

The Parishioner

The Church of St. Columbanus
Parish of Ballyholme

Volume 17

December 2008 & January 2009



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



December:

7th: No creche
14th: Paula Foye, Heather Glasgow, Mark & Leesa Beal
21st: Childrens Carol Service.
 Creche room available if parents need it.
28th: Susan Stockton, Rosie Lawther, Kathy Taylor

January 2009

4th: No creche
11th: Maureen Aiken, Sarah Tweedie, Rhona Maginnis
18th: Sandra Jackson, Carol Majury, Gillian Fletcher, Jennifer Hatch
25th: Susan Stockton, Zoe Pierpoint, Rosie Lawther



December:

7th: Christine Wilson, Samatha Gouck, Anna Gullen
14th: Tracie Andreasson, Lorraine Campbell, Susan Stockton
21st: Margaret Parr, Ella Walker, Fiona Jackson
28th: Pat Davidson, Lynsey McDermott, Sandra Hill
January 2009
4th: Maaike Waegemans, Nigel & Caroline Mansley
11th: Fiona Olivia, Pat & John Peel
18th: Juliet Gouck, Heather Johnston, Julie Monaghan
25th: Nicole Watson, Jo Ann Coulter, Maureen Aiken



December 2007

7th Sue, Ann & Karen
14th Audrey Carroll
21st Christmas
28th Christmas

January 2008

4th Sheilagh Jebb
11th Betty Armstrong
18th Joan Thompson
25th Agnes Officer



BAPTISMS

2nd November: SAM ALEXANDER JACK MCGRUGAN, son of Martin & Patricia
2nd November: ABI CERYS BROWN, daughter of Tony & Barbara

WAG'S - WHO ARE WE?

“Women and Girls”? “Wives and Girlfriends”? Or simply “Wonderful and Gifted!! Our title is a tongue in cheek name for a group of ladies who get together, once a month, for some relaxed chat, craic and support.

We are an off-shoot of the Mothers’ Union and WAGS aim to support the young families of our parish.

To date, our evenings have consisted of make-up and fashion advice, life-coaching, wine tasting, dinner dates, table quiz and Advent fellowship.

We would like to extend a warm invitation to any of our adult female parishioners (no age limits) to join us between 8 - 10 pm on the 1st Wednesday of each month in the Kajiado room, and feel free to bring a friend.

The next meeting is on Wednesday 3rd December.

Kind regards
 WAG’S!



**PARISH WEEKEND
 MARCH 13TH - 15TH
 SHARE CENTRE
 LISNASKEA**



Don't forget our Parish Weekend planned for early in the Spring.

Get in touch with Fiona on 91274375 or email fiona.jackson@btconnect.com as soon as possible to book your break.

Start saving now - £10 pw and make it easier on your budget! Places are limited, so first come, first served!

School for Prayer I



Who taught you to pray?

Why would it have mattered to that person that you should know how to pray?

Why would it have mattered to Jesus that the disciples should know how to pray?

Why would your prayers matter to God?

“the end and purpose of religion is personal faith in God rising to personal fellowship with God”
Bishop Wilfrid Blackburn 1948

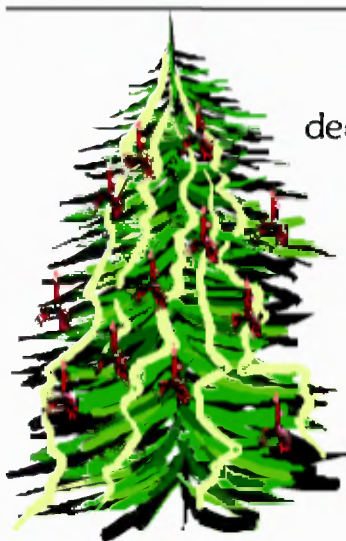
“prayer is not primarily for those who want religion to be helpful, who seek after signs, who expect it to solve their political problems and cure their diseases. It’s communion with the eternal.” Evelyn Underhill *Abba*

“Those who know how to pray ought also to know that at best they are on the way to learning how to pray.” Gerhard Ebeling *The Lord’s Prayer in Today’s World*

This month please pray for those who teach our young people to pray in Church or in school.

“As we start learning to pray, I would like to make it clear that what I mean by ‘learning to pray’ is not an attempt to justify or explain this in a speculative way. Rather, I would like to point out what one should be aware of, and what one can do if one wishes to pray. As I am a beginner myself, I will assume that you also are beginners, and we will try to begin together. I am not speaking to anyone who aims at mystical prayer or higher states of perfection, because these things will teach themselves. When God breaks through to us or when we break through to God, in certain exceptional circumstances, either because things suddenly disclose themselves with a depth we have never before perceived or when we suddenly discover in ourselves a depth where prayer abides and out of which it can gush forth, there is no problem of prayer. When we are aware of God, we stand before Him, worship Him, speak to Him.”

Anthony Bloom *School for Prayer*



Help needed to
decorate the church for
Christmas.

**SATURDAY
13th
December at
10.00 a.m.**

All offers of help, flowers, greenery etc, very much appreciated.

CHILDREN’S GIFT SERVICE

Sunday 7th December
At 10.00 a.m.

All young people are asked to bring along a small present so that it can be given to children less fortunate than themselves at Christmas.

Please mark which age and sex the present would be suitable for.





MISSION CRUNCH

Christmas & Mission

While the lights go on and the shops fill with tempting goodies remember the situations facing many missions. More human tragedies as problems in DR Congo and other areas escalate, more mouths to feed, more shelter needed and more medical resources for the injured and sick. The oil prices have been a serious challenge for many missions, some workers are totally dependant on oil for their generators, electricity is either unavailable or unreliable. **Kiwoko Hospital** has to rely on its generator, when the electricity supplies fail, and many emergencies are dealt with by the aid of the power it supplies.

Organisations like **Mission Aviation Fellowship**, flying into remote areas where there are no roads or the routes are too unsafe for other transport due to war and banditry, are seriously challenged when urgent evacuations of missionaries and medical emergencies arise due to local fighting. Sometimes it is not only the costs involved but actual availability of the right fuel for the planes. Prayer is one kind of fuel and so often as the need arises, prayers rise in response to the need and it is met. The Christian broadcasting organisations like **Far East Broadcasting Associates** often need to depend on their generators in order to beam quality programmes and the good news of the gospel into countries where the workers are few or any Christian activities are forbidden.

We hear that 24,000 children die every day from starvation or preventable diseases – perhaps Mission has never had such challenges as it faces today. As we remember those like **Rory Wilson and Ronnie & Maggie Briggs** in Kenya and Uganda, remember too, those who “hold the ropes” back here in N.I. Pray for the CMSI personel here, especially our own “**Spike**” **Corbridge** and **Niall Manogue**. Without the support of the home base it would be impossible to do the excellent work that is going on overseas.

The Leprosy Mission

There are opportunities to go on a “Work & Witness” Team in 2009 – these teams are not limited to young people only and involve assisting in house building etc. One former team member writes, *signs of the disfiguring damage that untreated leprosy can do were all around. One man was handing me blocks as I built a section of a wall. As I took it from him and placed it into position I was so humbled at the sight. He had no fingers. But then I thought “this is why we came”, these are the people who need us to come along side.*

Opportunities

Many Missions have opportunities featuring teams for overseas of skilled or unskilled workers. One can taste and experience mission in many parts of the world, for as little as 2 weeks to 3 or 6 months. The later might be a wonderful experience for the gap year!

Highlights

Rory & Denise will be married in Kampala Cathedral on December 6th – look forward to their visit in the New Year.

The Rambling Rector

Like lots of jobs, your feet aren't properly under the desk until you've spent a full 12 months in a place so I'm very much looking forward to my first Christmas in St Columbanus. In addition to all the traditional Ballyholme rituals there'll be a few 'newies' in this year's calendar which we hope you can plan to be part of.

The Glebewardens are currently busy sourcing an outdoor Christmas tree. It will be sited in the precincts of the Church and should be easily visible to passersby on the Groomsport Road. Naturally we'll be having a special 'switching on the lights' ceremony and the plan is to meet in the Church grounds to sing a few carols at 7.00pm on Thursday 18th December. Hopefully this is early enough for lots of families to be free.

We've also added a new family Carol service to the schedule. It's on Christmas Eve at 5pm. For most families this is usually a fairly dead time: the shops are closed, the presents are wrapped and the turkey more or less stuffed. Why not come to Church for what will be a short service led by David and the young people of YF. Let's face it, the alternative is some cartoon film you've all seen before anyway.

At 6.30 on Sunday 28 December we thought we'd have a 'Carols and Curry Night' in the Kajiado Room. A menu page will circulate nearer the time for you to make your selections so we'll pre-order, do our Carol singing first and then have the food delivered to the Parish Centre for 7pm (wrapping up at 9pm).

Finally, in conjunction with the Rambling Club, we thought we'd try a Parish Family Walk for New Year's Day followed by bread and soup for lunch in the Parish Centre. Again, we'll need to take names to gauge interest for the lunch so a page will circulate nearer the time but what better way to start the new year than some fresh air and a bit of exercise. The route will be pushchair-friendly and circular – we'll set off from the Parish Centre at 11 am and aim to be back there about an hour and a half later. For those who can't walk we'll need help in the kitchen so don't think you're not wanted, you most certainly are.

In the midst of all the busyness may you know the peace of Christ this Advent and Christmas and His blessing through all that the New Year will bring.

Simon



MY CHRISTMAS CARD LIST

I have a list of folks I know, all written in
a book
And every year when Christmas comes, I go
and take a look.

And that is when I realise that these names are a part,
Not just of the book they're written in, but of my very heart.

For each name stands for someone who has crossed my path
sometime
and in that meeting they've become the rhythm in each rhyme

and while it may sound fantastic for me to make this claim
I really feel that I'm composed of each remembered name.

And while you may not be aware of any special "link"
Just meeting you has changed my life a lot more than you think.

For once I've met somebody the years cannot erase
The memory of a pleasant word or of a friendly face.

So, never think my Christmas cards are just a mere routine
Of names upon a Christmas list – forgotten in between

For when I send a Christmas card that is addressed to you
It's because you're on the list of folks that I'm indebted to.

For I am but the total of the many folks I've met
And you happen to be one of those I prefer not to forget.

And whether I've known you for many years or few,
In some way you have had a part in shaping things I do.

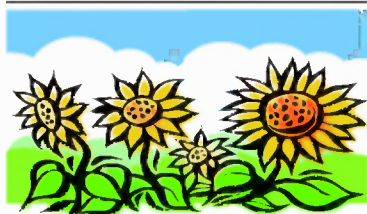
So every year when Christmas comes I realise anew
The best gifts life can offer is meeting folks like you.

THE ROBIN

The night was cold,
The stars were bright,
The inn was full or so they said.
So Mary took the new born child
And in a manger gently laid
Now someone in the corner lit
A fire to keep them free from cold.
But as the bitter night closed in
The ashes grey no heat did hold.
Just then a little bird flew in
Up to the ashes it did fly
And suddenly with wings
outstretched
It fluttered them as in the sky.
The fire at once burst into flame
What had been dull was bright
again
And so this tiny bird all night
Did tirelessly the flames keep
bright
When morning came, what a
surprise
The bird was changed you would
agree
For on its breast just like the
flames
T'was scarlet like the holly tree,
This Robin Red Breast you will see
In gardens when the winter comes
Remember baby Jesus when you
feed
This little bird with crumbs.



Joan McQuoid



Flower Appeal

With a new Year approaching, this is as good a time as any to consider
giving flowers to the church for the Holy Table decoration once a year.

Daphne Hamill is looking for some new people willing to provide flowers or a donation towards
the purchase of flowers, perhaps to remember a lost relative, or maybe just because you like
flowers in church. If you are not able to arrange flowers, there is always someone Daphne knows
to help.

Please contact her if you are interested in becoming involved with this aspect of our church life
Telephone 91465158

St Columbanus Walkers at Woodburn Forest



A record turn out of 24 walkers gathered for the 13km Woodburn Forest walk near Carrickfergus last month. The walk started beside one of the three reservoirs on the New Line Road north of Carrick and continued through forest paths in this mainly pine woodland in a figure of eight loop back to the starting point. The route was somewhat lacking in signposts, other than those of the Ulster Way, which were disappointingly few in number, resulting



in a couple of wrong turns. An excursion over some very wet and boggy fields tested the footwear of some, and the agility of others in crossing streams. At times there were great views over Belfast Lough to the Copelands and of Knockagh Hill.

The usual après-walk coffee and bun stop was in the Co-op at the Harbour where the late afternoon shoppers were mildly amused at the mud splattered crowd. The next outing is on 29th November with the altered venue of Crawfordsburn Country Park, followed by Christmas Lunch in Café Essence. Details will be notified.

THE WEDNESDAY CLUB



This month we were treated to various recitations from Laura Gilbert and her friends. Some were serious, bearing in mind that at remembrance Sunday was very close, but others had us smiling and laughing, especially the one about the chocolate cake, a subject close to our hearts!

This month we had two draws - Isobel Pow and Dolly Turner were our two winners.

Just a reminder to everyone that our December meeting is on 3rd December at **1.00 p.m.** for our Christmas lunch. Please bring a small "Santa" present, just in case he pops in to see us. See you then. Ann



MOTHERS' UNION NOTES



The Christmas Dinner is on Monday 1st December in the Parish Centre with a Mullen Wine reception at 7.30 pm followed by Dinner at 8.00 pm. Would members please bring a Christmas Gift for our elderly parishioners.

"New Year, New You", with Pauline and Pat, is the theme for our meeting on 5th January. Please wear comfortable clothing suitable for some gentle exercise.

Wishing you all a Happy and Blessed Christmas.

Pat

Hospital and Sick Calls

The pastoral staff can only respond to information received. Please always get in touch when a family member or friend is taken unwell and would be glad of a visit – especially if they have been admitted to hospital. We would rather be told several times than not know at all. Equally, so no one has a wasted trip, it's extremely helpful to hear from you when your loved ones have been safely discharged home.



Keep us in touch about Church events

There is always advertising space available in the weekly News in the Pews, the monthly parish magazine, the parish website and the display screens in the foyer of the Parish Centre. Either contact the Parish Office or leave a page with the Churchwardens giving us the info and we'll do the rest.



THE RED FLOWERS

Pots of poinsettias are often given as gifts at Christmas - you know those big pink and red leaves that look like flowers?

The story is told of a poor Mexican girl who had no gift to give the Christ Child at the Christmas Eve Services. As she walked to the church her heart was filled with sadness. She gathered a handful of common weeds from by the roadside.

Looking at the sad bunch, she felt even worse at her humble offering. But as she approached the altar, she remembered that 'even the most humble gift, if given in love, will be acceptable in His eyes. Her heart lifted as she knelt to lay the bouquet at the foot of the crib. Suddenly the bunch of weeds burst into blooms of brilliant red. From that day on the

flowers were known as the Flores de Noche Buena or Flowers of the Holy Night. We call them poinsettias.



A FLOWER PRESENT

Some poinsettia flowers that last a very long time.... You'll need:

- A paper plate
- Red and green paper
- A small piece of yellow paper or gold foil sweetie wrapper
- Scissors and a pen or pencil
- Glue

1. Trace round your hand on both the red and green paper and cut out lots of hands.
2. Glue a circle of green handprint tracings around the edge of the plate, with fingers pointing outwards.
3. Glue a second circle of red hands (fingers pointing outwards) just inside the first circle.
4. Glue a third circle of red hands at the centre of the plate. Finish with a small circle of yellow paper or gold foil in the centre of the flower.

Where is the best place to put your Christmas tree?

After your Christmas one and your Christmas two.



BALLYHOLME PARISH GOLF SOCIETY

Our next outing will be to Helen's Bay Golf Club on 29th December.

Meet at 9.00 am for teeing off at 9.30 am
For more information, ring Harry Browne on 91467275

ANNUAL FOOTBALL MATCH

This year's match between the Oldies and the Y. F. will take place at the Valentine Playing Fields at 10.30 a.m. on Friday 26th December.

Why don't you take part this year - or just come along and support the brave competitors?

For further details contact David or the Parish Office.



BOOK REVIEW

THE KITE RUNNER BY Khaled Hosseini (bloomsburypbks)

Many parishioners may have already read this book. To be honest, I had been recommended it several times but it was only when a friend brought me the book and said, 'You have to read this' that I got round to doing so.

The story is told by Amir, and begins in 2001 when he reflects on his childhood growing up in Afghanistan with his loyal friend Hassan. It is a compelling story of fathers and sons, love, friendship, betrayal guilt and redemption. It is set against the backdrop of the Russian invasion followed by the rule of the Taliban.

This is a wonderful book which I found hard to put down.

Irene Long



ON THE HOME FRONT

A couple of different ideas, we hope, to use up some of the inevitable Christmas food leftovers

St Stephens Day Pie Serves 6-8

30g/1oz butter, 1 large onion, finely chopped, 275ml/10fl oz double cream, 100ml/3½fl oz chicken or turkey stock, 450g/1lb mushrooms, sliced, 1 tbsp tarragon or marjoram, chopped, 675g/1lb 5oz cooked turkey and ham, cut into 2cm chunks

For the mashed potato

1.2kg/2½lb potatoes, knob of butter
1 free-range egg yolk, 3 tbsp milk
salt and freshly ground black pepper

Method

1. Preheat the oven to 180C/360F/Gas 4.
2. In a saucepan large enough to hold all the meat, melt the butter and add the chopped onion. Season with salt and freshly ground black pepper and cook, without browning, on a gentle heat for 8-10 minutes, until the onions are completely soft.
3. Add the cream and stock and bring up to the boil and simmer for a few minutes to thicken.
4. Meanwhile, in a separate frying pan, heat the mushrooms with a knob of butter (you might need to do this in two batches) for 3-4 minutes, or until soft and golden brown.
5. Add tarragon or marjoram to the mushrooms and season to taste with salt and freshly ground black pepper.
6. Add the meat and the mushrooms and stir well.
7. Meanwhile for the mashed potato, place the potatoes in a saucepan of boiling water and

cook until soft. Drain the potatoes and return them to the saucepan. Mash roughly and then add the butter, egg yolk and milk and mash to a thick paste. Season, to taste, with salt and freshly ground black pepper.

8. Pour the cream, mushroom and meat mixture into a shallow gratin dish and top with the mashed potato.
9. Place in the oven for about 20-30 minutes until the potato topping is golden brown and the filling is hot.

Christmas Baked Alaska serves 2

2x2.5cm/1in thick rounds Christmas puddings
2x85g/3oz balls of vanilla ice cream
3 medium eggs, whites only 55g/2oz caster sugar

Method

1. Preheat the oven to 220C/ 425F/Gas 7.
2. Place each round of Christmas pudding in a small ovenproof shallow dish.
3. In a large clean grease-free glass bowl, whisk together the egg white and caster sugar to stiff peaks.
4. Place each ball of ice cream on top of the rounds of christmas pudding.
5. Cover the ice cream and Christmas pudding with the meringue mixture.
6. Using a fork make peaks all over the meringue.
7. Bake the alaskas for 3-5 minutes or until cooked through and golden.
8. Serve immediately.

Hymns for the road

If you MUST speed on the road during this Christmas season, at least sing these hymns loudly as you go:

- at 45 mph.... "God Will Take Care of Me"
- at 55 mph.... "Guide me, O Thou Great Jehovah"
- at 65 mph.... "Nearer My God to Thee"
- at 75 mph.... "Nearer Still Nearer"
- at 85 mph.... "This World is Not My Home"
- at 95 mph.... "Lord, I'm Coming Home"
- at 100 mph.... "Precious Memories"

A DATE FOR YOUR 2009 DIARY Women's World Day of Prayer

The 2009 Service for the Ballyholme/ Groomsport Area will be held on Friday evening, 6th March in Ballyholme Presbyterian Church at 7.30 p.m. After the Service, tea will be served in the Hall adjacent to the Church.

Ballyholme Parish Representatives:-

- Ruth Ruttle Telephone 9145 0130
- Yvonne Manogue Telephone 9146 9707

YOUTH NEWS

Where has this term gone?

We are left asking questions as we sail through November. My beautiful wife keeps reminding me how many weeks it is to Christmas, a time everyone seems to look forward to. The dark, colder nights, the potential of warming up by an open fire. As usual the weeks are flying by, in no time it will be Christmas and we'll be into 2009, I'll be turning 25 and well into my third year in Ballyholme!!



One of the aspects of work that I wanted to work on when I took on the job, was investigating how to best support students connected to Ballyholme who are in different cities across the UK. This started with my just visiting some boys in Glasgow for the past two years. However this year, we had a mass exodus from our YF of people heading off in lots of different directions. As I write this I am sitting in a pub in Glasgow (leeching off their free wireless) while Andrew is playing pool with Ruth Abernethy and Emma Jackson. In October I had the pleasure of going to Newcastle to spend a bit of time with Harry Miller, Kat Aiken, Ruth Elborn and Sarah Scott. It was a time of catching up and getting filled in with all the latest news, also squeezing in a wee Newcastle Utd football match.

I'm in Glasgow this time with Andrew, visiting lots of students, most of which are in Glasgow, although Emma Jackson came from Edinburgh and Katy Arlow came from Aberdeen. Again just trying to catch up with everyone. So we all went out for a bit of tea, and then went for a drink.

After the Christmas holidays, we intend to go and visit the remaining Uni's. Over the past 2 years I have found these trips enjoyable and it has been a really good link, keeping our students in touch with the parish. To find out what happened in more detail check out my blog on our youth website.

This Christmas there is going to be a youth bazaar, (I'm told this is like a car boot sale) on Saturday 13th December at 10am-2pm. If you have any stuff you would like to donate to the sale (proceeds going to a potential youth trip to Uganda and Sarah Hutchinson's trip to Nepal) please drop it into the church. We would request the donations would be deemed sellable.

Good tidings



CHRISTMAS YOUTH BAZAAR
On
SATURDAY 13th DECEMBER 2008
At
10.00 - 2.00 PM
in
The parish Centre



The Quiet Page

According to a recent survey, 65% of women say they find Christmas stressful, but 70% of mothers say all the trouble they take preparing for it is worthwhile. 29% start planning in September. 46% have bought items in the January sales ready for next Christmas.

Then there are the regional differences: Welsh women apparently spend the most time getting ready for Christmas, with 28% spending more than three weeks shopping for presents alone. Women in the South East of England are least likely to enjoy Christmas: 20% say they cannot bear it, compared with 9% in the North East.

Interestingly the woman with the main speaking part in the Bible's description of Christmas was never asked her opinion as such. 'You will conceive in your womb and bear a son, and you will name Him Jesus'. Her response was equally direct: 'let it be with me according to your word'.

Strange exchange with which to begin the salvation of the world. No more than a bit of a girl, and arguably no real say in what was going to happen to her. How would we do if we were put on the spot like that? And by the way it's not a hypothetical question.

The Christmas story asks each of us: how much are we willing to yield to God? Will it be on our terms only, fitting God in around our plans and priorities, as and when we're in the mood for it? Ask yourself: how would it look as a percentage?

SED

Our Worship

Sunday 7th December Advent 2

8:30 Holy Communion
10:00 Family Service
11:30 Morning Prayer
6.30 Words and music for Advent Sunday

Sunday 14th December Advent 3

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

Sunday 21st December Advent 4

8:30 Holy Communion
10:00 Children's Carol Service
11:30 Morning Prayer
6.30 Carols by Candlelight

Wednesday 24th December Christmas Eve

5.00 Exalt - Family Carol Service
11:00 First Communion of Christmas

Thursday 25th December Christmas Day

8:30 Holy Communion
10:00 Family Service

Sunday 28th December Christmas 1

8:30 Holy Communion
11:00 United Morning Worship
6.30 Carols & Curry!

Thursday 1st January - Naming of Jesus

10.00 Holy Communion

Sunday 4th January The Epiphany

8:30 Holy Communion
10:00 Family Service
11:30 Morning Prayer
6.30 Healing Service

Tuesday 6th January The Epiphany

10:30 Holy Communion

Sunday 11th January

1st Sunday after Epiphany

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

Sunday 18th January

2nd Sunday after Epiphany

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

Sunday 25th January

3rd Sunday after Epiphany

8:30 Holy Communion
10:00 Parish Communion
11:30 Morning Prayer

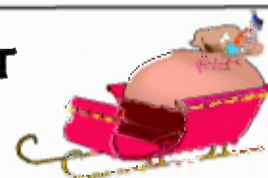


FREEWILL OFFERING ENVELOPES

The next years freewill offering envelopes will soon be available for collection.

They can be found at the back of the church in boxes, in street order. It would help us considerably, if, when you are picking up your own envelopes, you could take some of your neighbours with you and pop them through their door.

CHRISTMAS GIFT CARDS



Still trying to think what to get someone for Christmas?

Worry no more..... 2008 Christmas Gift Cards for Kiwoko Hospital funds are available for purchase from the Parish Office or Yvonne (07791375507)

This year all donations will help provide essential nurse training.