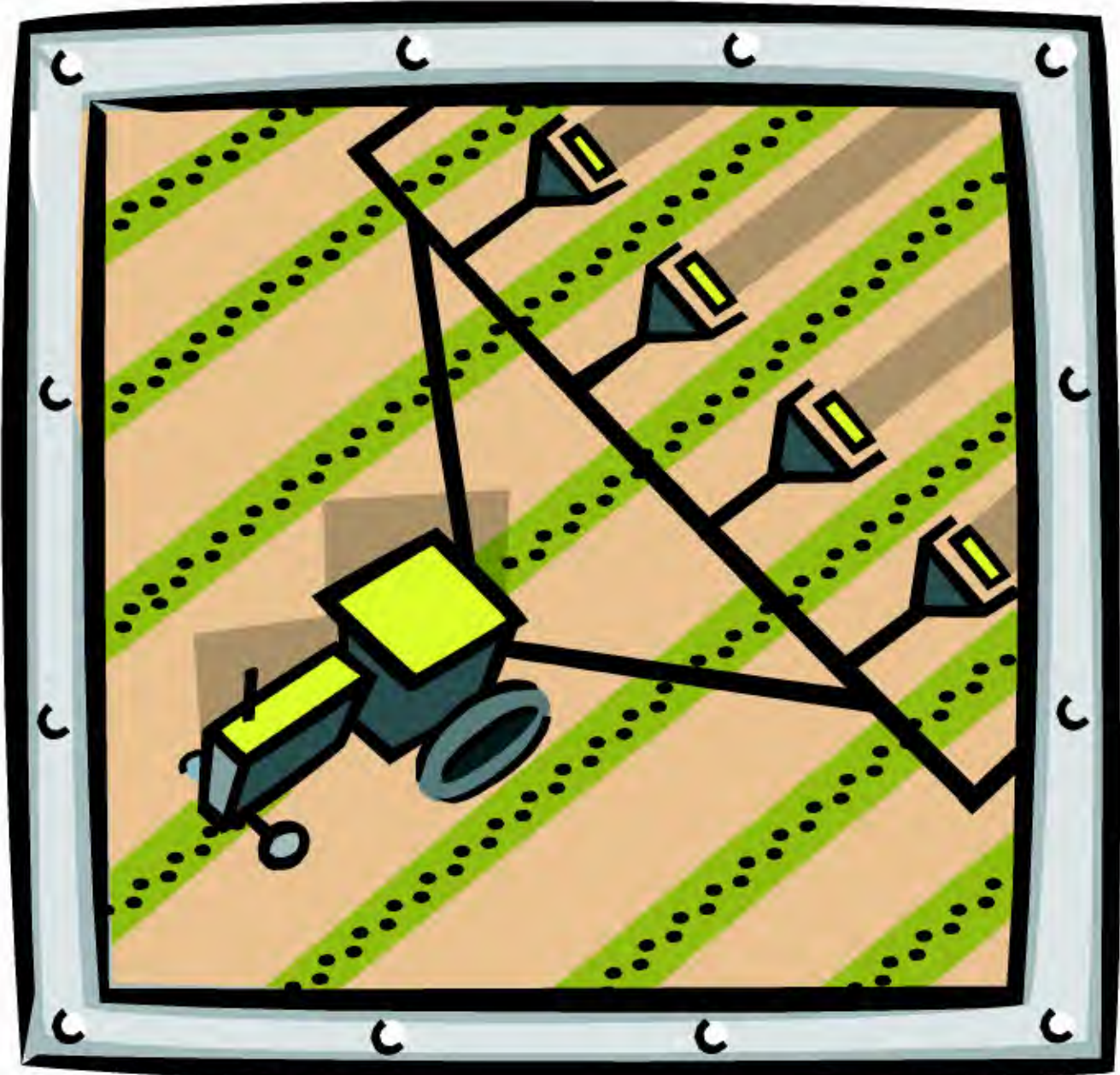


The Parishioner

The Church of St. Columbanus
Parish of Ballyholme

Volume 16 Number 79
October 2008



*The Church is open every weekday morning
for Private Prayer and Meditation*



Helpers required:

We would be grateful if anyone who is free on **Saturday 4th October at 10.00 a.m.** could help to decorate the church for Harvest Festival.

Donations of flowers, vegetables and fruit will be very welcome and



FUNERAL

23rd August: Victor Thompson, late of 5 Carolhill Drive

COFFEE TIME

October:

5th: Maureen Aiken, John & Pat Peel.

12th: Ann Shaw, Margaret Parr, Vicky Hayes

19th: Dawn McFerran, Janice Hewitt, Yvonne Manogue

26th: Michael & Sharon Hatch, Pauline Connolly

WEDDING

28th August: Edward Noble & Rossetta Hobbs, 4 Onslow Court.

BAPTISM

7th September: EMERSON EMILIE BOYD, daughter of Steven & Ashleigh



October 2008

5th NO CRECHE

12th Susan Culbert, Eleanor Mulholland, Mark / Leesa Beal

19th Carolyn Larmour, Julie Monaghan, Lyndsey McDermott

26th Heather Johnston, Heidi Thomas, David & Deborah Johnston

If you are unable to make your date please arrange a swap with another helper.



5th: Harvest

12th: Esther McKee

18th: Pat Todd

25th: Ann Browne

School for Prayer?

Many have found our experimental *Space on Four* service a blessing over the last year, but as we have been reflecting on the format and considering how to develop it, we have decided to give what we do on the fourth Sunday evening a new twist.

From the outset, the aim of *Space on Four* has been prayer, worship and silence in an unthreatening, informal atmosphere. What we thought we'd do this year is build on these basic elements and give them a clearer teaching theme. Hence the launch of Ballyholme's very own 'School for Prayer'.

The phrase originates with a famous book from the 1960's by an Orthodox monk Metropolitan Anthony Bloom, but of course it was the disciples who first came to Jesus with the simple request 'Lord, teach us how to pray'. Jesus replied with what we know today as the Lord's Prayer so that's where we'll begin too, with a series of simple meditations on the 'Our Father'.

For most people who pray what seems to be true is that the more they pray the more they want to pray but the harder they find it to do! Naturally, we'll be looking for your input and feedback as we go along but, rest assured, it will be back to basics every night. We will explore a simple Bible theme, in a context of worship and supplication.

We will try to include a regular item from our *School for Prayer* in each month's magazine but the important point is that each 'session' will stand-alone. Moreover, we're not running a course as such, it won't be a question of not being able to join in because you missed the first one. We begin on **Sunday 26 October at 6.30 pm** and hope you can make it.

Welcome to Stephen & Debbie

Dear Friends

Debbie and I were both born in Zimbabwe of Scottish and Irish parentage respectively. We married in 1980 and immigrated to Cape Town, South Africa where by the grace of God we managed to rear three children: Jared (22), Kirsten (19) and Adam (14). Jared is presently finishing of a degree at the University of Cape Town, Kirsten is taking a gap year in Scotland and Adam has just entered into year 11 at Bangor Grammar where he was fortunate to gain entry.

I was ordained in 1990 and have served in two Churches: Holy Trinity Bramley Johannesburg for four years and St Andrews Church Cape Town for the past thirteen years. Debbie is a trained general nurse and midwife but has spent most of her professional career working in operating theatres as a scrub sister.

The move to Northern Ireland has been a long time in process. We took the decision in 2004, moved my parents in 2005 and followed at the beginning of this year. The past seven months have been spent mainly in the Limavady/Magilligan area where we were based with my parents but have managed to see a fair bit of Ireland, Scotland and the cities of London and Paris.

As you may well imagine, moving home, let alone continent, has been an enormous challenge, however, at every step we have been amazed at the sense of the Lord's guiding and providing. We are doubly amazed to find ourselves in Ballyholme and at St Columbanus.

We have been bowled over by the friendliness, kindness and generosity of the Church folk, especially Simon and the rest of the leadership/ministry team. We look forward to getting to know everyone in the parish, making new friends and serving the Lord together. Thank you for such a warm welcome.

Over the years a portion of Scripture which has been of great personal encouragement has been Philippians 4:6 "Do not be anxious about anything, but in everything, 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 minds in Christ Jesus." Our prayer is that we will all continue to grow in our knowledge and love of God and experience in increasing measure the wonders of His Grace.

Blessings
Stephen



Definitions

CHOIR: A group of people whose singing allows the rest of the Congregation to lip-sync.

HYMN: A song of praise usually sung in a key two octaves higher than that of the congregation's range.

RECESSIONAL HYMN: The last song at a church service, often sung a little more quietly, since most of the people have already left.

JONAH: The original "Jaws" story.

AMEN: The only part of a prayer that everyone knows.

The Wednesday Club



The summer holidays are over and we are now back in business for the new season. Our first guest speaker this year was James Davidson, who gave a very interesting talk on the bakeries of Belfast. He certainly knew his stuff, and was able, with the help of overhead pictures, to take us through the history of baking in Northern Ireland.

As usual, we had a lovely afternoon tea, and our first monthly draw winner was Lilian Finch.

We are looking forward to our new season. As always, new members are most welcome and we

were pleased to see four new faces this month joining our regular ladies.

If you have a couple of hours to spare once a month, why not come along to have a bit of fun, chat and of course, afternoon tea. There is always something of interest - demonstrations, talks and some surprises! If you would like a bit more information before you come along, please don't hesitate to phone Sue, or the parish office.

See you all next month

Ann



St. Columbanus Toddler Group

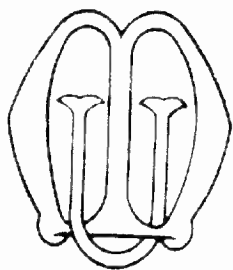
Every Thursday morning 10 am - 11.30 am

New people - new ideas

Our Toddler Group provides the opportunity for adults to find friendship and support and give the children a chance to play alongside each other.

A friendly and informal group run by a couple of local Mums (Janice Hewitt and Cara Hamilton). We meet in the Columbanus Room each week and and enjoy a drink, home made scone and chat while our children play and also enjoy a break together.

So whether you are a Mum, Dad, Grandparent or Childminder come along. It doesn't matter if you live in the area or are visiting - Our group is open to everyone. **New members are made feel very welcome** so please do pop in at any time during our sessions, the kettle is always on!



MOTHERS' UNION

The new season of Mothers' Union will begin with the Enrolment Service on Sunday 5th October at 7.00 pm.

Our first meeting is a Table Quiz and "Getting to Know You" evening on Monday 6th October at 8.00 pm.

All new and existing members will be very welcome

Pat Davidson

HONESTLY.....

Nine year old Joseph was asked by his mother what he had learned in Sunday school.

"Well, Mum, our teacher told us how God sent Moses behind enemy lines on a rescue mission to lead the Israelites out of Egypt. When he got to the Red Sea, he had his engineers build a pontoon bridge and all the people walked across safely. Then he radioed headquarters for reinforcements. They sent bombers to blow up the bridge and all the Israelites were saved."

"Now, Joseph, is that really what your teacher taught you?" his mother asked, somewhat alarmed.

"Well, no, Mum. But if I told it the way the teacher did, you'd never believe it!"

Rector's Ramblings

You'll allow me a sentimental sigh this harvest as I recall the fields and crops of my former rural parish. Besides the Rectory's 12 acre glebe, there were panoramic agricultural views from every window. You could see harvest in Aghalee, in fact it was an assault on all the senses: harvest could be seen, heard and smelt!

But I'm sure you'll be very quick to tell me that for harvest in Ballyholme the country comes to town. I've every confidence that the decorations will be wonderful and the mood suitably celebratory, so for the sake of my new North Down suburban sophisticates I'll put as brave a face on it as I can...

It's a crucial and entirely Biblical part of harvest festival that we remember those whose need makes our own plenty seem so wrong. To that end I know you've all been busy filling your CMS Smarties tubes with 20 pence pieces and pound coins and we hope many of you were able to join the annual bread and cheese harvest lunch in the Parish Centre.

This year for harvest, we thought we'd make a special focus of our young people. Since my arrival several parishioners have said to me that we're very lucky in Ballyholme with our young people – we've got so many compared to lots of other churches. I know what they're saying and certainly I share in the joy of seeing so many children and young people coming and going.

But surely luck has precious little to do with it. When we invest our time, our labour, our money and our prayer in any aspect of Christian kingdom building we can't be surprised when God adds His blessing to the mix. That's not only the promise of Scripture, it's the experience of generation after generation of believers. It's also the basic principle of harvest.

We sow the seed, God 'blesses the increase'. If it's true of our young people, it's true of all areas of parish and personal life. Come ye thankful people come.

Simon



BOOK REVIEW:

God: The Short Version

By Peter Lundstrom Lion £4.99

People have really interesting questions about God. Too bad they usually get such dull answers! What's needed is a lively conversation on the subject. You'll find just that in *God: The Short Version*. Here in seven brief chapters you'll quickly tour the issues that interest and enlighten you most, including: How to even think about One beyond human thought; God in major world religions; God as pictured in the Hebrew Bible, the Christian Bible and the Qu'ran; The difference between God and religion. In short, *God: The Short Version* may be the introduction to God you've been hoping for: engaging, informative, stimulating and thought-provoking. Minus the dull parts you've always skipped anyway.



BITS AND PIECES

HARVEST LUNCH OF SOUP, BREAD AND CHEESE

This will be held after the morning services on Harvest Sunday, 5th October in the Parish Centre. We will be taking names of those who wish to join us, and any volunteers who would like to make some soup. Please give your names either to the Churchwardens, Yvonne Manogue or Sue in the Parish Office. All proceeds go to support our Mission Partners.



CMJ IRELAND NEWS

Over the summer Kris Barinuk (Regional Advisor) and the Rev. Billy Holmes (CMJ Chairman) visited a Children's Camp in Ostroda, Poland. The children are Jewish and come from Kaliningrad in Russia and Minsk, Belarus. They took with them donations from supporters in Ireland to help run the events. On their arrival they were warmly welcomed by the leaders and immediately felt part of the camp. Activities were organised throughout the day enabling the children to form relationships and have fun. There was no "hard selling" of the Gospel, just a gentle presentation of Jesus' love for them. Please pray that CMJ Ireland's links with the Jewish believers in Poland will grow and allow us to expand the work in Eastern Europe even further, so that many may come to know Jesus as Messiah.

LAUNCH OF NEW BOOK

As you may have noticed on the back page, our own Sheilagh Jebb has written a book. It was launched last month, and copies should be available in the Parish Office for those who want one.

FRIENDS OF KIWOKO HOSPITAL

This group will be holding their AGM in the Parish Centre on Thursday 23rd October in the Kajiado room. Their guest speaker will be Dr. Rory Wilson, home from Uganda for a short visit. Everyone is very welcome to attend this meeting to hear Rory speak.

SARAH HUTCHINSON

Sarah is one of our young people who has recently started working for CMSI on a volunteer basis. She will be shadowing Niall and Roger, and also attending the Belfast Bible College, as part of her preparation for going away. In early January, she will be heading to Nepal, where, after spending the initial two weeks in orientation and language training, her time will be divided between HCDS and Sundar Dukar church. Her role in both places will involve communications work, preparing annual reports, information documents and correspondence with international sponsors and craft brochures. She also hopes to be spending some time in the children's day centre for children with physical disabilities and learning difficulties. The skills she learned from her solicitor training will be used in a completely different environment and situations, and Sarah is looking forward very much to the challenge.

DAVID AND JUDITH RIDDELL

Latest news is that they have managed to get a house + swimming pool!, and are slowly settling in. More news in later issues.

St Columbanus Walkers



St Columbanus Walkers go International!

The weather forecast for the Fermanagh/ Monaghan border area was spot on for 6th September and our small group of six had one of the most enjoyable walks of the year! As we travelled west the sky cleared and sunshine greeted us at Knockatallon in County Monaghan where we started our outing on The Tra Walk, accompanied by a farm dog we met early on.

The area has many well established walks and ours was the 10k one, starting at the Knockatallon Hotel, taking us up through farm and forest tracks to Antrawer Lough from which the walk gets its name. The path or 'pad' as it's called locally, shares part of the 25 mile Slieve Beagh Way and apart from a short section across the blanket bog and two feeders of the lake as well as the River Blackwater, was mostly on rough paths. The route was clearly marked and deeper streams were crossed by metal bridges. It's said you can see 14 counties from the track and indeed the views all around were stunning. We saw a big herd of red deer complete with the stag and his antlers in a field, lots of butterflies and a dragonfly which wouldn't stay still for Eleanor's photograph! There were abundant wild flowers and bog cotton and best of all warm sunshine.

Our next walk is on October 4th, to the Fairy Glen at Rostrevor: country roads/tracks/parkland/woodland, about 6 miles. (Meet at 8.30am in the Church Car Park) More info from Betty on 9146 5372 or Leslie on 9146 6689.

And **please note** that our Christmas Walk at Castlewellan and Lunch in Café Essence are on 29th November, **not** 20th December as previously advertised.



CHRISTIAN HERITAGE IN BANGOR



Earlier this year, as many of our parishioners are aware, the council introduced the Christian Heritage Trail in Bangor, of which we are part.

Along with Bangor Abbey and First Presbyterian Church, we are included in the explanatory booklet for this trail, which encourages visitors and Bangorians alike to explore early Christianity in County Down. The buildings are open at specified times to accommodate guided tours of these churches, and some of our own parishioners acted as guides in our church, explaining the history of the church, especially the stained glass windows, and the interesting stories attached to them. In connection with this new venture, a party made up of Tourism officers from the council, some councillors, including our own Marsden FitzSimons and representatives of the other two

churches and some museums visited three well known sites at Durham Cathedral, Lindisfarne and Bede's World in the North of England, to learn how visitors were best received and how the marketing of these sites was done.

Marsden reported that they learnt about guiding and the fact that the guides should naturally know their subject thoroughly, but above all, must have a passion for their subjects. Certainly the guides at Durham and Lindisfarne had been working for many years, but still everything they told was alive and meaningful. He noted how the three places worked together, and from this they learnt that our sites of great historical interest, although not too distant from each other, must be sold as a package.

It is hoped that more people will visit these sites (our church especially!) in the coming years, and love it as much as we do.



DAILY BREAD

The prayer we use most often is the one that Jesus gave us, The Lord's Prayer. And there is one line in it that comes to

mind specially in the autumn when we are celebrating the harvest - 'give us this day our daily bread'.

Jesus told us to pray for 'daily bread'. This had a special meaning when the women would bake only one day's supply of bread at a time. Lots of families now have freezers or can easily get to the shops so conditions have changed. But the lesson of the prayer is still as important - it is for the needs of life, not the luxuries.

As with all The Lord's Prayer we don't pray for 'me' or 'I', we pray 'give us our daily bread'. It isn't a prayer for one person but for all of us. In our present world, where so many suffer hunger and poverty, this prayer reminds us that we are all part of the same world and all need the basics of life to survive.

Why did the sandwich go to the dentist?

Because he had lost his fillings.

ENOUGH TO SHARE

This recipe makes some very nice Smartie Biscuits to share...

115g/4oz margarine
115g/4oz light muscovado sugar
1 tablespoon golden syrup
1/2 teaspoon vanilla essence
175g/6oz self-raising flour
85g/3oz Smarties

Preheat the oven to 180C, 350F, Gas 4. Grease or line 2 baking sheets.

Beat together the margarine and sugar until light and fluffy. Then beat in the golden syrup and vanilla essence. Stir in half the flour and work it into the mixture. Stir in the Smarties and the remaining flour and work the dough together with your fingers.

Roll the dough into 16 balls and place them on the baking sheets, well apart to allow for spreading. Do not flatten the balls.

Bake in the preheated oven for 10-12 minutes or until pale golden at the edges. Leave to cool on the baking sheets for 2 minutes then transfer to wire racks to cool completely.

What is yellow, brown and hairy?

Cheese on toast dropped on the carpet.

OPERATION CHRISTMAS CHILD SHOE BOX APPEAL 2008



This Christmas you can bring hope and a smile to some of the world's poorest children. By the simple act of filling a shoe box with small gifts and some useful things you can make a child feel special and valued.

Wrapping and filling a shoe box can be great fun, especially when you know how much these gifts will be used and treasured and may be the first Christmas gifts that these children have ever received in their lives.

All you have to do is follow the instructions on the leaflet. Cover your box in some brightly coloured Christmas paper and then fill it with items from each category on the list. Deliver your shoebox to me at 132 Donaghadee Rd by the **9th November** together with £2.50 per box for carriage.

Your shoe boxes will be processed by volunteers and delivered to needy children regardless of nationality, political background or religious beliefs. (our boxes usually go to countries in Eastern Europe)

For further information and a leaflet contact either me on 91460050 or Patricia Robinson on 91270477

Many thanks Carole Caruth.

ON THE HOME FRONT

This month, we have two different recipes, both using coconut milk.

Aromatic Salmon cooked in coconut milk

(serves 4)

4 thick salmon steaks, 2.5cm/1in piece root ginger, peeled and cut into small, very thin slices, 2 large cloves garlic, peeled and cut into small, very thin slices, 350g/12oz tomatoes, peeled and halved, 1 fresh red chilli, de-seeded and sliced as finely as possible, 1 small yellow pepper, de-seeded and thinly sliced, 4-6 cardamom pods, roughly crushed, 400ml/14oz tinned coconut milk, salt, 2 limes, juice only, handful of fresh mint leaves, chopped.

Put the fish steaks in a fairly shallow ovenproof dish with a lid. Scatter the ginger, garlic, tomato, chilli and yellow pepper over and around the fish and the cardamom pods in between.

Empty the coconut milk into a separate bowl, add a good sprinkling of salt and gradually stir in the lime juice. Pour the mixture over fish and cover dish.

Pre-heat oven to 150C/300F/Gas 2. Put the dish on the centre shelf and cook for 40-50 minutes until fish is lightly done. Fish should be slightly darker pink in the centre. Remove from oven and before serving scatter the mint leaves on top.

Pork in Satay Sauce

(serves 4)

600g pork fillet, 1 medium onion, 3tsp mixed spice (fresh grated ginger, chopped chilli, cumin powder, coriander seeds and sugar), 100ml coconut milk, 1tbs soy sauce

Satay Sauce: 150g salted peanuts, 5 tbs coconut milk, juice of 1 orange, juice of 2 limes, 1tbs soy sauce, 1 tsp turmeric, 1tbs chopped coriander.

Cut pork into strips. Peel and chop the onion and put in a large bowl. Add the spices, coconut milk and soy sauce to the onion. Put meat into marinade, cover and leave for 30 minutes at room temperature.

Making the sauce:

Mix the peanuts, coconut milk, orange juice, lime juice, soy sauce and turmeric together in a bowl. Stir thoroughly and add coriander.

Grill the pork strips for 20 minutes, then serve with satay sauce and basmati rice or noodles.

The Golfing Society

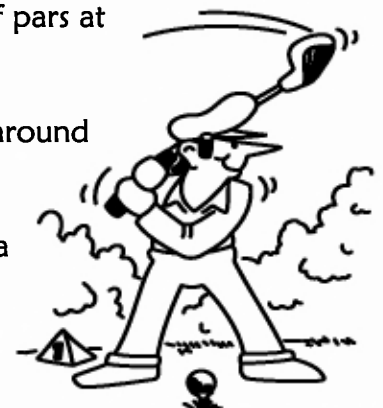
A good turn out of 17 members made the journey to Mahee Island Golf Club on the 4th September, for our latest golf outing. Despite a forecast for rain, our weather was good - something to do with the Rector playing, perhaps?

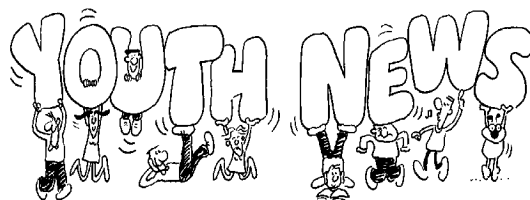
After a round of 18 holes, Gen Moran and Roden Ward emerged as the winners of a bottle of wine each. Lister "Woods" thought he was in with a chance after a run of pars at the 14th hole!

The next outing is still to be arranged, but it is thought it will be possibly around the Christmas holidays.

All golfers(!) are very welcome, please contact me on 91467275 or leave a message in the parish office.

Harry Browne





Youth workers, teachers and I suppose even parents, run their lives on an academic calendar, so when I say it's been a really great year and it's still a few months until the New Year, you must excuse me!

Well, what a year it has been. I got married, which has been better than I ever thought, (I can hear everyone who is married, saying 'give it a couple more years kid', that seems to be an ever popular response to my comments on my first year of marriage), so even on a personal note it has been a big year for me (and Julie). However I'm almost sure you don't want to be reading about my personal life and you're more interested in the stuff that went on over the past academic year and what's to come this year.

The past year was full of lots of exciting stuff, obviously the first half of the year was interesting because we were all without our rector which for me meant no boss, although Denise filled in more than adequately.

This year we managed to fit in a JAM weekend, Confirmation classes and weekend and a YF weekend. We had 9 of our under 18 leaders gain their OCN level 1 qualification in youth work, - this is a recognised qualification that required them to travel to Belfast each week for a term and take part in different activities. Some of them now hope to complete Level 2 this year. All of this is run by the Down and Dromore Youth Council.

The confirmation class this year was massive with 25 young people getting confirmed and going on the confirmation weekend, which was greatly enjoyed! Both JAM and YF weekends were well attended and enjoyed and we are looking forward to those again this year.

Summer this year, consisted of Summer Madness, Ballysillan (Holme from Home), Jumpin' and X-Cess. We had 46 at Summer Madness, and team of 23 at Ballysillan and over 420 children and young people at jumpin' and x-cess combined. It was a huge success, although thankfully, we didn't have all those people at the same time, or we would have been in a bit of difficulty with the law and the amount of space.

So we have had a good year... I don't tend to judge a year on numbers as it's a fickle game. But I feel it's been a good year because of the young people's participation during the year.

We are hoping to build on it this year with the strengthening of Children's Church, JAM and YF. We are also hoping to start lots of different things. We are hoping to start a Saturday night drop in for teenagers, who normally hang about the streets on a Saturday night, an afterschool homework club for p4-p7, a mentoring scheme for older young people by adults in the parish, a youth service to replace informal worship, yf small groups and the young people are very keen to get involved with going to visit some older people in the parish on a regular basis. Lots of stuff is still in the planning stages, but if you would be keen to help, including children's church, JAM or YF please contact, we are also looking for leaders!!

Finally as I try to visit our students in university every year at least once, this year it will be a harder task, as we have a mass exodus to university and loads of others from our older young leaders in the parish. To keep up to date with what they are doing and all the other stuff, please have a look at our new contemporary youth website www.ballyholmeparish.co.uk/youth . I would like to give those going off to uni, a big thank you from me and the church, for all your hard work over the past number of years!!

Grace and Peace

Dave

The Quiet Page

Holy Ground

A mountain at the edge of the desert,
a flock of sheep, a shepherd,
a bush which burned without being burnt;
and God called to Moses –
'I am the God of your fathers,
'the place where you are standing is holy ground'.

A mountain far from crowds,
for Jesus, a time to pray,
then a vision of splendour and majesty;
and God said to the disciples –
this is my Son, whom I have chosen,
'the place where you are standing is holy ground'.

The road from Jerusalem to Damascus,
a self-righteous man
on a mission to root out what he thought was evil,
and Jesus said to Saul –
'Why are you persecuting me?
'the place where you are standing is holy ground.'

A room, an empty chair
shock, bewilderment, anger, grief
a family, now incomplete,
friends, family, silent in their helplessness –
and God is there in the touch of love,
'the place where you are standing is holy ground'.

A street, an office, a shop,
people absorbed in the busyness of life,
in the business of living,
And Jesus says to those who know him –
'because you are mine, you carry me within your heart;
'every time you bring me, bring my love, to my people
'the place where you are standing is holy ground'.

Jill Boal

Our Worship

Sunday 5th October 20th after Trinity Harvest Thanksgiving

8:30 Holy Communion
10:00 All Age Worship
11:30 Morning Prayer
6.30 Mothers' Union opening service

Sunday 12th October 21st after Trinity

8:30 Holy Communion
10:00 Morning Worship & Children's Church
11:30 Parish Communion
6.30 Youth Service

Sunday 19th October 22nd after Trinity

8:30 Holy Communion
10:00 Morning Worship and Children's Church
11:30 Morning Prayer
6.30 Holy Communion

Thursday 23rd October St James, the Brother of the Lord

10.30 Holy Communion

Sunday 26th October 5th Sunday before Advent

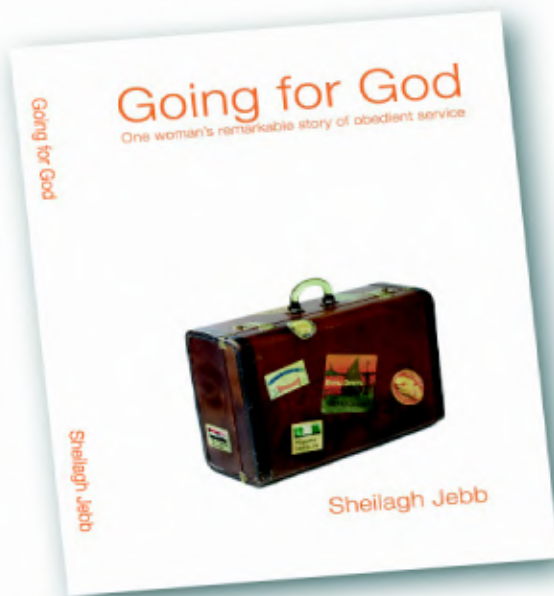
8:30 Holy Communion
10:00 Parish Communion
11:30 Morning Prayer
6.30 School for Prayer

Monday 28th October St. Simon & St. Jude

10.30 Holy Communion



GOING FOR GOD By SHEILAGH JEBB



£6

Contact details of Stephen Smyth, our Curate are:
34 Beverley Gardens, Bangor Telephone 91271922