

Church of

St Columbanus

Parish of Ballyholme



March 2009



Kilbroney Unplugged

YF Weekend in Rostrevor
exposed on Page 10



The Parishioner

The Church is open every weekday morning for private prayer and meditation



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◆ Cover

This month's cover
photo is Footsteps in
the Sand
by Daniel Smyth

◆ Magazine Contact email:

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The Rambling Rector

Every year the Archbishop of Canterbury commissions a Lent Book and every year I buy it. Some years I even read it. His 2009 offering (by Timothy Radcliffe OP) is intriguingly titled *Why go to Church?* Will it be the results of a survey of regular Church-goers? Perhaps it will make a case for worship: going to Church is good for you because... Of course it could also be a diatribe: here's why I *don't* go to Church. At a point in the history of western Europe when Church-going is at a record low, it's a timely question. Maybe confidence among the faithful is flagging. Maybe we're feeling a little more self-conscious about going to Church now than we used to. Personally, I've yet to reach the point where I feel

apologetic about asking people to come to Church. For me, there's a snappy Latin phrase that covers it: *unus Christianus, nullus Christianus*. There is, in other words, no such thing as a solitary Christian. At least not in the New Testament. What the first believers and generations after them in turn were to discover, was that whenever they met together to hear the teaching, to break the bread and to pray, the Lord who had made Himself known to them on the day of resurrection would make Himself known to them again - and again, and again. There is a blessing in worship for which there can never be a substitute, however desperately people search to find one!

SED

Sunday 29 March 2009 Annual General Vestry Meeting Bread & Soup Parish Lunch for Team Africa



Many parishes now hold their Easter Vestry meeting on one of the Sundays in the run up to Holy Week. As an experiment and as advertised last September in the Parish Directory, we have decided to give it a go ourselves this year in Ballyholme and Passion Sunday seems to be the ideal date: it's a fifth Sunday and so there will be a combined service that day.

It also seems like an obvious day for the Mission Committee and 27 young people who are travelling from our parish to Africa this summer to host a fund-raising parish lunch. Immediately after the 11 o'clock service finishes bread and soup will be served in the Parish Centre and all donations will go towards the expenses of our Africa Youth Team. Tea/coffee and tray bakes will also be on offer and then at

approximately 1.00 the Rector will call the AGM to order with all the usual reports and elections. Please plan to be part of this important day in the parish calendar and do consider the possibility of allowing your name to go forward for election. The Rector will outline the responsibilities of Vestry membership in Church on the morning of the meeting. Please bear in mind that only registered vestry members may vote or be elected to office at an Annual General Vestry Meeting. Speak to the Churchwardens on Sunday to ensure we've got your name - it is amazing how many people consider that they 'belong' to Ballyholme but whose name has never made it to the list of vestry members!

Julio

It may be a long way from the Basque region of Spain but one of our parishioners feels very much at home right here in the Ballyholme area.

The striking similarities in weather are just one of the reasons why Julio Oliva is so certain that he is happily settled here, with no desire to return to his native Navarra region, located on the border with France.

A mechanical engineer, Julio came to Northern Ireland to work, met his future wife Fiona and the rest, as they say, is history.

The couple started attending St Columbanus because they already knew a lot of people at the church and also because Fiona had gone there herself as a child. After the birth of their first child Sergio, now aged 10, they joined the church full time and have become familiar figures in the congregation.

Julio is rightly proud of his Basque roots but has quickly become accustomed to his adopted country.

“The weather here is very similar and it is also very green, like back in the Basque country so I am used to this type of climate,” he explained. While he does like sunny warm weather, too much of it doesn't really agree with him.

Quite a sizeable number of Julio's family still live in and around Navarra so every summer they make the trip back home to see them all. Julio and Fiona both agree that it is important for Sergio and his nine-year-old sister Carina to maintain close links with their Spanish relations.

“It is great to go back to Spain for the holidays but I am not homesick. Perhaps it would be

good to retire there”, said Julio who clearly does not foresee that happening for some time yet.

As for the language, Fiona confesses that while she is not very good at speaking it, she can understand quite a bit of what is being said.

One of Julio's great passions is the Christian book stall which he runs monthly in the church hall. Having amassed a staggering 300 books on a variety of topics, all of them donated, he is keen to see more people availing of this free service. Books and CDs can be borrowed, free of charge for a month or several months.

There is a wide variety of books as well as CDs and Julio is keen to get feedback from those who have availed of the service.

“I would like to hear feedback from people who could write a small article or a couple of paragraphs on what they have found helpful in the book”, he explained.

Already, people have told him they were “encouraged” by a particular book and would recommend it. Julio is hopeful that the small group who come back again and again to borrow books will encourage more to get into reading these books or listening to the music.

Rosie Lawther



Parent & Toddler Group

What a lovely atmosphere there is at the Parent and Toddler group with lots of toys and books for the wee ones, and Mums and Grandpas (no Dads yet!) enjoying getting together on Thursday mornings!



There's coffee, tea and scones for the grown-ups and cheese, pancakes and biscuits for the toddlers.

Ring Janice on 91468017 for info.

Betty Armstrong

M.U. Spring Sale and Coffee Morning

Saturday 28th March
10.00am - 12.30pm.

There will be a variety of stalls including Cakes, Crafts, Books, “Bangles Beads & Bags”, and a Tombola. Items for the sale can be collected by committee members or may be left in the Parish Office.

Please come along and bring your friends!





What happening with Rory + Denise?

Hello everybody.

Our wedding on 6th December in Luwero cathedral was a great day, and settling into married life in Kiwoko has been really good so far. Thank you to all in Ballyholme for the card, greetings, prayers and gifts - we are very thankful to still be treated as part of the St Columbanus' family. Our Ballyholme tapestry is wonderful, and has pride of place in our living room.

By the time you are reading this, we may well have met up. Having completed three years in Uganda, I (and Denise) will be back in Ireland by late February where we will spend the next five months before returning to Kiwoko. This time is partly to visit supporting churches to strengthen those partnerships (so we often won't be found worshipping in St Columbanus on Sunday

mornings;) partly to undertake further training to fulfil professional updating requirements; and also partly to have some rest and refreshment to enable us to continue what, although very good, is at times a rather pressurised life in Kiwoko. Dr James will be taking over my day to day responsibilities in Kiwoko, though with the omnipresence of email I will still be fielding some of the hospital administration from Bangor.

We're going to be living on Riverside Road for our time when home so you are likely to see us out and about around Ballyholme.

One request - if you happen to have an unwanted ladies or gents bicycle to give/lead/rent for 5 months we'd be very interested to facilitate our mobility and attempts to get fit!

See you soon,

Rory + Denise

A Stitch in Time

Such talent there is in St Columbanus!

The Crafty Stitchers produce beautiful patchwork, place mats, table runners and wall hangings, and quilts as big as a double bed and a small as a pram. You work at your own pace and there's always help for the beginner from the experts. One of the spin-offs has been the solid new friendships made at those Tuesday evening gatherings. And there is always the chance for a good natter at the tea and coffee break!

Like to give it a go? Ring Janice Hewitt on 91468017.



Betty Armstrong



St. Patrick's Day Celebrations in Downpatrick

- 9.30 am Holy Communion at Saul - Preacher - The Revd Jono Pierce
 - 10.30 am Pilgrimage from Saul to Downpatrick (takes approx 35 minutes)
 - 11.45 am Festival Service in Down Cathedral -
Preacher - Professor Derick Bingham
 - 1.00 pm Wreath laying ceremony at St. Patrick's Grave
- A group from Ballyholme will be going - see the News in the Pews



**Ballyholme Parish Away Day
to the Jethro Centre, Lurgan
on
SATURDAY 14th MARCH**

“On the Way” - everyone welcome
Simon will reflect on a “year in Ballyholme”

A children’s programme is being run by Jumpin’ youth team. Price includes a two course lunch, refreshments and activities, but there will be an additional charge for the bus

Meet in Church Car Park 9.00 am
to leave Lurgan at 3.30 pm
Cost: £15 per adult £10 per child

ST COLUMBANUS WALKERS - FEBRUARY 2009

Snowmen (and women)!

The sun shone, the Mourne were stunningly snow covered and our group of 12 St Columbanus Walkers joined the dozens leaving Donard Park for a gem of a day in the hills. The destination was The Granite Trail, which takes in the path of the ‘Bogie Line’, a funicular railway laid in 1824 to transport granite from Millstone and Thomas’s Mountains to Newcastle Harbour.

Through the forest then and after lunch out into the open with magnificent views over Dundrum Bay to St. John’s Point, after which we descended the old bogie track to the town and Maud’s Coffee Shop for the usual after walk replenishment.

Our next outing is on 7th March to Sallagh Braes (Larne area): country roads/open moorland; 7 miles. (Meet 9.00 am in the Car Park)

Betty



**A Prayer for those
who are alone**

I live alone dear Lord,
Stay by my side;
In all my daily needs
Be thou my guide,
Grant me good health,
for that indeed I pray,
To carry out my work
From day to day.
Keep pure my mind,
My thought, my every deed,
Let me be kind, unselfish,
In my neighbours’ need.
Spare me from fire,
from flood, malicious tongues,
From thieves, from fear
And evil ones.
If sickness or an accident befall
Then humbly, Lord
I pray, hear my call.
And when I’m feeling
Low or in despair;
Lift up my heart and
Help me in my prayer.
I live alone, dear Lord
Yet have no fear,
Because I feel
Your presence ever near.
Amen

Kevin Mayhew

**Ballyholme Parish
Golf Society**

Next outing to Donaghadee Golf Club on Friday 27th March.
Bacon butties at 10.00 am with tee off at 11.00.

As catering will be involved, please phone Harry Browne 91467275 if you would like to take part.





1

1. Enjoying the Monday morning coffee and scones.



2

2. Who's for seconds at the weekly Friday lunch?



3

3. Glad to see you!

4. Some of our Guide company.

5. Margaret Parr's house group.

6. Parent and Toddler group.

7. Pat Peel puts the men through their Keep Fit routine at the Monday morning session.



4



5



6



7



Every little helps!

So far we have raised almost £1,500 for the Building Fund, from the sale of the Vestry's "stained glass panel" prints.

We can do better!

Treat yourself to a reminder of your connection to Ballyholme Parish Church and our partnership with our friends in Kajiado.

* £25 is the price

* Details from the Parish Office

Make this your Easter treat - a healthy and permanent alternative to Chocolate eggs!

Meg Barnard

Visits

The pastoral staff make a systematic visitation of parish households and are always glad to meet you and your families in your own homes. If you have not seen them on your doorstep yet, it may be that you are only in at night-time when they are often engaged on other parish work. They will always be glad to make a time to call if that is more suitable but if you feel you would like a visit at home for that or any other reason please get in touch with the clergy directly or leave a message in the Parish Office.

The Wednesday Club



Our February meeting was held in the Columbanus room, where we were enthralled by slides of Rathlin. Our speaker, George Gilliland, took us on a tour of the whole island, and his beautiful photos inspired promises from some of us to visit that beautiful place sometime soon (weather permitting!)

For our usual tea and scones, we adjourned to the main hall, where there was a bit more room, as over 50 ladies had made it through the cold weather to attend.

Ena Reid was the winner of our main draw.

Sue

Many thanks to all who have contributed used stamps, which are sold to philatelists to boost much needed funds for CMS Ireland.
Sheilagh Jebb



The Cinema Club

This small but devoted gathering of people takes place on every alternative Tuesday of the month in the Parish Centre at 2.00 p.m.

It only costs £1, and for that you get to watch a film in a warm and cosy room, a cup of tea and a bicci, and sweets have been known to appear as well, before heading home at approx 4.30 pm.

No booking necessary, so why don't you pop down next month and give us a try.

**School for Prayer
Sunday 22 March 2009 6.30pm**

How God answers Prayer:

A conversation with Sheilagh Jebb

After a lot of arm twisting Sheilagh has agreed to reflect on the ups and downs of her own life of prayer, how God has responded sometimes unexpectedly, sometimes dramatically, sometimes quietly and gently and sometimes very slowly!

Are you signed up?

It's time to register as a Vestrymember: Residential or Accustomed. The Register is now open for updating.

Forms are available in the Parish Office, or from the church wardens at the back of church.

Remember, unless you are registered, you will be unable to vote at the Easter Vestry.



St DAVID'S DAY 1ST MARCH

St David, Saint Dewi in Welsh, is the national saint of Wales.

When he was about 30 years

old he established a monastery at Glyn Rhosyn, the Vale of Roses. A legend about Glyn Rhosyn says that years before David was born St Patrick came there to settle but an angel sent him on to Ireland saying that the place was already reserved for David who would be Wales' patron saint. This place is now called St David's (Ty Dewi) where the cathedral now stands.

There are lots of legends about St David: one story is that there was very little fresh water near the monastery but when David prayed for water, a spring came up at his feet.

When he was a young man he attended an assembly of bishops where the crowd was so large that people couldn't be heard for the noise. But when David began to speak a hill rose under his feet so that everyone could see and hear him.

MARCH

When we shorten the name of this month we write Mar, - all the answers to this quiz begin with the letters MAR, so which MAR is.....

1. A breakfast jam made with oranges?
2. A long distance race?
3. Author of one of the gospels?
4. A small ball of glass?
5. The 4th planet?
6. A wooden puppet?
7. Lazarus' sisters?
8. An alternative to butter?

How do you get two whales in a car?

Along the A5 and across the Severn Bridge.

Last month I wore white all the time so that the traffic could see me.

That must have kept you safe.

No, a snowplough knocked me down.

Answers: 1.marmalade 2.marathon 3.Mark
4.marble 5.Mars 6.marionette 7.Mary and Martha 8 margarine



BOOK REVIEW NIGHT TRAIN TO LISBON by PASCAL MERCIER

Walking to work in Bern, academic Raimund Gregorius prevents a Portuguese woman from jumping to her death. Later that day he unearths an obscure Portuguese volume in his favourite book-shop. He struggles to get to grips with the book and the Portuguese language but then, hardly understanding his own compulsion, he boards the night train to Lisbon. There he signs up for a language course and begins searching for the enigmatic author Prado.

Raimund's investigation of Prado's life and the study of his philosophical essays form the main storyline of this intriguing but meandering novel. Prado is revealed variously as doctor, philosopher, patriot and poet, adored by some but judged by others to be too mired in the rationale of his own existence.

After some months Gregorius develops health problems and returns to Bern leaving the reader pondering the novel's purpose.

Reflection on a troubled genius? Warning against excessive introspection? Or encouragement to desert the everyday and board the Night Train to Lisbon! Atlantic Books; £7.99 paperback.



Leslie Adams

Hospital and Sick Calls

Please always get in touch with us 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.

Holy Week 6th-10th April

This year will be held in Ballyholme Methodist Church.

There will be worship services each evening, Monday - Friday at 8.00 pm. More details to follow next month.

Following on from our very enjoyable Carols and Curry night after Christmas, here are two recipes for Chinese meals which you might like to try.

Stir-Fried Duck with Cashews (Serves 4)

450g/ 1lb duck breast, skinned, 3tbsp groundnut oil, 1 garlic clove, peeled and finely chopped, 1tsp freshly grated ginger root, 1 carrot, peeled and sliced, 125g/4oz mangtout, trimmed, 2tsp Chinese rice wine or dry sherry, 1tbsp light soy sauce, 1tsp cornflour, 50g/2oz unsalted cashew nuts, roasted, 1 spring onion, trimmed and finely chopped, 1 spring onion, shredded, boiled or steamed rice to serve

Trim the duck breasts, discarding any fat and slice thickly. Heat the wok, add 2tbsp of oil and when hot, add sliced duck breast. Cook for 3-4 minutes or until sealed. Using a slotted spoon, remove and leave to drain on absorbent kitchen paper.

Wipe wok clean and return to heat. Add remaining oil and when hot, add garlic and ginger. Stir-fry for 30 secs, then add carrot and mange tout. Stir-fry for 2 minutes, then pour in Chinese rice wine or sherry and soy sauce.

Blend cornflour with 1tsp water and stir into wok. Mix well and bring to boil. Return duck slices to wok and simmer for 5 minutes or until meat and vegetables are tender. Add cashews then remove from heat. Sprinkle over chopped and shredded spring onion and serve with rice.

Shredded Chilli Beef (Serves 4)

450g/ 1lb lean beef steak, cut into very thin strips, 1tbsp Chinese rice wine, 1tbsp light soy sauce, 2tsp cornflour, 8 red chillies, deseeded, 8 garlic cloves, peeled, 225g/8oz onion, peeled and sliced, 1tsp Thai red curry paste, 6tbsp groundnut oil, 2 red peppers, deseeded and sliced, 2 celery stalks, trimmed and sliced, 2tbsp Thai fish sauce, 1 tbs dark soy sauce, shredded basil leaves and a sprig of fresh basil to garnish, freshly cooked noodles to serve

Place the beef in a bowl with the Chinese rice wine, soy sauce, sesame oil and cornflour and mix well. Cover with clingfilm and leave to marinate in the refrigerator for 20 minutes, turning the beef over at least once.

Place chillies, garlic, onion and red curry paste in a food processor and blend to form a smooth paste. Reserve.

Drain the beef, shaking off any excess marinade. Heat a wok and add 3tbs of groundnut oil. When almost smoking, add the beef and stir-fry for 1 minute. Remove beef and reserve.

Wipe wok, reheat and add remaining oil. When hot add the chilli paste and stir-fry for 30 seconds. Add peppers and celery together with fish sauce and dark soy sauce. Stir-fry for two minutes. Return beef and stir-fry for a further 2 minutes or until beef is cooked. Place into a warmed serving dish and sprinkle with shredded basil and a basil sprig and serve with noodles.



MOTHERS' UNION

For those not familiar with the how and why of the Mothers' Union, it was founded in 1876 by Mary Sumner who, when her first child was born was overwhelmed by the huge responsibility of parents caring for their children's physical and spiritual well-being. Our MU is a thriving organisation with over 50 members led by Pat Davidson.

The February meeting was an 'Overseas Night' with visiting speaker Maureen Hunter, the Down and Dromore Diocesan Secretary outlining the work of the Mothers' Union.

Deidre Merrick will be coming to our meeting on **Monday 1st March** to give a talk on the History of Jewellery. She will have some interesting pieces to show us and there will be an opportunity to purchase some jewellery with the proceeds going to support the Assisi Animal Centre.

The Annual M.U. Festival Service is on **Wednesday 25th March** at 8.00pm in St Columba's Parish, Knock. Lifts to the Service can be arranged for anyone who would like to go.

Pat



Cost of weekend?? £60. Spending money?? £20... This year's YF weekend?? Priceless!

What a great weekend was had by all. Normally, I try to get a young person to write about a weekend away, rather than me, so that you can all have a more general overview of what goes on at these things. However, with the magazine deadline the day after we got back that wasn't possible this time.

This year's weekend was to a place called the Kilbroney Centre, in Rostrevor, a church-run environmental centre, with a refurbished accommodation suite. On the Friday night, 37 from our Youth Fellowship travelled down by bus to Rostrevor, thankful that the snow had held back for a few hours to allow us all to get there safely. A parent in the car park remarked that Bangor was the only place in the U.K. not to get snow. However I don't know if they were basing this on fact or perception. Anyway we arrived at the centre, and after a briefing and a stating of the rules by the Rector and centre warden, the Rev Sam Jones, we talked about what the weekend had in store.



A friend of mine, Scott Evans, who is a Church of Ireland youth officer, in the South, led us in sessions which had a few droplets of fun and games splashed in, together with a wee shopping trip into Newry. Scott's sessions were based on our idea of God, who we are in God and what God has planned for us. This weekend was a great breakthrough for many of the young people. Scott is a youth leader with a big heart for

young people and a special gift for communicating God's love for them. There was a lot of time spent in quiet reflection and also time for some really challenging questions and for people to air their pain.

On the fun side, we had a few wee sing-alongs, a talent show that really showed off people's talents in unique ways and an extreme lack of sleep. One of our girls did not sleep at all during the whole weekend!



Please check out the YF website for some videos, to get a better idea of what went on. I would like to thank leaders, Sam Johnston, Suzy Beech and Andrew Morrison for their hard work and dedication during this weekend. A special thanks also to Scott, our speaker, for travelling four hours each way, to share with us, what was in his heart.

WHAT A WEEKEND!!!

dc

The Quiet Corner

The people who hanged Christ, to do them justice, never accused Him of being a bore - on the contrary; they thought Him too dynamic to be safe. It has been left for later generations to muffle up that shattering personality and surround Him with an atmosphere of tedium.

We have very efficiently pared the claws of the Lion of Judah, certified Him 'meek and mild', and recommended Him as a fitting household pet for pale curates and pious old ladies.

To those who knew Him, however, He in no way suggested a milk-and-water person; they objected to Him as a dangerous firebrand. True, He was tender to the unfortunate, patient with honest inquirers, and humble before heaven; but He insulted respectable clergymen by calling them hypocrites; He referred to King Herod as 'that fox'; He went to parties in disreputable company and was

looked upon as a 'gluttonous man and a wine-bibber, a friend of publicans and sinners'; he assaulted indignant tradesmen and threw them and their belongings out of the Temple; He drove a coach-and-horses through a number of sacrosanct and hoary regulations; He cured diseases by any means that came handy... He showed no proper deference for wealth and social position...

He was emphatically not a dull man in His human lifetime, and if He was God, there can be nothing dull about God either. But He had 'a daily beauty in His life that made us ugly', and officialdom felt that the established order of things would be more secure without Him. So they did away with God in the name of peace and quietness.

Dorothy L Sayers *Creed or Chaos*



The Reverend Stephen Smyth

By now many of you will have had a chance to meet Stephen. He began his ministry with us in Ballyholme back in September after responding to an advertisement we placed for a curate in

The Church of Ireland Gazette.

Everyone agrees that he is a real asset to our parish family, a warm pastor, a gifted preacher and teacher and a good sense of humour! Some of you have noticed that while Stephen dresses and preaches like Simon there are certain parts of the service Stephen has yet to lead. Presiding at Holy Communion for example, or pronouncing the Absolution or the Blessing.

All that changes this month because after an interview in Dublin with the Bishop of Meath and Kildare and the Bishop of Connor (as

representative of the wider Church of Ireland) it was agreed that Stephen would undergo a period of study and then a retreat at the College of the Resurrection in Mirfield before being formally received into the Church of Ireland this spring.

That reception took place at the end of February at a service led by Bishop Harold in *See House*. Stephen was originally ordained for the Church of England in South Africa and as you might expect there was a process of discernment and admission to be worked through.

We send him our warm congratulations on this milestone and underline how glad we are to have the Smyth family with us in Ballyholme. We value Stephen's wealth of experience and wisdom and we are delighted that he can once again exercise the full breadth of sacramental gifts for which he was first ordained 18 years ago.

Our Worship

Sunday 1st March First Sunday in Lent

8:30 Holy Communion
10:00 All Age Worship
11:30 Morning Prayer
6.30 Healing Service

Sunday 8th March 2nd Sunday in Lent

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

Sunday 15th March 3rd Sunday in Lent

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

Sunday 22nd March 4th Sunday in Lent

8:30 Holy Communion
10.00 Parish Communion & Children's Church
11.30 Morning Prayer
6.30 Space on 4

Wednesday 25th March

The Annunciation of our Lord
10.30 Holy Communion

Sunday 29th March Passion Sunday

8.30 Holy Communion
11.00 United Service & Easter Vestry
6.30 Evening Prayer

Details of St. Patrick's Day services in Downpatrick elsewhere in this magazine



March

1st: NO CRÈCHE

8th: David & Debra Johnston

91451407

Gillian McKnight 91273039

Jennifer McKnight 91273039

15th: Geraldine Barnes 91469950

Debbie Calvert 91479570

Heather Johnston 91465607

22nd: Lynsey McDermott 91457598

Susan Culbert 07711 337131

Jennifer Hatch 9147 2565

29th: NO CRÈCHE

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

BAPTISM

1st February: CAITLIN EVE WAUGH, daughter of Gareth & Victoria



March:

1st: Mark & Carolyn Larmour, Cara Hamilton.

8th: Charlie & Patricia Robinson, Margaret Parr

15th: Edna Morrison, Gillian Fletcher, Carol Majury

22nd: Richard & Sandra Kennedy, Pauline Baird

29th: Christine Wilson, Samantha Gouck, Anna Gullen



March 2009

1st: Sybil Robertson

8th: Ann Browne

15th: Sue Bleakley

22nd: Vikki Hayes

29th: Ruth Ruttle

FUNERALS

27th January: Julie Ann Johnston, late of Abbey Park

3rd February: Denis Magowan, formerly of Groomsport Road

LENT COURSE - SHEPHERD'S PIE!

A six week study of the Lord's Supper

We start with a Communion Service on Shrove Tuesday and Ash Wednesday - and will run weekly thereafter.

You have a choice of Tuesday morning 10.30 or Wednesday evening 8.00 study sessions, and the mood will be relaxed and informal in good company. Beginning 24th February in Kajjado Room in the Parish Centre.

Any articles for inclusion in the March magazine, should be left in the Parish Office by **6th March**

