

Church of

# St Columbanus

Parish of Ballyholme



May 2010



What are the  
Brownies up to?  
See Page 4



 The Parishioner

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



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◆ **Front Cover**  
Photo by Nicole Watson

◆ **Magazine Contact email:**  
office@ballyholmeparish.co.uk

# The Rambling Rector



Apparently, every act of unforced generosity gives rise directly to three others. Researchers in California devised a game in which participants had to choose whether or not to give money to other players, when there was no obvious gain to be had from doing so. They found that a player who had been on the receiving end of one such act of kindness went on to show similar goodwill to three other players, on average. According to Professor James Fowler who led the study, 'This creates a domino effect in which one person's generosity spreads first to three people, and then to the nine people that those three

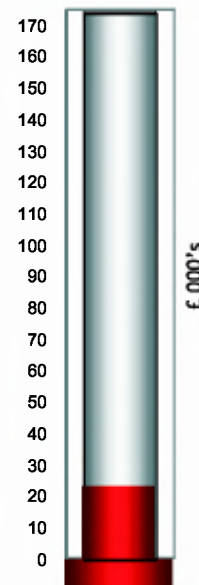
people interact with in the future, and then to still other individuals in subsequent waves of the experiment.' The findings weren't all heartening however: selfish behaviour proved to be just as contagious, which goes a long way to explaining why Jesus majored so heavily on loving our neighbours. The intensity of the battle between generosity and selfishness was so clear to Christ. It makes you wonder: where would we be without the supreme generosity of the Cross which, presumably, has been transforming the world for good by a factor of three ever since?

SED

# The Home Straight Progress

Now that the Home Straight responses are beginning to filter in - see article on page 9 - it was felt that we should have a simple graphic to convey our progress. Enter the Big Thermometer.

This will be updated every month, so we can be encouraged in our task. Every pledge and donation will be included. So whether it was a one off donation, or a standing order for 3 years, the total will reflect this.



## Tesco Vouchers

Tiddliwinks Playgroup are collecting the vouchers for some new equipment. If anyone has vouchers they do not need, the playgroup will be pleased to accept them. Please leave them in the Parish Office, or the box outside the playgroup. Thank you to all who have donated so far, it is much appreciated.

## Some perks of getting old

There is nothing left to learn the hard way. Things you buy now won't wear out. You can eat supper at 4 pm. You get into heated arguments about pension plans. You can sing along with lift music. Your eyes won't get much worse. Your secrets are safe with your friends - because they can't remember them either.



## Getting the 'inside track' on David Seaton, MBE

Athletics very often reflects life, according to Davie Seaton, - one day you are up and the next day you are down - you just have to cope with it.

And there is no-one better qualified to pass on this philosophy than a man whose running career spans an incredible 52 years.

Davie, who looks remarkably youthful for his age, (he celebrated his 65th birthday in March) jokingly attributes this to three vital ingredients - a happy marriage (he has been married to Joan for 37 years), a vegetarian diet and the "odd" pint of Guinness!

A "war baby", he was born in Huddersfield in 1945 while his Mum, a native of the town and his Dad, from Belfast, were both stationed there in the RAF. In

late 1945 they moved back to Belfast and, in one of those strange coincidences, his next door neighbour was one Paddy Donnelly. As a result, the two grew up together. Even as a child, he was always keenly interested in sport and he experienced sporting success early on, when he played on the victorious Strandtown school team that won the Belfast Primary Schools Cup. "I was just 10 and to trot out onto the pitch at the Oval left a big impression on me," he recalled. He also captained the Belfast Cubs team against a team of Dublin Cubs but his abiding memory is of being more nervous about making a speech on the occasion rather than playing in the match.

While at Inst he played Football and Rugby but it was there where he really began to pursue his running career. In

1960 he was placed 5th in the All Ireland Boys Cross Country championships having won the School Junior Cross Country championship the previous year.

His interest was sparked and Davie can now proudly point to 52 years of unbroken running, in all weathers and under all conditions. He left Inst at 17 for a career with Commercial Union and joined North Belfast Harriers where he spent 25 "very happy" years. Davie has the enviable distinction of having run for Northern Ireland at Cross Country and Track as well as running Marathons, all very different disciplines at which to excel. To date, his best marathon time has been 2 hours and 31 minutes which he achieved in Glasgow.

Aiming to give something back to the sport which he felt had brought so much into his life, Davie then branched into Athletics administration. In 2000 he was awarded an MBE for his services to Athletics, a proud moment for the whole family but also tinged with poignancy as his mother had died only 3 months earlier.

In 1999, Davie retired from his job with Commercial Union and for the next 6 ½ years he worked with the Sports Council, involved in giving out Lottery grants to various sporting organisations. "It was almost like being paid for your hobby. I loved doing it," he said. As a result, he developed a keen interest in sports he had not known before, in particular Gaelic. He added, "I am a great believer in ecumenism and I have developed an

interest in Gaelic sports." "When you go to Croke Park and see the sheer magnificence of it, you realise how lacking in sporting facilities we are in Northern Ireland," he added, touching on a topic very close to his heart and one which he is clearly passionate about. He is committed to seeing the Mary Peters track upgraded and is currently in negotiation with Belfast City Council and the Sports Council for funding. "It would be a shame if a track built in memory of her achievements was to fall into disrepair," he added.

Shortly after his retirement from the Sports Council, he became Chairman of Athletics Northern Ireland and he is also Race Director for the Belfast City Marathon,

describing it as a "labour of love". He revealed that last year a total of 17,000 people took to the roads and they are hoping to increase that number this year. He was Team Manager for Northern Ireland at three World Cross Country Championships, in addition, he is an Executive member of North Down Sports Advisory Council, a past chairman of the North Down Athletics Club and he still trains and competes regularly in Veterans events. Indeed, for anyone out walking around the Ballyholme area, Davie is a familiar figure pounding the pavements and beaches in the area.

"In retirement I think it is important to focus on something - you will grow old all too soon. I believe in a healthy body and a healthy mind," he says. He adds "I am certainly not deeply religious but I try to live a life by Christian values. Obviously it doesn't always work and I often

stumble." Davie cheerfully admits he likes to "touch base" as he calls it every Sunday at St Columbanus but, true to his ecumenical stance, has no problem in worshipping in a Catholic church while holidaying abroad. "I think we need to be tolerant of one another," he added.

Davie was quick to pay tribute to his "supportive" wife Joan, who he says has been patient, understanding and encouraging down through the years. His commitment to Athletics has meant that he could be out of the house 4 or 5 times a week "I got a better deal than she has," he admits freely.

He was church warden for Jack Mercer and Alan Abernethy, a post which he was happy and honoured to be chosen for, as well as being a Vestry member for many years.

The oldest of three children - his sister Judy lives in Cambridge and his brother Ian is now living in Canada, Davie and Joan are parents to Simon and Jodi. Following in their father's running shoes, both also run and train and are members of North Down Athletic Club.

Looking to the future, he firmly believes that obesity is going to be a "huge" problem, adding: "The withdrawal of competitive sports days from schools was a retrograde step. Children do not get enough exercise and obesity is eventually going to cost this country a lot."

*Rosie Lawther*



## The Wednesday Club



Considering it was Easter week, we had a very good turn out of almost 40 ladies at our April meeting. We were entertained by 9 members of Newtownabbey Senior Citizens' Forum. The group performed their own poetry, read their fiction, with songs and a wee bit of craic thrown in. Their topics included marmalade, butter, brazils and good neighbours, to mention just a few.

Following our usual afternoon tea, the draw was won by Isobel Pow. See you all next month

Ann



## Life on the Refrigerator Door

by Alice Kuipers

This first book by the author is a short one in terms of word count, but the characters of Claire and Elizabeth are well developed and realistic, and their situation is heartbreaking. The author captures the confusing and conflicting emotions, both of them experience, and although short, it's to the point. Some pages have only two words.

It is about a mother and daughter who have such busy lives that they just leave messages to each other on the fridge. As the 15-year-old gets caught up in the whirlwind of her own life consisting of school, boyfriends and cleaning out Peter the rabbit's cage, and the fact that her mother is constantly at work, they never find a good time to properly be together. When her mother's health scare is life altering, it is almost too late. This problem then turns both their lives totally upside down causing arguments and misunderstandings however it also draws them even closer together along the way and they then truly appreciate each other. How they both cope with the illness and their love for each other as time runs out, makes for an emotional read. This title is published in adult and a young adult editions.

Published by MacMillan  
£5.99 rrp £6.00



## Brownie Pack News

On a bright Spring morning in March, 17 Brownies and 4 leaders met at

Rockport School, Craigavad with various other packs from North Down for a Hullabaloo morning. This event was organised by North Down Guiding Association as part of our centenary celebrations. Before the activities of the morning started, we were treated to a story telling session with Mr Hullabaloo himself, telling the story of Jack and the Beanstalk and encouraging volunteer Brownies to come and act out the leading parts.

The morning was then divided into 3 sections and the Brownies enjoyed a drama workshop, puppet making and decorating a gingerbread man, being able to take the last two home with them. I am sure that the latter did not last very long before it was eaten by the hungry girls as it was lunch time when parents came to collect them.

Sue



## The Select Vestry

At the General Vestry meeting in March, the following people were elected to serve for the next year.

Rector's Church Warden - Leslie Adams

People's Church Warden - Patricia Robinson

Rector's Glebe Warden - Harry Browne

People's Glebe Warden - Geoff Hewitt

Select Vestry: Tracie Andreasson, Stephen Baird (Secretary), Karen Baker, Catherine Darragh, Pat Davidson, Sam Johnston, Mandy King, Roy Lawther (Treasurer), Margaret Magee, Yvonne Manogue, Terry McKee, David Stevenson

*We are always being encouraged to use ingredients that are in season, so here are two "in season" recipes for you to try.*

### **Baby courgette, parmesan and basil tart (serves 8)**

250g/9oz puff or shortcrust pastry  
2 tbsp olive oil, 10-12 baby courgettes, halved lengthways, lemon, juice only, 2 garlic cloves, crushed, 3 eggs, 300ml/½ pint whipping cream, 50g/2oz parmesan cheese, grated, handful of basil leaves, torn into pieces, plus extra whole leaves, sea salt and freshly ground black pepper, parmesan shavings (shave strips of parmesan from a block with a vegetable peeler) olive oil, to serve  
*9in plain or fluted flan ring, 1" deep*



and cream. Add the parmesan and torn basil leaves and season generously with salt and pepper, then pour over the courgettes in the tart case.

Place in the oven and cook for 25 minutes until the egg mixture is just set. Once it's cooked, leave to cool for about 15 minutes before serving. It will taste much better warm rather than piping hot, but remember the flavour will be lost completely if you refrigerate it. Just before serving, scatter with the whole basil leaves and parmesan shavings and drizzle a little olive oil over the top.  
Tip: If you can't get hold of baby courgettes, you can use about 300g/11oz) of larger ones - just slice thickly and fry for about 5 minutes longer.

### **Method**

Preheat the oven to 200C/400F/Gas 6. Roll the pastry out thinly to fit the tin, leaving 1cm/½in of excess pastry hanging over the edge. This allows for shrinking during cooking, and ultimately gives a neater finished result. Place in the fridge for at least 30 minutes. Line the pastry with greaseproof paper and fill with baking beans or rice. Place in the oven for 20 minutes, then remove the greaseproof paper and beans. Return to the oven for a further 5 minutes until the middle of the pastry case is lightly golden. Remove from the oven and leave to cool slightly. With a sharp knife, trim away any excess pastry from the rim, leaving a smooth, even case. Reduce the oven temperature to 180C/350F/Gas 4. Heat the oil in a frying pan and fry the baby courgettes for 3-4 minutes, then add the lemon juice and garlic. Cook for about 30 seconds until the lemon juice has evaporated and arrange in the tart case. In a large bowl or jug, beat together the eggs

### **Lamb chop and spicy chip bake (serves 4)**

3 tbsp olive oil, 2 large onions, peeled and sliced, 750g/1lb10oz bag frozen hot and spicy potato wedges, 8 small lamb chops 1 tsp dried thyme, 150ml/¼pt lamb or chicken stock, 1 tbsp tomato purée

### **Method**

Preheat the oven to 230C/450F/Gas 8. Heat a large roasting tin on the hob, then add 2 tbsp of the olive oil. Put the onions in the tin and fry for about 5 minutes, stirring often, until golden. Remove from the heat. Scatter over the potato wedges. Put the chops on top, sprinkle over the thyme and drizzle over the remaining oil. Bake for 20 minutes. Mix the stock with the tomato purée and pour around the chops in the tin. Bake for 10 minutes until everything is brown and crisp. Season and serve.

## **Mothers' Union Notes**

Our last meeting before the summer break is on Monday 10th May. Chris Bower will be telling us about "Safe Zone" which operates along Bangor sea front at weekends.



This year's outing will take place on Saturday 12<sup>th</sup> June.

We will be travelling to Glenarm Castle for morning coffee and a tour of the walled garden then on to Ballymena for lunch and some shopping! Anyone who would like to go please contact Barbara Tel:461792 or Janice Tel:468017 for further details.

# Around the Parish This Easter



## Palm Sunday Children and Leaders at the 10:00 a.m. Service





The Choir & Friends at the Stainer's Crucifixion Service



Easter Morning Dawn Service



Parish Breakfast



Passover Meal



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



**KATHRYN AIKEN**

Kathryn graduated last year with a BA Hons Dance and Musical Theatre degree after which she spent 6 months living in Paris. She is 23 and enjoys good craic with friends over a nice pot of tea!

- |                                      |                     |
|--------------------------------------|---------------------|
| 1 Cheryl Cole                        | Fight For This Love |
| 2 La Roux                            | Bulletproof         |
| 3 Paolo Nutini                       | Tricks of the Trade |
| 4 Beyonce                            | Halo                |
| 5 Florence + The Machine             | Dog Days Are Over   |
| 6 Friendly Fires                     | Paris               |
| 7 Vampire Weekend                    | Oxford Coma         |
| 8 Slow Club                          | Christmas TV        |
| 9 Scott Alan                         | Kiss the Air        |
| 10 Legally Blond: the Musical (Cast) | Positive            |



*As a parish we are seeking to appoint*

**A Youth Ministry Co-ordinator**  
(full time)

**A Children's Ministry Co-ordinator**  
(new position)  
(part time: 10-15 hours/week)

to be part of a team working to fulfil a vision  
of integrating children  
and young people more fully  
into the life and worship of our parish.

Applications must be received by 2 May  
and we hope to fill both positions  
from August 2010.

For further information and to apply  
for either post please contact

Mrs Sue Bleakley  
The Parish Office,  
68 Groomsport Road, Bangor BT20 5NE  
91274912  
or email  
office@ballyholmeparish.co.uk

Also available on the parish web site

**NEW** Things  
I  
love...



**W**hat a challenge I  
faced when  
asked to write a few  
lines entitled 'What I  
love'. My mind jumped from people to  
pets, from objects to places. How could  
I choose? On reflection I really did not  
need time to engage in a one sided  
conversation. It was so obvious. What I  
love encompasses everyone and  
everything I value.

It is something I can share with my  
family, my friends and even two of my  
pets. It can cause me to have feelings of  
awe and wonder and yet on other  
occasions feelings of peace and  
tranquility. It can stimulate my senses.  
I love its taste, its feel, its smell. When  
I look or listen to it, I marvel at, and  
respect this wonderful creation. I thank  
God that I am blessed in being  
surrounded by its beauty, and having  
access to, what can be such a mighty  
phenomenon. So, you have probably  
guessed, I love water in its many facets  
... however I might just need reminding  
of that the next time it's pouring from  
the heavens and I've forgotten my 'big  
mac...kintosh'.

Glynis McSorley





## The Home Straight

*Ballyholme Building Fund  
Easter 2010 - Easter 2013*

**T**hank you so much to those who responded so quickly and open-heartedly to the 'Home Straight' debt-free in three years project launched at the Easter Vestry on Palm Sunday. The envelopes are making their way slowly but surely around the parish and if you have not yet received yours it is probably waiting for you on the table on your way into Church. We have had a number of extremely generous one-off gifts and this has been a very welcome boost to the coffers at the start of what we intend to be the final push: over £20,000 has already been pledged since 21 March.

However our hope is that most people will feel the £10 per month (£2.50 per week) option will be manageable. The procedure is simple: just fill in the standing order form in the envelope and return it via the Parish Office or the box on Sunday. We'll do the rest.

If you have any practical queries please speak to Sue in the Parish Office: 9127 4912.

### ST COLUMBANUS WALKERS BALLYHORNAN COASTAL PATH

**A**dullish first Saturday morning in April, with a possibility of showers, saw a goodly turnout of seventeen walkers gather for the journey to Ballyhornan, midway between Strangford and Ardglass on the Co Down coast. We were delighted to welcome Simon and Heidi to their first outing and to have Christine back again in good health.

Starting in the village of Ballyhornan, the first part of our walk of around 6 miles, followed the Coastal Path southwards, past the ruins of the old Coastguard Station, and later the former fishing settlement of Sheepland which with its hidden harbour is rumoured to have been a smugglers haven in days gone by. The path itself was a mixture of stony sections and muddy patches mirroring a coastline which alternated between grassy headlands and rugged rocky outcrops. Other points of interest on our way included the sizeable Gun's Island lying just off shore and St Patrick's Well where the water is said to have healing properties. Following our stop for the usual packed lunch in the lee of a rocky outcrop our route turned inland and northwards through Chapelstown. At



this stage it started to rain heavily but with hoods up we eventually regained our starting point at Ballyhornan. Later on, our day finished on the usual enjoyable note when we made our traditional stop on the way home for afternoon tea and buns at Killinchy.

Next month's walk is scheduled for Saturday 1 May, meeting in St Columbanus Ballyholme Church car park at 08.45. Our group is not restricted to church members so friends are welcome. It's best to wear waterproof clothing and bring a packed lunch. The route is still under consideration but is likely to be either in the Warrenpoint or Annalong areas.

Leslie Adams

### The Golf Society



**T**wenty four golfers enjoyed a good day out at Donaghadee Golf Club on 17th March. Before teeing off, bacon butties were enjoyed and put us in fine form for the round of golf. David Carroll and Anna Gullen were the winners of our small competition. Many thanks goes to Davy Carroll for organising our day out, which finished with a lovely meal in the clubhouse. The next outing is to Blackwood Golf Club on Thursday 17th June. Please ring Harry on 91467275 for more information.

**YOUth = news**  
youth [ youth ] (youths)      news [ noon ]  
www.ballycolme parish.oo.ie/youth

We have just finished another great Jumpin at easter. Here are some photos from a 'classic' fancy dress party with both the tiggers and wallabies. We really look forward to the summer already and have some great ideas in the pipeline, watch this space!!





## The Quiet Corner

### WHO ARE MY PEOPLE?

Rosa Zagnoni Marinoni

*My people? Who are they?  
I went into the Church where the  
congregation  
Worshipped my God. Were they my  
people?*

*My people! Where are they?  
I went into the land where I was born,  
Where men spoke my language...  
I was a stranger there.  
'My people,' my soul cried. 'Who are my  
people?'*

*Last night in the rain I met an old man  
Who spoke a language I do not speak  
Which marked him as one who does not  
know my God.  
With apologetic smile he offered me the  
shelter of his patched umbrella.  
I met his eyes . . . And then I knew . . . .*

These few lines from a little known poem and a lesser known poet, mirror an experience years ago in the far-east, standing jet-lagged in gathering darkness at a pedestrian crossing with the rain beginning to fall. By gesture, and as the poem says, speaking a language we did not know, an office worker on her way home insisted our group share the shelter of her tattered umbrella.

It was one of those moments when it dawns that God is using an ordinary act of kindness to do or say something that is extraordinary. As the light turned green and as we began to cross the road we were sheltered by much more than an umbrella; we were sheltered by an infinite love, stretching across lands and languages and time and space.

Thanks be to God (and an office worker He knows very well).

LA

### Extract of recent letter from Ronnie & Maggie Briggs

Dear Friends,

The year of 2009 proved to be one of the most difficult for everybody whose livelihood depends on farming activities. The drought and famine was the most severe in both living and recorded memory. The big challenge for us in the Diocese of course, was how to respond to this situation in an appropriate manner.

The idea therefore, of 'sharing with those who are in need' was born. The Diocese here in Kajiado, through CMS Ireland, sent out an appeal and many of you responded and supported us in making this idea a reality. Over 200 households (about 2000 people) were given food relief aimed at basic survival as we continued waiting for the rains. However, here is not only to give out food relief but to look for ways of providing support into the future and to help families to feed themselves and not become dependant on hand-outs from the Church. This is what we call 'Food Security'. We bought maize and bean seeds and as the rains came closer we gave these out and people were busy digging and preparing their fields for sowing the seeds. The rains came and the plants grew and now, people are harvesting their own food. They will retain a little of the harvest for using as seed for planting for the next rains and suddenly we see 'food security' working in practice.

For other communities that are not able to plant, we bought a mixture of sheep and goats (all female) and gave them out to those in the greatest need. To see the look on the faces of the ladies who received these animals certainly made it all worthwhile.



One of the biggest problems facing farmers here was the fact that there just was not enough feeding for the cattle - water they could get from place to place, but grass was completely gone. Many then started to look for hay to buy and as demand went up so did the price - and added to transport, this became just too big a burden for most - and so, even more animals died. We here in the Maasai Rural Training Centre (MRTC), near Kajiado, decided that when it did rain we would cut grass and bale it for storage. It has now rained very heavily and the grass has grown long and sweet so we are busy cutting all the grass we can, baling it and storing it in our barn. This means that when the dry season comes (May to October) we will have a large stock of bales that local people can buy - at a subsidized price - and hopefully keep their animals alive until it rains again.

With love in Him, Ronnie & Maggie

# Our Worship

## Sunday 2nd May Easter 5

8.30 Holy Communion  
 10.00 Family Service  
 11.30 Morning Prayer  
 6.30 Holy Communion

## Wednesday 5th May

10.30 Holy Communion - Kajiado Room

## Sunday 9th May Easter 6

8.30 Holy Communion  
 10.00 Morning Worship & Children's Church  
 11.30 Parish Communion  
 6.30 X-alt

## Wednesday 12th May

10.30 Holy Communion - Kajiado Room

## Sunday 16th May Easter 7

8.30 Holy Communion  
 10.00 Morning Worship & Children's Church

11.30 Morning Prayer

6.30 Taizé

## Wednesday 19th May Ascension

10.30 Holy Communion - Kajiado Room

## Sunday 23rd May Pentecost

8.30 Holy Communion  
 10.00 Parish Communion & Children's Church  
 11.30 Morning Prayer  
 6.30 Bangor Abbey Deanery Service

## Wednesday 26th May

10.30 Holy Communion - Kajiado Room

## Sunday 30th May Trinity

8.30 Holy Communion  
 10.00 Wholeness & Healing  
 11.30 Wholeness & Healing  
 6.30 Kiwoko Celebration - Dr Rory Wilson



### May

2nd: No Crèche  
 9th: Julie Monaghan, Catherine Montgomery, Mark & Leesa Boal  
 16th: Heather Newman, Paula Foye, Kathy Taylor  
 23rd: Katherine Newman, Trish McGrugan, Rosemary Thompson  
 30th: Julie Monaghan, Deborah Johnston, Gillian & Jennifer McKnight



May 2nd: Charlie & Patricia Robinson, Christine Wilson  
 9th: Edna Morrison, Gillian Fletcher, Carol Majury  
 16th: Richard & Sandra Kennedy, Pauline Baird  
 23rd: Anna Gullen, Tracie Andreasson, Lorraine Campbell  
 30th: Sandra Hill, Grace McLaughlin, Patrick Crothers



### May:

2nd Jane Fitzsimons  
 9th Karen Baker  
 16th Wedding  
 23rd Joy Conn  
 30th: Pat Davidson



### Christian Aid Week 9th - 15th May

If you can help in any way, contact Stanley Officer on 91461650 for more information.



Parish Office: 91274912  
 Rectory: 91274901  
 Curacy: 91271922  
 Prayer Line: 91470438  
 Transport: 07599794968  
 Church Readers Rota:  
 Sarah 91454826 or Freda 91467624

### BAPTISMS

4th April: HANNA MARY & HOLLIE LISA RUTTLE, daughters of Karl & Karen  
 4th April: MATTHEW NEIL BRITAIN, son of Neil & Rachel  
 18th April: JAMES WILLIAM THOMPSON CROTHERS & ADAM BURGESS CAUGHEY, sons of Patrick & Helen

### FUNERAL

31st March: Jamie McKee, late of 18 Sheridan Drive

Any articles for inclusion in the June magazine, should be left in the Parish Office by 4th June