

Church of

St Columbanus

Parish of Ballyholme



June 2009



Easter Morning Service on the Beach

See the photos on Page 11



The Parishioner

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



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New series looking at your favourite music.
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Don Todd's photo of the wooden cross being erected on Good Friday.

✦ **Magazine Contact email:**
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The Rambling Rector

Thanks for responding so enthusiastically to 'On the Way - have your say'. I'm thrilled so many of you care enough to get involved. If you haven't heard yet we are undertaking a very simple exercise. With one eye on 2015 (the 1400th anniversary of the death of St Columbanus) we want to take the best of the past into the future and, under God, to work out a few basic priorities. There's nothing set in stone and the more of you who can be part of our discussions the better - especially on 3 and 29 June at the Parish Centre. Of course no response is also a response: all we can do is encourage you to take part. In

that respect it's like every other aspect of the Christian faith, not least of all actually going to Church. There will always be people who want Church to respond to them on their terms, as and when they need it, want it or feel like it. Certainly the Church of Ireland sees itself as being there for those with no other Church to turn to and yet there must come a point where in all gentleness and love we say: OK folks, you've told us how you expect us to respond to you, how are you going to respond to us? More to the point, how are you going to respond to the God who made you and died for you? There again: no response is also a response. SED



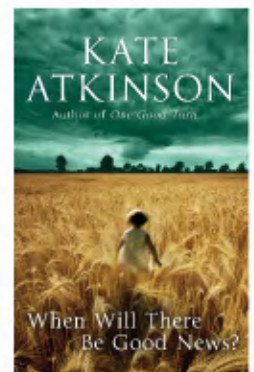
When Will There Be Good News?

By Kate Atkinson.

In rural Devon, a six-year-old girl witnesses an appalling crime. Thirty years later a man convicted of the crime is released from prison.

In Edinburgh, sixteen-year-old Reggie, wise beyond her years, works as a nanny for a GP. But her employer has disappeared. Across town Chief Inspector Louise Monroe is also looking for a missing person. So begins a crime thriller based around a rather large number of co-incidences.

The writing is engaging and twists and turns throughout the story, although it could be described as confusing in parts. Sub-plots pop up from a number of directions keeping the reader guessing. Fans of Kate Atkinson will enjoy this read. (Published by Black Swan £7.99 Paperback)



Eleanor Mulholland

PLEASE, PLEASE

Let us know when someone in your family, or someone you know in the parish has gone into hospital. The clergy are in the hospitals every week, and your relative or friend could be in the bed next to the person they are visiting.



While the hospital chaplain does inform us of people he knows about, we would rather be told twice, than to miss someone in need of a visit.



Thank you

**Bowling at Ballyholme
ANNUAL PRIZGIVING & DINNER**

Another enjoyable season was brought to a close with the club's Annual Dinner and Prizegiving on 29th April. As in the previous year, the event was held in the Rambling Rose Restaurant at Dickson's Garden Centre. Over 30 members and guests enjoyed a delightful menu of local produce before the evening's presentation of prizes by the Rector. The award winners were as follows -

LADIES SINGLES

Winner (Berry Cup) Roberta Munnis
Runner-Up (Conn Cup) Susan Nixon

MENS SINGLES

Winner (Nixon Cup) Norman Munnis
Runner-Up (Wilson Cup) Jack Mercer

PAIRS

Winners (Pairs Cup) Bill Henry & Derek Coates
Runners-Up (Trophy) May Henry & Brian Finch

RINKS CUP

Winner (Trenier Cup) Stanley Jackson

The evening was concluded with a few words from the Club Secretary Derek Coates and he reminded all that the new season will commence on Wednesday 9th September. The new season will also be the club's 50th Anniversary and it is hoped to commemorate this milestone during the year.



LOCAL QUIZ



Did you know where this was?

Answer:



Now for this month's -



Where is this?

Answer next month

The Wednesday Club

For the last meeting of the season, our speaker was John Toy, who is a member of the Bangor Coastguard. He gave a very interesting talk, and kept us all amused with various anecdotes - he also filled us with facts as well - did you know that it is the coastguard who organise air ambulance helicopter landings at the Ulster Hospital?

Our draw winners this month were Cynthia Telford and Winnie Thompson.



Next month - June- is our annual outing. All members should meet at the front of the church at 1.15pm. We should arrive back in Bangor about 5ish. See you there

Passionate about music?



Do you enjoy your music?

Do you have an iPod or MP3 player?

Would your favourite songs be the soundtrack of your life?

We are interested in hearing from you for a new column in the magazine. All we want you to do is list your top 10 tracks.

We can't guarantee it will

generate the same amount of interest as when Barack Obama published his favourites, but we are all ears! Contact the Parish Office, in person, or by email. To get things started, I have produced my top 10. After all, we are just as interested in lists from groovy old men and women, as from the younger generation!

Don Todd

Dawn Service - Easter morning

Friends and neighbours from the four Ballyholme churches met at dawn on



Easter Day for their short annual service on

Ballymacormick beach. Praise was led by the clergy with singing and prayer to bring in the day of resurrection by people from Ballyholme Methodist, Presbyterian, Church of Ireland and the Catholic Church. Later a warming continental breakfast was enjoyed in Ballyhome Parish Centre by more than 100 people.

SED



What's on your iPod (or MP3 Player)?



DON TODD

Don is a retired electrical engineer, who now enjoys spending time with his grandchildren and trying to play golf.

- | | | |
|----|-------------------------|---------------|
| 1 | You've got a friend | James Taylor |
| 2 | Speedway at Nazareth | Mark Knopfler |
| 3 | My Girl | Otis Redding |
| 4 | Julie through the glass | Carly Simon |
| 5 | Ace of Hearts | Chris Rea |
| 6 | Celtic New Year | Van Morrison |
| 7 | Forever Young | Bob Dylan |
| 8 | Writing in the margins | John Gorka |
| 9 | Cannonball | Damien Rice |
| 10 | She's Mine | Brett Dennen |

.....have your say!

Taking the best of the past into the future
5 'blue-sky' response forms were distributed in Church
on 5 Sundays in April, May and June.

Spare copies are available from the Churchwardens or from Sue in the Parish Office.

On **Wednesday 3 June** we'll consider

- Question 1: How do we draw more of our 1,100 families into parish life?
Question 2: How do we draw more people into our worship?
Question 3: How can we preserve what we love about our Church building while making it fully fit for purpose in the 21st century?

On **Monday 29 June** we'll consider

- Question 4: How can we reach out to our extended Christian family more effectively?
Question 5: How can we take our ministry to seniors and young people to the next level?

Each night: 7.30 to 9pm at the Parish Centre

Everyone is welcome and encouraged to participate - including those already involved in the discussions at vestry and the parish away day

on the
Way...
www.ballyholmechurch.com

ST COLUMBANUS WALKERS on Slieve Gallion

Our second outing to the Sperrins took us to Slieve Gallion on the eastern edge of the range, thankfully on a sunny day. We were delighted to welcome Don McNutt to the group.

Lest anyone think that the Sperrins are a day's drive away, it takes only about an hour and fifteen minutes to reach the eastern side and with our start being near Iniscarn forest, we were under way at 10.30. Along the road for a bit and then striking off on a gentle uphill through a varied patchwork of farmland, we reached the open hillside and the metalled road leading to the mast on the basalt top.

There, it is said, is the burial place of Callan, grandson of Colla Uais, High king of Ireland in pre-history times. We had lunch by the cairn, drinking in the stunning views - we could see Lough Neagh, Slemish and the Antrim Plateau. The heat haze prevented us seeing as far as Donegal! But we did see loads of wild flowers, an orange tip butterfly and a violet ground beetle! Heading down we were glad we hadn't ascended that route for it was like a grassy, muddy staircase, but eventually became more manageable through the forest back to the main road. Definitely one of our most memorable walks!



The next outing is back to the Sperrins on June 6th to Glenshane Forest. Meet at 8.30am at the Church car park. Details from Leslie on 9146 6689

Betty Armstrong

Coming into the Summer months, how about trying these two different, but delicious desserts?

Lemon & Cranberry Baked Cheesecake Serves 12

Base:

2 ozs butter 5 ozs digestives

Filling:

350g cream cheese, 5 ozs golden caster sugar, 4 med eggs, 1 lemon (zest & juice), 2 tsp vanilla essence, 1 handful dried cranberries, 11 fl oz soured cream.

Preheat oven @ 180.

Melt butter and add to crushed biscuits, press into 8" tin with removable collar.

Place all topping ingredients except cranberries and cream into bowl. Mix until smooth, stir in cranberries and pour on top of biscuit base. Bake for 30 mins until just set and remove from oven. Will continue to set whilst cooling.

After approx 10 mins, smooth cream over top. Replace in oven and cook for a further 10 mins.

Allow to cool and set.

Remove collar and slide off base. Place in fridge.



Baked Raspberry Trifle Serves 8

350g frozen raspberries, 225g Maderia cake, thinly sliced, 5 tblsp sherry or Drambuie, grated rind of 1 orange, 1 litre double cream, 4 eggs, 85g caster sugar + 1 tblsp. 8 tblsp bramble jam, 5 shortbread biscuits, coarsely crumbed and toasted. Icing sugar to dust, vanilla extract.

Preheat oven @ 160

Tip raspberries in bottom of dish, crush slightly with back of spoon. Top with slices of cake then spoon over drink. Allow to soak for 10 mins. Spread jam over and cover all cake. Whisk together 600 ml of cream with eggs, sugar and orange rind and vanilla extract. Spoon over soaked cake.

Sit tin in roasting tin with 5 cm of water. Bake for 1 - 1hr 10 mins until custard just set with a little wobble left in it. Cool and chill until ready to serve.

Whip remaining cream with 1 tblsp sugar until it holds its shape, then spoon over custard. Scatter with raspberries and toasted shortbread and finish with dusting of icing sugar.

A rich variety of life changing experiences

Growing up in Rhodesia and then living in both pre and post apartheid South Africa have given our curate's wife Debbie a unique opportunity to live through some life changing experiences. While rich and varied events have shaped and influenced her greatly, it is through talking to her that you realise that it is ultimately the influence of the Lord which shines through her life and helps make her the person she is today. As Debbie says, when it came down to it, she had to decide whether she was "for or against" Jesus. She was born in what was then Rhodesia, now Zimbabwe, her mother was second generation Rhodesian and her father was from Scotland. After leaving school, Debbie went to Addington hospital in Durban, South Africa for her basic nursing training. It was during a visit back home, while she was helping her mother prepare breakfast in a troops' canteen that she first encountered Stephen who was doing his National Service in the police. Debbie fondly recalled that there was an instant spark of mutual interest but since both of them were involved in relationships at the time, it didn't go anywhere at the time. Several months later though on a return trip home they got together. Debbie, however, was still working and studying in Durban so they had to conduct a long distance relationship for nearly a year, writing regularly and phoning each other every week. She had been determined to do her midwifery studies in the UK because, as she said, "I grew up thinking of the UK as home; our heritage was there while we still thought of Rhodesia as a colony." However, love, and fate, was to play a different hand and shortly after completing her studies Debbie and Stephen were married. Being young and footloose, they decided to do a bit of travelling and arrived in the UK for 6 months, planning to make it their home. The lure of the sunshine and lifestyle however took them back to Africa but not to the newly independent Zimbabwe. Robert Mugabe had just taken power and even in those early days the future did not look so great, "We just didn't see a long term future there," was how Debbie put it. She summed up her unease with the phrase, "Mugabe always talked out of both sides of his face, delivering one message to the whites in Zimbabwe but a startlingly different one to his black supporters, my mother was a fluent Shona speaker."

They chose to settle in the beautiful city of Capetown where Stephen had been at university - Debbie was successful in getting a job at Grootteschuur hospital (where the first world heart transplant was performed in the 1960's by Dr. Chris Barnard) while Stephen started his Articles in Accountancy. However, underneath the surface Stephen was asking a lot of questions, he began reading the Bible and, as Debbie described it, the Lord began working in his life. He started attending church and Debbie too went with him where she came to a gradual realisation that she needed to make a choice. Their church, St James Church of England in South Africa was "huge" with regular attendances of 1,500 on a Sunday. Over a



period of time Stephen became aware of a calling on his life which eventually led to a decision to go to Bible College in 1985. At that stage Stephen had finished his Articles while Debbie was working in the cardiac department at Grootteschuur. She took the courageous step to resign her job in order to go to Bible College with Stephen for a year.

Although apartheid was still in place in South Africa Debbie says the hospital was a truly multi-cultural environment with rich cross-cultural opportunities. While at Bible College (which was interdenominational and inter-racial), Debbie fell pregnant with their eldest son Jared who was born three and a half weeks prematurely in April 1986. This was a hectic time for the Smyths as Stephen required surgery on a suspected melanoma on his head which meant a break from Bible College for a year and a half. He returned in 1988, determined to finish his course and Kirsten their daughter was born in 1989. Stephen graduated at the end of 1989 was ordained in 1990 and the family moved to their first parish in Johannesburg, Holy Trinity Bramley as Minister in Charge. While there, Adam their third child was born in 1993. "We had a lovely life in Jo'burg. It was the high veldt and the weather was much more like Rhodesia," recalled Debbie. It was also very central which meant that family visited regularly from Zimbabwe, Mpulmalanga and the Western Cape. The undercurrent of violent crime though was ever present, with frequent car hijackings and one night a man was shot in the street across from their house. During their time in Jo'burg she witnessed the advent of high fences, barbed and electrified. High security (armed response, panic buttons and burglar alarms) became a way of life.

At the beginning of 1995 Stephen accepted a call to a church in Cape Town and so the family were on the move once again. They spent thirteen very happy years at St Andrews, Pinelands where Stephen was the Rector. It was just last year, with "mixed emotions" they left Capetown to settle in Northern Ireland, following in Stephen's parents' footsteps who had come back home in 2005 after fifty years in Africa. "It was kind of inevitable that we would all end up back in the UK," As Debbie talks with obvious fondness and affection for her homeland and adopted country of South Africa, she also worries about those left behind in Zimbabwe. Her family have long since left, most of them now living in South Africa, but there are people she knows still living in Zimbabwe and her thoughts often turn to them and the life they have to endure, it has been particularly hard for pensioners.

In an amazingly short space of time, Debbie says they have settled into the rhythm of life here. - the people are very friendly and the church folk have been very welcoming. Adam has also settled well at the local Grammar. However, with their two eldest children and a host of other family and friends still back in South Africa, it seems that trips back to "The Fairest Cape" will still be very much on the cards for many years to come.

P.E.P. PING UP OUR SHEPHERD'S PIE!

Preparation! Expectation! Prayer! The Lord's Supper was the theme for six Lent sessions led by Stephen Smyth in the run up to Easter. For sixty folk attending in two groups, an opening service of Holy Communion set the tone for weekly study on prayer, meditation, duty, and self-denial. Jesus set the standard for giving at Easter, when he gave his life for his friends. He put prayer before everything. Prayer, it seems, is not just our personal hotline to God, but the heartbeat of Christian life and worship. Jesus' command that we come to his table at Eucharist is not just a call to remember, but a call to prepare actively for his coming, to live in full expectation that he will come: to 'watch' and 'pray without ceasing' that we are ready when he does. New understanding warmed our last Communion, spilling over into thoughtful fellowship during the fine closing lunch enjoyed by the lucky Tuesday morning people. Best thanks to the leaders and lunch providers. This was an exceedingly good Lenten Pie.

Sara Ferris



Rory + Denise - back to Kiwoko soon

So our time in Ireland is nearly finished. We head back to Kiwoko in July. It has been good in recent months to see family and friends, and indeed enjoy a few weeks in New Zealand attending younger brother Dugall's wedding. Each of us running a leg of the Belfast marathon demonstrates the lengths one goes to with fund raising! The last time I took part in it I was 3 stone lighter - but we both really enjoyed it.

Spending nearly every Sunday worshipping in a different parish doesn't help one's sense of being at home in Ballyholme, but it has been good to share with so many congregations the great work being done in God's name in Kiwoko Hospital.

We will be commissioned for a further term as CMSI mission partners with services on Sunday 21st June in St Columbanus'. Do come along and support us with your prayers if you can.

Thank you to everyone who has played their role in supporting us in our time in Ballyholme. It has been great to feel so loved - not least in many practical ways. Denise has really appreciated the warmth making sure that she is happily becoming part of the Ballyholme family.

One final request as we prepare to head back: any unwanted mobile phones would be appreciated. Preferably unlocked. Nokia seems to work best in Uganda, and Orange seems the most temperamental at being sufficiently unlocked to work with our service providers.

If you have an old phone then give it to us, mum (Christine), or leave with Sue in the office.

Many thanks

Rory + Denise.



UPSTAGE DOWNSTAGE MUSICAL COMPANY

Presents

15th – 19th June 2009, 7.30p.m.

**St. Comgall's Parish Centre Brunswick Rd
Bangor**

Tickets £10

Booking Office 91274912 9.00a.m. -12noon Mon -Fri
or call in at Ballyhome Parish Office, Groomsport Road, Bangor





Where are they now? The Rev. Canon Nigel Waugh

When did you begin your ministry in Ballyholme?

We came to Ballyholme in 1982 and stayed until 1984.

First impression of the parish and people?

It is a lovely place. It reminded me of Greystones in Co Wicklow which is also by the sea and has similar houses and walking paths. The parish was friendly and had a very good atmosphere. It was a liberal enlightened forward-looking place in those troubled times. I am sure it still is.

What are the highlights (pleasant or otherwise) of your time here in St Columbanus?

There were many really. Jack Mercer was very good to work with. Much of the feel of a parish stems from the Rector. Like a school where the headmaster sets the tone.

The youth club was another highlight. They were a great bunch of young people and many of them are still friends though we don't see as much of them as we might like.

I remember setting up the playgroup and going out and buying the toys for it. It was a success from the start. I can't remember any unpleasant highlights. There were sad funerals and illnesses of course but my memories are all happy ones.

When did you leave and what was your next move?

We left in January 1984 to go to Co Wexford. We had outgrown the accommodation and it was time to take on greater responsibility. We had a country parish with two churches (soon to become four) and it was a complete change.

Where are you now?



In Delgany, Co Wicklow, close to Greystones, about 20 miles outside Dublin but part of the commuter belt. It is a place not unlike Ballyholme in position and in outlook.

Hobbies

We had scope in the country for gardening, riding and a little sailing. Now I just use the gym to stay fit and do a little hill walking. We enjoy

travelling and take an ecumenical group away each year, generally to somewhere in Europe, for about 10 days. I still read a bit, garden a little.

Family details

Jessica is a teacher and is getting married sometime soon. Alice is a physiotherapist. Rebecca works in finance and Jonathan is studying in Trinity. Heather holds it all together and looks after me.

Favourite music to listen to in the car/home?

Pretty wide range thanks to the iPod and YouTube. Josh Ritter, Leonard Cohen, Duffy, Rodrigo y Gabriella, Lay Low, Buena Vista Social Club, and some fado and flamenco from Portugal and Spain you have never heard of. I also love the musicals and a bit of classical as well.

Leisure books found on your bookshelf.

I have a really good job as editor of the Church Review which makes me the Book Review editor as well. So my leisure and 'work' reading gets a bit mixed up. Currently I am reading 'The Great Emergence' by Phyllis Tickle (on the upheavals in the church), 'What would Google do?' by Jeff Jarvis (on the way in which Google has changed the way we think); One of the 'Temeraire' books by Naomi Novik (historical fantasy); 'the Ignorance of Blood' by Robert Wilson (A Spanish thriller set in Seville). Yes, all at the same time. On the shelf there are a number of books on health, nutrition, psychology and history which also count as leisure reading.



ANOTHER 100 NOT OUT!

Mrs. Marie Mack, who prior to moving to a Nursing Home, was a familiar sight walking around Ballyholme. She used to live on the Groomsport Road, before moving to an apartment in Waverley Drive. Our parish team popped in to visit her on her big day, and presented her with a bouquet of flowers, to go with the the very special card from the Queen.

ANYONE FOR CRICKET???

Sometime in June, the Rector is hoping to organise a cricket match against the Youth Fellowship. - The summer sport equivalent of the Boxing Day football match. He is looking for fellow cricketers (and would be cricketers) to join him to form a team. It will be a light hearted affair, but that does not mean he does not intend to win!!! He was recently observed at the Lords test match, picking up some tips or maybe trying to sign some players. Anyone who is interested in playing, please give their names, either to the Churchwardens on Sunday, or phone the Parish Office. Families and supporters are more than welcome. We will hopefully start about 6.30. When the time and venue have been finalised, details will be announced at church, or by a phone call. Come on, join in and have a good evening's fun!



"A big thank you to everyone who came out on such a wet day to support me. I think we served over 140 cups of tea and coffee. As a result I raised £1020, way beyond what I expected. Thank you to Thelma for her cards, "the kitchen crew", the Brownies and to all who supported me with the most amazing traybakes and scones. I could not be more grateful."

Tara Osborough



Wedding report in local newspaper

The bridal veil was fragile net,
 the bridal gown was lace.
 The bride wore slippers on her feet,
 a smile upon her face.
 The bride wore gloves of softest silk,
 bright garlands graced her hair,
 her large bouquet was softest pink...
 PS: The groom was also there.



Dr Gavin McClintock & Julie Donaldson



Married on 28th February 2009 and now living in Belfast. Julie has just graduated as a nurse and is working at the City Hospital. While Gavin is doing medical locum duties, their hearts are still set on future mission work. They are exploring the various opportunities for bible and Mission Training when Julie has gained experience in nursing. It is likely that Gavin will do part-time Bible training until he and Julie are free for a period of full time preparation. They hope to continue with the OMS, the society Gavin was serving with in Haiti.



Volunteers do not necessarily have the time; They just have the heart.

Elizabeth Andrew

NEED A LIFT.....

Don't forget to give Jim Shaw a ring if you need a lift to church or the Parish Centre. His phone number is -

07599794968

And he will be only too glad to organise one for you.



My year in Ballyholme

It has been an eventful year for me to say the least! From having 150 primary school aged children running about in the parish centre at Easter Jumpin' to visiting the church's students in Glasgow. Being part of the youth work here in Ballyholme means dealing with all ages of children and I've had plenty of experience of that!

Coming from Belvoir Parish Church on the outskirts of South Belfast, the youth work there is very different to here in Ballyholme. The numbers of young people passing through Ballyholme's doors every Sunday and the vast array of backgrounds that they have, has given me a very different challenge to any form of youth work that I had previously done. I have had to learn many new skills and deal with new and sometimes difficult situations, which has caused me to grow as a person and as a child of God.

With being one of the first group of interns in the JUMP Programme, run by CIYD, there was no way of knowing what was expected of me since there had been no previous bench mark. I have been involved in so many things throughout the church and beyond this year, but have not felt overwhelmed by the workload or pressured into doing more than I could handle. To name just a few, I've helped in the re-structuring of Children's Church, I've helped set up a worship band out of musicians and singers from YF that have led worship

during the x-alt services and I was one of the 'Tigger' leaders at Easter Jumpin'. It was brilliant to see other leaders mature and grow while having a lot of fun at the same time!

My time in Ballyholme has really strengthened and rooted my faith. It has shown me that I have a real heart for young people and a real heart to see them grow in faith and be part of that. It has also taught me a lot about the Grace of God, about being there for the young people no matter how they treat me or how they treat others. It's also taught me how to 'love others as Christ loves the Church'. I'm called to show grace, mercy and compassion to whoever comes through those doors, things that they may not have experienced before. I feel that this is the area in which the Spirit has done the greatest work in me.

There are far too many things to mention and not enough room to have them all typed up. I have loved every minute of this year. Every Friday after school drop-in, every sleepless night at the several weekends I've been on while here, every table tennis game, every primary school assembly and every 9.30 start on a Sunday morning. These memories will stay with me forever. I hope the people I have met and got to know here will be friends for years to come.

Andrew Morrison



Squirrels in 2008/09

We have had another busy year since we started in September. Lots of our older boys moved up to Beavers and this meant that we had several new younger boys joining Squirrels.

The boys have spent the past year learning new games, including dodgeball - which has become an absolute favourite!!! As well as games, they are making and taking home various craft items - though I think that their favourites are the ones that are edible.

At Christmas, we took the boys to the Wacky Wizards in Newtownards. This was enjoyed by everyone and a bit of a change from being in the Parish Centre.

This year our four young helpers have been invaluable and we would like to thank Charlotte, Ethan, Lianne and Patrick for all their hard work.

Jennifer, Jacqui and Kathryn

The Quiet Corner

What is Family ?

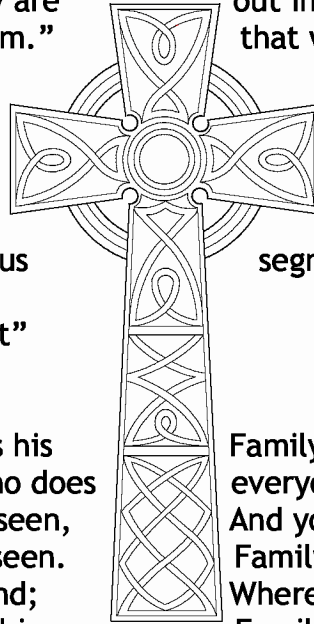
“You don’t choose your family. They are God’s gift to you, as you are to them.”
(Desmond Tutu)

What does family mean to me?
They are a “cushion of comfort” in those challenging times. A “source of joy and laughter” at life’s glorious moments.---

“In time of test, family is best”
“John 4 V 19-21

“If anyone says, I love God yet hates his brother, he is a liar. For anyone who does not love his brother, whom he has seen, cannot love God whom he has not seen. And He has given us this command; Whoever loves God must also love his brother.”

Let us share this warmth of our Ballyholme family beyond our building, reaching right



out into our community. Imagine too if that warmth could also be felt far away in Kajiado, Kiwoko and Nepal, as part of our world-wide family. If the family were a fruit, it would be an orange, a circle of sections, held together but separable; each segment distinct.

To return to my question -
What is Family?

Family is the warm heart you run to when everyone runs too fast in the playground
And you’ve cut your knee in the game.
Family are found new each day
Where you put your heart last.
Family are given to you at birth

With your eyes and your lips.
They will shape what you see and say
And how you are seen
Forever.

Yvonne Manogue.

The Church’s Ministry of Healing Is holding two **QUIET DAYS**

At Echo Sound, Downpatrick
On

Thursday 25th June or Saturday 27th June
2009

From 10.30 am - 4.00 pm
Cost £20

Place reserved on receipt of donation
Phone: 90782159

A Nun’s Prayer

Lord, you know better than I know myself that I am growing older and will someday be old. Keep me from getting talkative, and particularly from the fatal habit of thinking I must say something on every subject and on every occasion. Release me from the craving to try to straighten out everybody’s affairs. Keep my mind free from the recital of endless details - give me wings to get to the point. I ask for grace enough to listen to the tales of others’ pains. Help me to endure them with patience. But seal my lips to my own aches and pains - they are increasing, and my love for rehearsing them becomes sweeter as the years go by. Teach me the glorious lesson that occasionally it is possible that I may be mistaken.

Keep me reasonably sweet - I do not want to be a saint - some of them are hard to live with, but a sour old woman is one of the crowning works of the devil. Make me thoughtful but not moody, helpful but not bossy; with my vast store of wisdom it seems a pity not to use it all - but you know, Lord that I want to have a few friends at the end.



SUNDAY 7th JUNE
Massed Choirs of
Clandeboyne Area
Deanery in Bangor
Abbey at 6.30 pm

Choirs from Donaghadee, Glencraig, Helen’s Bay, Bangor Parish, Abbey, St. Galls, Ballyholme Parish, Primacy and Groomsport.

The Preacher: The Rev. Stephen Smyth

Our Worship

Sunday 7th June

Trinity Sunday

8.30 Holy Communion
 10.00 Family Service
 11.30 Morning Prayer
 6.30 No service in Ballyholme. Deanery Service in Bangor Abbey (see more details elsewhere in magazine)

Wednesday 10th June

10.30 Holy Communion - Kajiado Room

Sunday 14th June

Trinity 1

8.30 Holy Communion
 10.00 Morning Worship
 11.30 Parish Communion
 6.30 X-alt

Wednesday 17th June

10.30 Holy Communion - Kajiado Room

Sunday 21st June

Trinity 2

8.30 Holy Communion
 10.00 Morning Worship
 11.30 Morning Prayer
 6.30 Evening Prayer

Wednesday 24th June

10.30 Holy Communion - Kajiado Room

Sunday 28th June

Trinity 3

8.30 Holy Communion
 10.00 Parish Communion
 11.30 Morning Prayer
 6.30 Space on 4



7th June NO CRECHE

14th June

Catherine Montgomery 91474151
 Gillian Jones 91478341
 Mark / Leesa Beal 91270269

21st June

Paula Foye 91479367
 Heather Glasgow 91478057
 Kathy Taylor

28th June

Trish McGrugan 91473855
 Rosemary
 Eleanor Mulholland 91473014

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



June 7th:

Jean Law, Pat Adair, Jill Owen

14th:

Sharon & Michael Hatch, Pauline Connolly

21st:

Carolyn & Mark Larmour, Cara Hamilton

28th:

Patricia & Charlie Robinson, Joanne Bishop



Parish Office: 91274912
 Rectory: 91274901
 Curacy: 91271922
 Prayer Line: 91470438



June

7th Janice Hewitt
 14th Wedding
 21st Marion Milligan
 28th Caroline Jones

BAPTISMS

3rd May:

ELENI JEMIMA SKARMOUTSOS, daughter of Ioannis & Angela
 VANESSA EMMA-JANE MONAGHAN, daughter of Darren & Julie
 OLIVER JAMES RICE, son of Tony & Michéle
 KARL ERIC & VICTOR TYRONE ANDREASSON, sons of Stefan & Tracie

10th May:

EMMA GRACE READING, daughter of Adam & Pamela

FUNERAL

27th April: Peggy Murphy, late of 31 Tonic Fold

15th May: Jack Harvey, late of 25 Ballymacconnell Road

WEDDING

13th April:
 Campbell Feather & Sara Coghlin of 18 Palmerston Rd, Hawkes Bay, New Zealand

