some people have a job others have a ministry what is the difference?

If you are doing it because no one else will it's a job

If you are doing it to serve the Lord, it's a ministry.

If you quit because someone criticises you, it's a job.

If you keep on serving, it's a ministry.

If you do it only if it doesn't interfere with other activities, it's a job.

If you are committed to it though it means letting go of other things it's a ministry.

If you quit because no one praises or thanks you it's a job.

If you stay with it, even without recognition, it's a ministry.

If your concern is success, it's a job.

If your concern is faithfulness, it's a ministry.

An average church is filled with people doing jobs.

A great growing church is filled with people doing ministry.

If you have a job, give it up and find a ministry! God does not want us being stuck with a job, but excited and faithful to Him in ministry.

(From an article in Wholeness newspaper, New Zealand).

Highs and Lows in Holland, Part Two

After a 5am start the previous day to catch a train from Kings Cross St Pancras to Amsterdam, Holland, the prospect of travelling to Keukenhof gardens, Lisse, in the western Netherlands by 8am seemed like a relative lie-in! The early start was worth it. Keukenhof is famously the world's largest bulb/flower gardens. (Already at 8am people were queueing to go in). Over one million visitors flock there every year over the short bloom season. The gardens cover 32 hectares (1 hectare is approximately 2.471 acres). They contain over 7 million bulbs, 800 multicoloured varieties of tulips as well as daffodils, hyacinths, orchids, rhododendrons, azaleas, and a vast array of trees, all beautifully cultivated and artistically landscaped. Lakes containing water features and a 'back cloth' of Dutch canals where 45 minute boat trips are offered through the surrounding bulb fields add to the experience. A 'feast' for the senses! The blue cloudless (to start with!) sky and sunshine added to the sounds of birdsong, and water, and the wonderful scents of the various blooms (my favourite being from the distinctive blue hyacinths which evoke special memories for me reminding me of God's love and how fortunate I am to still be alive!) These all add to this paradise of natural beauty. By the time we had enjoyed a coffee and left, the area was becoming a lot busier, but we then returned to our peacefully secluded Air BnB caravan via quiet lanes alongside more wonderfully rich-scented tulip and blue hyacinth fields, before connecting to the quiet canal paths with their cyclists. A welcome stop at the village of Lisse enabled us to explore and have lunch (whilst it poured with rain) before following more canal paths, in the sunshine!

A mixture that day of combining a tourist area with seeing the authentic Dutch lifestyles.

I highly recommend it!





A Big Thank You

I would like to say on behalf of Lancaster Road URC a big thank you to Revd Martin Legg for his service over the last couple of years as our Associate Minister. His presence and guidance has been felt throughout the church and its wider community. We wish him well on his future endeavours!

Jessica

My Secret Garden by Revd Edwin Phillips

I have a secret garden
of solitude and peace
Away from the world of traffic
where earthly cares all cease.

I often walk in my garden
in the sunset or the dawn
It's there I meet my Saviour
who is the Lord of all.

Always, he is there before me;
lovingly and patiently he waits,
He smiles and is pleased to receive me;
His arms held out to embrace.

I tell him my joys and my sorrows,
the burdens I carry each day.
My love and concern for my loved one,
each one I mention by name.

One day he will ask me to stay there
and not return to my home;
From there he will take me to glory
where sorrow and pain are no more.

"But where" you may ask "is this garden";
I'll tell you it's here in my heart;
But I long to be there in his garden
for ever and never depart.

You too may have such a garden;
a place to withdraw from the world.
To walk hand in hand with your Saviour
believing and trusting his word.

Pastorate Prayer Weekend

We had another great weekend giving the people in the community the opportunity to come in to pray and to be prayed for. Prayer is our most powerful weapon and also can make things happen. Revival only happens after prayer. Thank you to everyone who were willing to welcome people and to serve drinks. It was a lovely atmosphere and people were blessed as they moved round the different prayer stations.

God bless,
Ruth



Monday	Tuesday	Wednesday	Thursday
29th Toddlers 9.30to 11.30	30th Bible Study Church Lounge 8.15pm	1st Food Hub 10.00-12pm Prayer at Home 9.30pm	2nd
6th Toddlers 9.30to 11.30	7th	8th Bible Study 9.45 Food Hub 10.00-12pm Prayer at Home 9.30pm	9th
13th Toddlers 9.30to 11.30	14th Bible Study Church Lounge 8.15pm	15th Food Hub 10.00-12pm Prayer at Home 9.30pm	16th Elders Meeting 7pm Church Lounge
20th No Toddlers Closed for the Summer	21st	22nd Bible Study 9.45 Food Hub 10.00-12pm Prayer at Home 9.30pm	23rd

Friday	Saturday	Sunday
3rd Shoppers Coffee in the church with lunch 10-2pm	4th	5th Morning Worship With Holy Communion 11.15am Revd Ruth Dewis
10th Shoppers Coffee in the church 10-12	11th	12th Morning All Age Worship 11.15am Revd Martin Legg 12.30pm Church Members Meeting
17th Shoppers Coffee in the church 10-12	18th	19th Morning Worship 11.15am Mr Terry Silvey Evening service 6.30pm Revd Martin Legg With Holy Communion
24th Shoppers Coffee in the church 10-12	25th	26th Morning Worship 11.15am Tony Davis High Cross Tottenham

August

Monday	Tuesday	Wednesday	Thursday
27th	28th Bible Study Church Lounge 8.15pm	29th Food Hub 10.00-12pm Prayer at Home 9.30pm	30th
3rd Holiday Club	4th Holiday Club	5th Holiday Club Bible Study 9.45 Food Hub 10.00-12pm Prayer at Home 9.30pm	6th Holiday Club
10th	11th No Bible Study	12th Food Hub 10.00-12pm Prayer at Home 9.30pm	13th
17th	18th	19th Bible Study 9.45 Food Hub 10.00-12pm Prayer at Home 9.30pm	20th
24th	25th No Bible Study	26th Food Hub 10.00-12pm Prayer at Home 9.30pm	27th

2026

Friday	Saturday	Sunday
31st Shoppers Coffee in the church with lunch 10-2pm	1st	2nd Morning Worship With Holy Communion 11.15am Revd Martin Legg
7th Holiday Club Shoppers Coffee in the church 10-12	8th	9th Morning All Age Worship 11.15am Revd Ruth Dewis
14th Shoppers Coffee in the church 10-12	15th	16th Morning Worship 11.15am No Evening service
21st Shoppers Coffee in the church 10-12	22nd	23rd Morning Worship 11.15am Mrs Laura Marlow
28th Shoppers Coffee in the church 10-12	29th	30th Joint Morning Worship 10.45am Revd Ruth Dewis Christ Church



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



St John's Church Flower Festival

Lancaster Road was invited to do a flower arrangement based on countries taking part in the football world cup.

We drew Egypt whose flag colours are red, white and black reflected by the flowers and included symbols associated with Egypt.

A synopsis of our church activities accompanied the flower arrangement also including the church mission statement.





We are coming to the end of another busy session. Our first week back after half term we went to Forty Hall. This enabled some of the Boys and Girls to catch up on some achievements by being adventurous and creative. Some of them made Wild Hair pictures and others made a twig photo frame. They all then went on the zip wire and climbing frames. Fortunately, the weather stayed fine for us to be able to do this.

The following week we held a football skills evening to link up with the World Cup which was due to start on the following Thursday. On the 29th June we joined with the 3rd Enfield at Laser Quest.

At the end of the session, we are saying goodbye to 3 Boys who are moving away. Alex and George have been with us since they were 6 and are moving to Worcester. I have found a Company for them so hopefully they will be able to join them. Savva has only been with us a couple of years but his family are emigrating to Cyprus at the beginning of July.

Alfie and Tyrone are now ready to transfer to Company Section and will be joining with the 3rd Enfield from September. We wish them well as they continue their BB journey.



Coffee Morning Rota

Friday

- " July 3rd.....Graham and Marilyn
- " July 10th.....Sue and Brenda
- " July 17th.....Shivane
- " July 24th.....Terry
- " July 31st.....Viv and Martin

- " Aug 7th.....Graham and Marilyn
- " Aug 14th.....Sue and Brenda
- " Aug 21st.....Terry and June
- " Aug 28th.....Shivane
- " Sept 4th.....Martin and Viv
- " Sept 11th.....Sue and Brenda
- " Sept 18th.....Graham and Marilyn
- " Sept 25th.....Terry and June
- " Oct 2nd.....Shivane
- " Oct 9th.....Viv and Martin
- " Oct 16th.....Graham and Marilyn
- " Oct 23rd.....Sue and Brenda
- " Oct 30th.....Terry and June

Flower Rota

- July 5th. Laura Marlow rembering Don
- 12th. -----
- 19th. Kate Moody rembering Les
- 26th. Clare Locke rembering Joan
- August 2nd. -----
- 9th. Clare and Tony Locke for their Wedding Anniversary
- 16th. -----
- 23rd. -----
- 30th -----

Duty Elders for July 2026				
	11.15 a.m.	Notes	6:30 p.m.	Notes
5 th	Graham/Beryl	<i>Holy Communion</i>	Graham	<i>Joint Service LR lead</i>
12 th	Clare	<i>All Age Service</i>		
19 th	Chris			
26 th	Clare			
Duty Elders for August 2026				
	11.15 a.m.	Notes	6:30 p.m.	Notes
2 nd	Beryl/Chris	<i>Holy Communion</i>		No Joint Service
9 th	Clare	<i>All Age Service</i>		
16 th	Graham			
23 rd	Chris			
30 th	Joint Service @ CC			

Duty Elders for September 2026				
	11.15 a.m.	Notes	6:30 p.m.	Notes
6 th	Clare/Graham	<i>Holy Communion</i>	Clare	<i>Joint service CHP lead</i>
13 th	Beryl	<i>All Age Service</i>		
20 th	Chris			
27 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

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@goolemail.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

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