



# SPRING INTO ACTION

## July 2026

### WELCOME BACK TO TESSA BENNETT'S SERIES ON THE UNSUNG WOMEN OF THE BIBLE.

#### Not every hero wears a crown or carries a title.

I am sure we can all think of a sister, friend, colleague, or relative who could easily sit under the title of this month's unsung hero - a woman or young girl whose life reflects bravery, wisdom, and the courage to stand for what is right, even when she has stood alone.

The truth is, choosing silence is often easier, especially when those around us remain silent too.

This month, we turn our attention to Abigail, whose story is found in 1 Samuel 25.

Abigail was married to Nabal, a man Scripture describes as harsh and foolish. When Nabal dishonoured David, he created a dangerous situation that placed many lives at risk. Abigail quickly recognised the seriousness of what was unfolding and acted without delay, despite living in a time when women's voices carried little authority.

Abigail was not swayed by her husband's poor choices. Instead, she chose wisdom over fear and courage over silence.

Many of the unsung heroes we know today have done exactly what Abigail did thousands of years ago. Abigail stood in the gap when no one else would. She absorbed risk, humbled herself, and used wisdom to prevent bloodshed. Her intervention changed the course of events.

In the same way, many women we know have stepped into difficult spaces and made a significant difference, often without recognition. Like Abigail, they are not always seen, but their impact is profound.

Today, we honour Abigail as an extraordinary biblical woman of courage and wisdom. More importantly, we honour the women around us who reflect her strength.

To every woman standing for what is right, even when standing alone: I see you, and you are celebrated.

Abigail reminds us that courage is not always loud. Sometimes, courage simply looks like standing for what is right - even when you stand alone.

Deacon Tessa Bennett

#### PCF Tottenham

- **Adult Sunday School Class.** 09:30 - 10:25 every week on the first floor
- **Collective Worship** at 10:30
- You can also join us online live at 10:30, via the [PCF website](#), and [YouTube](#)



#### PCF Edmonton

- PCF Edmonton meet 11:30am every Sunday at Houndsfield Primary School in Edmonton.
- For more information visit [edmonton.tpcf.org.uk](http://edmonton.tpcf.org.uk) or you can email [edmonton@tpcf.org.uk](mailto:edmonton@tpcf.org.uk).



#### Contact

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Tel: 020 8801 1873  
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PCF Charity Number - 1031255



PCF Marriage Fellowship's  
**SUMMER BBQ**  
*Party*



We're firing up the grill and the good times—join us for a summer BBQ full of flavour and fun!

**SATURDAY 11TH JULY** | **HODDESDON, EN11** | **£20**  
**2- 8 PM** | Full address will be sent to confirmed guests | **PER COUPLE**

 **RSVP in the Marriage Fellowship WhatsApp group**

**sunday school**  
in the  
**park**

**26 July 2026**  
 Markfield Park  
 10:30AM - 12:15PM

MEET AT CHURCH TO DEPART PROMPTLY AT 10:30AM

All children must be registered to attend. Please complete registration by 11 July 2026




**IT'S TIME TO PRAY!**

*If my people, who are called by My name, will humble themselves and pray and seek My face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and I will heal their land!  
 1 Chronicles 7:4*

PCF Kingdom Women invite you to pray with us  
 Every Monday and Friday  
 at 6:30am

**CONTACT THE KINGDOM WOMEN LEADERS FOR THE LINK TO ZOOM**

[Kingdom.Women@tpcf.org.uk](mailto:Kingdom.Women@tpcf.org.uk)



We want to celebrate with you and your family. Whether you are a member or regularly attend PCF, let's celebrate together.


E-mail your dates to [SIA@tpcf.org.uk](mailto:SIA@tpcf.org.uk) and we will include them in SIA.

**Universally Unchallenged Bible Quiz 2026 Part 2**  
**Sunday 19<sup>th</sup> July 3pm-5pm**

It's not too late to get involved. Are you ready to test your knowledge and grow deeper in the Word?


Join us for an inspiring and thought-provoking afternoon as we explore the theme: **“Holiness Unto the Lord.”**

Come ready to learn, be challenged, and fellowship together. Bring your friends and family to support, your knowledge, and your passion!



**Universally Unchallenged Bible Quiz 2026**

Sunday 19th July 3pm-5pm  
 Theme: Holiness unto the Lord  
 Part 2  
 Leviticus 10-18 ESV  
 R.C. Sproul (The Holiness of God) Chapters 4-7



Springfield Hall, 89 Broad Lane, Tottenham N15 4DQ



## PCF Kingdom Women Chosen and Called Conference



Come expecting to hear from God!  
Invite your family and friends

### Saturday 25th July 2026

|  |  |   |
|--|--|---|
|  <p>Minister Sheron Brown<br/>Speaker</p> |  <p>Priscilla Jones-Campbell<br/>Worship Leader</p> |  <p>Minister Natasha Johnson<br/>Speaker</p> |
| <p>Times<br/>Doors Open – 10:30am<br/>Start – 11am<br/>Finish – 5pm</p>  | <p>Price (Includes lunch and a gift)<br/>£10 Adults<br/>£5 Children</p>  | <p>Venue<br/>The Peoples<br/>Christian Fellowship<br/>89 Broad Lane<br/>Tottenham<br/>N17 4DW</p>                             |

## PCF Edmonton invite you to the 2026 **Fun Day** Saturday 15th August 11.30am to 5.00pm


Houndsfield Primary School,  
Ripon Rd, N9 7RE

## CHURCH TRIP TO **GREAT YARMOUTH!**

This year's coach trip will take place on Saturday  
8<sup>th</sup> August.  
Contact [events@tpcf.org.uk](mailto:events@tpcf.org.uk) to express your  
interest.  
The tickets are priced between £23-£28

### PCF Cleaning Team need volunteers through the summer

Can you be part of the Clean Team Ministry over the summer months as a temporary member?



This is a valuable ministry team, more so during this summer season, but we are in need of extra volunteers. If you are interested, please contact Lorraine Fergus for further information. You can leave your contact details with the main office (020 8801 1873) or email [cleaning.team@tpcf.org.uk](mailto:cleaning.team@tpcf.org.uk).

**We look forward to hearing from you.**

## Celebrate

**For all those celebrating this month, Happy Birthday and Anniversary from PCF!**

|                                    |  |
|------------------------------------|--|
| Daphne Daniel ..... Fri 3rd        | Toni-Ann Williams ..... Tue 14th           |
| Jonathan Grant ..... Sun 5th       | Diana Galloway ..... Tue 14th              |
| Patricia Woodruff..... Sun 5th     | Yvonne Edwards..... Wed 15th               |
| Louie Galloway..... Thu 9th        | Malachi McKoy ..... Thu 16th               |
| Brianna Lynch..... Sat 11th        | Reggie & Audrey Martin Anniv..... Sun 19th |
| Sapphire Stephenson ..... Sun 12th | Simon & Patricia Woodruffe Anniv Tue 21st  |
| Naomi Lee ..... Mon 13th           | Sofia-Marie Holborough ..... Sun 26th      |
| Kelvin Hall..... Mon 13th          | Louie and Maureen Galloway Anniv Mon 27th  |

**Affirmation to those celebrating this month:**  
 “What shall we then say to these things? If God be for us, who can be against us?”  
 Romans 8:31 KJV



## THE GOOD SAMARITAN

- 1) In Jesus' Parable of the Good Samaritan, a Jewish man had been beaten by robbers and left beside the road to die. Who passed by but did not stop to help the injured man?
  - a priest and an elder of the temple
  - a Levite and an elder of the temple
  - a priest and a Levite
  - a priest, a Levite and an elder of the temple.
  
- 2) Finally, a Samaritan man passed by, took pity on the poor man who had been robbed and beaten, bandaged his wounds, put him on his own donkey, brought him to an inn, and took care of him. Why is it significant that the man was a Samaritan.
  - Samaritans were known for their generosity.
  - The Jews and Samaritans were enemies.
  - The Samaritan man was in a foreign country.
  - The Jews and Samaritans were allies against the Romans.
  
- 3) What is the primary lesson of this parable?
  - Be prepared for the second coming of Jesus.
  - Temple leaders had become legalistic and forgotten the spirit of the Law.
  - Money is the root of all evil.
  - Extend your love to everyone in the world.
  
- 4) What is a secondary lesson of this parable?
  - Be prepared for the second coming of Jesus.
  - Temple leaders had become legalistic and forgotten the spirit of the Law.
  - Money is the root of all evil.
  - Extend your love to everyone in the world.

## ANSWERS:-THE GOOD SAMARITAN:

- 1) a priest and a Levite
- 2) The Jews and Samaritans were enemies
- 3) Extend your love to everyone in the world.
- 4) Temple leaders had become legalistic and forgotten the spirit of the Law

## ANSWERS-MIRACLES OF JESUS

- 1) Turning water into wine
- 2) Simon Peter's
- 3) Sleeping
- 4) Jairus

## MIRACLES OF JESUS

- 1) Jesus performed many miracles during His ministry, and they served as signs that the Kingdom of God had truly come.
 

What was Jesus' first miracle?

  - Walking on water
  - Turning water into wine
  - Feeding 5000 with the loaves and fishes
  - Cursing the fig tree
  
- 2) Whose mother-in-law did Jesus heal when she had a fever?
  - Martha's
  - Mary Magdalene's
  - Matthew's
  - Simon Peter's
  
- 3) As Jesus and His disciples were crossing the Sea of Galilee in a boat, a terrible storm arose and threatened to drown them. Jesus rebuked the wind and waves and the storm disappeared.
 

What was Jesus doing when the storm arose?

  - Praying
  - Sleeping
  - Eating a meal
  - Explaining the parables to His disciples
  
- 4) Whose daughter did Jesus bring back to life?
  - Jairus'
  - Herod's
  - Simon Peter's
  - Martha's