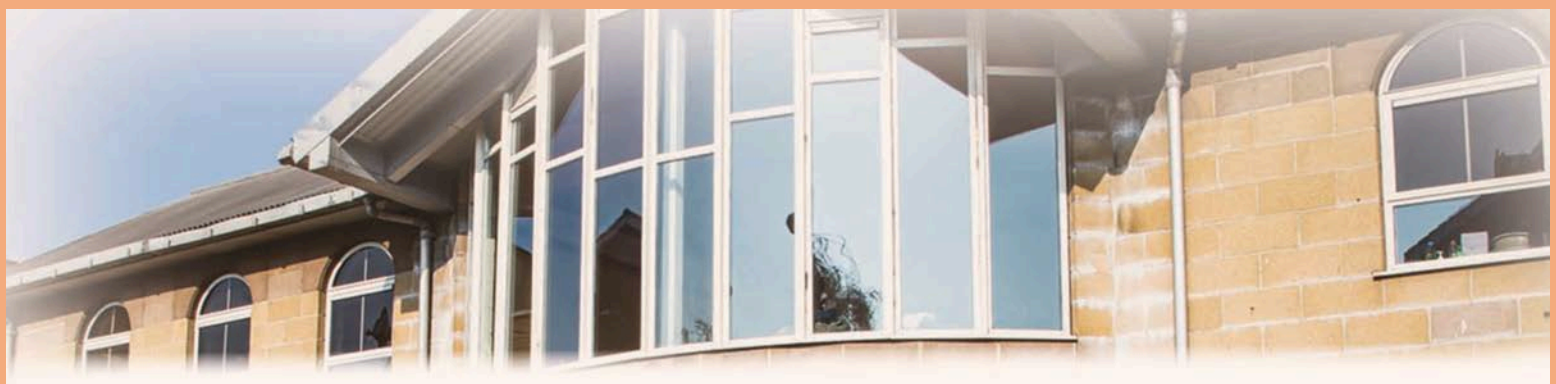


SPRING INTO ACTION

November 2026

Unsung Women of the Bible by Deacon Tessa Bennett. This month we connect with The Woman Who Reached for Healing.

Welcome to the penultimate article of the Unsung biblical female series. This month we connect with - The Woman Who Reached for Healing

As I work on my current project, I've found myself revisiting my time at Ellel Ministries. This was a season that revealed how many hidden wounds I had been carrying. For years, I had been functioning from a wounded heart without realising it. I knew how to serve in church, keep going in my marriage and hold things together as a mother, but I didn't know how deeply I needed healing.

Ellel became a spiritual hospital for me, where teaching and grace worked together to bring wholeness. There, I learned to stop striving, accept belonging and allow God into places that contained buried hurt and pain.

Thinking about that journey brought to mind the many unnamed women who quietly struggle, carrying pain no one sees. Then I remembered an unnamed woman in the New Testament whose story mirrors this reality.

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She is known as the woman with the issue of blood. For twelve years she suffered, spending everything she had searching for relief. Yet something in her refused to give up. When she heard about Jesus, she reached out with hope. In touching His garment, her suffering met divine compassion. Jesus healed her and called her "Daughter."

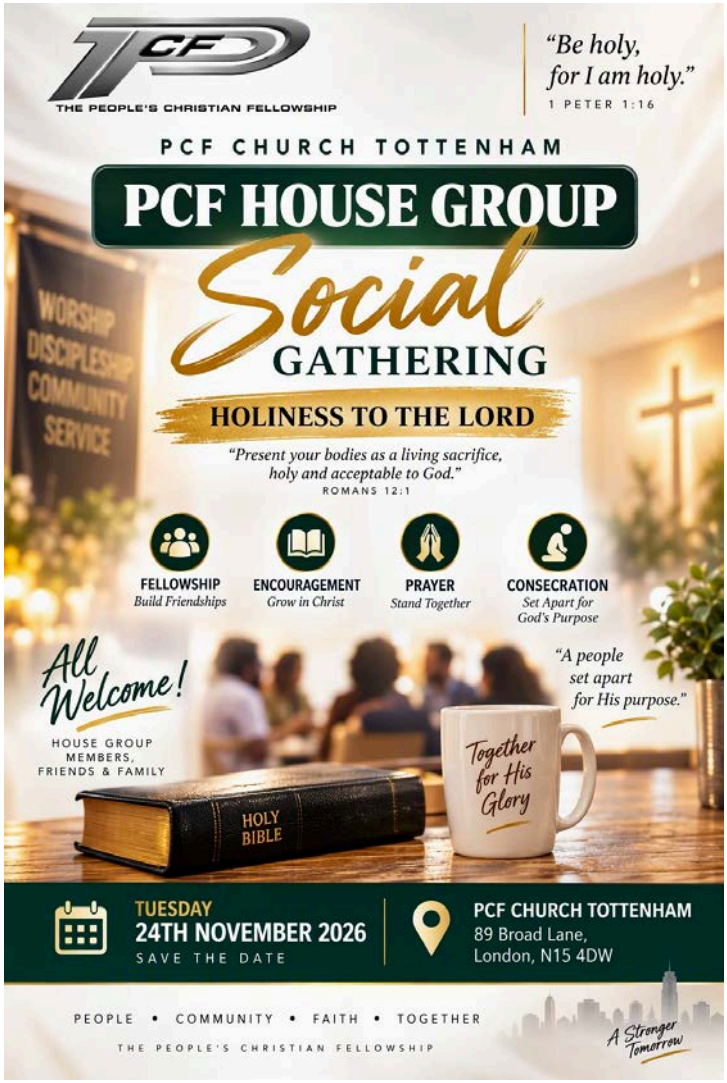
To me she is an unsung hero because, despite years of suffering, she still moved toward hope. Her story reminds me that God notices the pain we carry silently, and He honours the brave, trembling steps we take toward freedom. He meets us right where we feel most forgotten.

This unnamed woman stretched out her hand for healing and found herself held by love.

If this is you, please be encouraged to reach out to Jesus today. He still meets people in the quiet places and restores what has been broken.

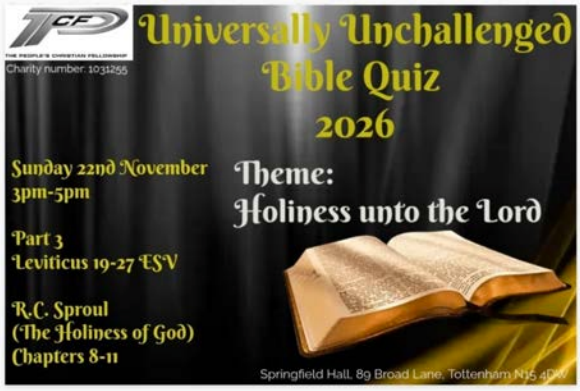
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Celebrate

Tony & Lorna Hylton celebrate their Wedding Anniversary ..... Sun 1st
Sarai-Marie Tuitt ..... Sun 1st
Tammia Harris ..... Mon 2nd
Dayon Palmer ..... Wed 4th
Phoebe Alleyne ..... Thu 5th
Rohan & Charlene Earnest celebrate their Wedding Anniversary ..... Fri 6th
Olatunji Falana ..... Tue 10th
Anthony Peart ..... Tue 10th
Zoe ..... Tue 10th
Nick Brown ..... Fri 13th
Emmanuel Lester ..... Fri 13th
Noah Alleyne ..... Sat 14th
Shiloh Lee ..... Mon 16th
Olivia Daniel ..... Mon 16th
Royston and Donette Lester celebrate their Wedding Anniversary ..... Wed 18th
David Williams ..... Fri 20th
Brian Anderson ..... Sun 22nd
Maureen Galloway ..... Sun 22nd
Angela Powell ..... Tue 24th
Sylvia Murray ..... Fri 27th
Evelyn Osaji ..... Fri 27th
Colleen Daniel-Brown ..... Sat 28th
Sultan Stephenson ..... Sat 28th
Myrlande Holborough ..... Sun 29th
Reggie Martin ..... Mon 30th
Caleb Alleyne ..... Mon 30th
John & Susan Mugridge celebrate their Wedding Anniversary ..... Mon 30th

"For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God - not by works, so that no one can boast. For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do." Ephesians 2:8-10





PCF Tottenham

- Adult Sunday School Class. 09:30 - 10:25 every week on the first floor
- Collective Worship every Sunday 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 or you can email edmonton@tpcf.org.uk.

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PCF Charity Number 1031255



New Beginnings Bible Quiz

1) Therefore, if anyone is in _____, he is a new creation. The old has passed away; behold, the new has come. (2 Corinthians 5:17 ESV)

- ☐ repentance
- ☐ God
- ☐ Christ
- ☐ love

2) Blessed be the God and Father of our Lord Jesus Christ, who according to His great mercy has caused us to be born again to a living _____ through the resurrection of Jesus Christ from the dead, (1 Peter 1:3 BSB)

- ☐ faith
- ☐ joy
- ☐ hope
- ☐ love

3) I will give them an undivided heart and put a new spirit in them; I will remove from them their heart of _____ and give them a heart of flesh. (Ezekiel 11:19 NIV)

- ☐ bronze
- ☐ stone
- ☐ wood
- ☐ iron

4) For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a _____. (Jeremiah 29:11 NIV)

- ☐ portion
- ☐ dream
- ☐ future
- ☐ vision

5) Your beginnings will seem _____, so prosperous will your future be. (Job 8:7 NIV)

- ☐ poor
- ☐ dark
- ☐ bright
- ☐ humble

6) Yet God has made everything _____ for its own time. He has planted eternity in the human heart, but even so, people cannot see the whole scope of God's work from beginning to end. (Ecclesiastes 3:11 NLT)

- ☐ wonderful
- ☐ lovely
- ☐ beautiful
- ☐ perfect

7) _____ what happened long ago! Don't think about the past. I am creating something new. There it is! Do you see it? I have put roads in deserts, streams in thirsty lands. (Isaiah 43:18-19 CEV)

- ☐ Erase
- ☐ Remember
- ☐ Know
- ☐ Forget

8) Do not lie to one another, since you laid aside the old self with its evil practices, and have put on the new self who is being renewed to a true _____ according to the image of the One who created him (Colossians 3:9-10 NASB)

- ☐ knowledge
- ☐ person
- ☐ gift
- ☐ spirit

9) It is of the Lord's mercies that we are not consumed, because his compassions fail not. They are new every _____: great is thy faithfulness. The Lord is my portion, saith my soul; therefore will I hope in him. (Lamentations 3:22-24 KJV)

- ☐ day
- ☐ morning
- ☐ week
- ☐ month

10) to take off your former way of life, the old self that is corrupted by deceitful desires, to be _____ in the spirit of your minds, and to put on the new self, the one created according to God's likeness in righteousness and purity of the truth. (Ephesians 4:22-24 CSB)

- ☐ refreshed
- ☐ rejuvenated
- ☐ renewed
- ☐ revitalized