

Church of

St Columbanus

Parish of Ballyholme



February 2011



Festive Photos

Catch up
on pages
10, 11 & 12



The Parishioner

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

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Scaling the heights with
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◆ Front Cover

Ballyholme in the Snow.
Photos by Darren
Monaghan, Betty
Armstrong and Don Todd.

◆ Magazine Contact

email:
office@ballyholmeparish.co.uk

The Rambling Rector

Do you ever have to work on a Sunday? You have my sympathy: some people have to do it every week! It's nearly three years for me now at St Columbanus so it can't have escaped your attention that to me 'belonging' means actually turning up to Church for worship. Of course in Ballyholme as in every other congregation some just can't manage that. If you're reading this and you can't come to Church, Church will gladly come to you. Please get in touch if you or someone you know has inadvertently fallen off our radar. But if it's Sunday 'the day' that's the problem for you, I want to encourage you this year to join

us on Wednesday mornings at 10.30. For some who never miss on Sunday, this prayerful half hour service has become a mid-week 'top-up'. For others, Wednesday has become the new Sunday. But it's to those who have yet to sample Wednesday mornings that I want to make a special plea in 2011: if for some entirely understandable reason you can't make it on Sunday, is there any possibility you can make it on Wednesday? You know what they say: where there's a will...



SED

Wednesday Morning 10.30am



Weekly communion service held in the Kajiado room in the Parish Centre at 10.30am. Lifts are available, please phone Jim Shaw on 075997949, then afterwards, why not stop for coffee and a chat?

Sometimes women are overly suspicious of their husbands. ..

When Adam stayed out very late for a few nights, Eve became upset. "You're running around with other women," she charged. "You're being unreasonable," Adam responded. "You're the only woman on earth." The quarrel continued until Adam fell asleep, only to be awakened by someone poking him in the chest. It was Eve. "What do you think you're doing?" Adam demanded. "Counting your ribs," said Eve.

LE JEU AVANT TOUT

I am sorry to report that the weather was the only winner in the annual football match between the Youth Fellowship and the Rector's team of players, for whom youth is a dim, distant, disappearing memory. Apparently the undersoil heating at the Valentine Playing Fields was unable to cope with the amount of snow and the extreme, low temperatures. This was a great disappointment for the managers, the players and the fans. After the departure of David Benitez, the YF had appointed Big Sam as manager, after his dismissal by Blackburn Rovers. Sam was looking forward to the match and had apparently persuaded our cricketing cleric to become a player-manager, by convincing him that goalkeeper was the same as wicketkeeper. Indeed Simon had broken into his piggybank and bought a pair of goalkeeping gloves. Some of you may have seen them as he used them as a visual aid in one of his Christmas sermons. Among those disappointed by the cancellation of the match was Sir Alex, who was to fly over from the other Theatre of Dreams to assess Simon's performance, as he looks for a replacement for Van der Sar. On the other hand, most of Simon's team were

relieved by the cancellation as it gives them another twelve months to get fit, or possibly fat, for next

year's match. Most relieved of all was the Rector's cricket obsessed colleague. Stephen's only concept of a ball is that of a cricket ball, a rather hard piece of kit. He was completely aghast when told that in football you can only use your feet or your head to propel the ball.



Fortunately we don't have to wait a year for the next sporting fixture between the two teams, as they will rejoin battle on the cricket field in the fight for the Ashes in the summer. This little urn was donated by Simon one Sunday last June, after he burnt three pieces of toast in his rush to make breakfast between the 8.30 Communion Service and the ten o'clock Family Service. We look forward to this contest, assuming that global warming will have replaced the present Ice Age.

WMB



GOLF SOCIETY

Unlike the football mentioned above, 16 hardy souls were out on the golf course at Helen's Bay on 30th December for their Christmas outing. With not a hint of snow and some balmy weather, our intrepid golfers enjoyed a good round of golf, followed by an excellent meal. Winners of the competitions this time were Gem Moran and Martin Graham. The next outing to Castlereagh Golf Club is on Friday 8th April, and as usual, any queries should be directed to Harry Browne 91467275.

Operation Christmas Child: Shoe-Box Appeal

On behalf of The Samaritan's Purse many thanks to everyone who filled a shoe-box for a needy child this Christmas. It gives these children great joy to receive their box filled with some useful things and some toys and sweets. They are amazed that someone thinks about them and takes the trouble to send these boxes with love.

This year we collected 145 boxes and they have been sent to Swaziland where they will be distributed.

If anyone would like to have some information on how to fill a shoe-box next Christmas please get in touch with me on 91460050



Once again many thanks

Carole Caruth

ST COLUMBANUS WALKERS



Snowy Day at The Burn



Crawfordsburn Park was at its winter best for our December outing. The recent snowfall and morning sunshine enhanced our

shorter than usual walk, which took in the glen, the waterfall and the wild flower meadow. In all, 23 joined together for the now traditional first Saturday in December outing followed by a late lunch in Coyles of High Street. We were delighted to welcome two new members - Jim Jackson from Belfast and Danny McKendry from Bangor.

New Year Walk

The day was crisp and sunny for the Church annual New Year walk, organised by the St. Columbanus Walkers. Over forty parishioners and visitors from other churches took part in the 'dander' round Ballyholme and afterwards enjoyed a soup and roll lunch in the Parish centre.



Contributions totalled £131 and were donated to the Building Fund.

And another snowy day at Tollymore

Sometimes we don't appreciate what we have on our doorstep. But as the fourteen walkers approached Newcastle for the outing in Tipperary Wood and Tollymore, the snow

covered Mournes stood out in all their glory in the morning sun. So it was with great anticipation we set off from Donard car park out of town to Tipperary Wood. The route took us through the wood and then up a long gradual incline along Tipperary Lane to Tollymore, all the while making somewhat slow going on the icy path. But on gaining height the ice became four inches of snow and the walking was easier. The views across to the High Mournes glistening in the snow and sun was stunning with the wind blowing the snow off the tops in great clouds. On then through



Tollymore and down to the Shimna River and eventually out at the Priest's Bridge on the Tullybranigan Road. It is named after Rev Hugh Hanna, Parish Priest from 1845-1885. From there it was another 1½ miles back to the cars. Of course no outing would be complete without the traditional afternoon refreshments which we had in The Muffler coffee shop at the back of McCann's store at Balloo. And it was great to welcome newcomers Brian and Scott Templeton, both experienced walkers.

The February walk is at Peatlands Park near Loughgall. It's about 6 miles on minor roads, woodchip paths and boardwalks (these must be a first!)

Meet at 9am in the church car park.

See www.ballyholmeparish.co.uk for info.

THE PARISHIONER



As you know, the Parishioner comes to you free of charge and will continue to do so. To help with our overheads, we always enclose an envelope with the February issue in which we hope you can make a contribution towards our running costs. If all of our 1000 recipients gave £5 we would certainly cover ourselves but please bear in mind that only 50% currently make a gift. Half of you are paying for the other half! Please return your envelope on the collection plate on Sunday and do

bear in mind that the full text of the magazine is now available on the parish website. If this is the format that best suits you, why not consider cancelling your paper copy and you won't have to worry about the envelope at all!

A very 'civil' churchwarden

A career spent travelling the world on various trade missions has more than qualified Leslie Adams for the post of churchwarden in St Columbanus.

Tact, diplomacy and an array of anecdotes are just some of the attributes he brings to the front door of the church each Sunday.

A civil servant for all his working life he has been "all over the place" during the course of a challenging and diverse job.

He worked for a number of years with the Industrial Development Board during a testing time when the drive was on to attract inward investment into Northern Ireland in the mid 80s.

"We were the guys who organised companies to go on trade missions abroad," he recalled. In his role Leslie travelled extensively in the United States, Japan and Hong Kong. He explained that it was a time when the situation in Northern Ireland wasn't great and any good news to be found in the media was coming out of the jobs created by the IDB. He showed one clipping from the Business Telegraph from 1988 highlighting a trade mission he had been involved in which had attracted investment of £44 million. It was an absorbing and difficult job - taking Northern Ireland companies out on a trade mission for the first time was "exciting" he said. At the same time, he was often taking late night calls from Radio Ulster looking for interviews about the latest news. After such a high profile post, Leslie's next job was in the European Funding programme, within the Department of Economic Development.

Leslie has a fascinating fund of entertaining stories which he loves to share and they are a valuable insight into his post at a time when Northern Ireland was just starting to get back on its feet. Leslie then took up a post with OFREG, the body which regulates the electricity and gas industries. He finally retired 6 years ago but far from twiddling his thumbs, has found plenty to fill the gap left by his high powered posts.

One of those is his lifelong involvement with the Scouts which began when he joined 3rd Ards troop in St Mark's in Newtownards as a Cub at the age of 8. Both he and his wife Ann are only children and Leslie commented; "I think in a sense Scouting became my family. What meant everything to me were the friends I made in the Scouts."



He went right through the troop and then, at the very young age of 17 he became leader of the troop or what was then known as Scout Master. Even when he was transferred to work in Limavady, he was still able to continue his interest by becoming a troop leader there. For a number of years he was Northern Ireland Commissioner for the Scout Section. When he was asked to renew his appointment, he declined,

feeling that it was time for someone younger to take the post. However, the Scout Association was understandably reluctant to lose his expertise and experience and came up with another post for him at the Scout Centre at Crawfordsburn. Now he has helped to open the centre up to other groups during the week, such as schools, and it now runs a comprehensive programme of events. As well as co-ordinating the activities, very often Leslie has found himself actually running the activities at the centre as well.

Leslie is a stalwart member of the St Columbanus walking

group and, in a bid to keep fit, he also walks every other morning. Prior to his appointment as Churchwarden, on Sunday mornings he often got his bike out early and cycled to Donaghadee and back. Leslie was born and brought up as a Presbyterian in Newtownards and when he and Ann moved to live in Bangor they joined Bangor West church which, he says, was a "big awakening" for him. "My faith moved from being almost an academic thing to being a living thing." He recalled, adding that this was largely due to the minister at the time, the Rev David Bailie.

When their daughter Amanda was still young they moved to their present address at Sunningdale Park and moved to a church nearer simply as a matter of convenience. The family attended several different churches and Leslie says it was their search for "something more" which eventually led them to St Columbanus. "To me, going to church is more than just turning up for an hour and going home again," he went on

And, in a perfect example of what a small world it is, when he and Ann turned up at the church for the first time, the churchwarden who greeted them, Willie Coulter, was an old acquaintance from his Scouting days in Newtownards. He and Ann are proud grandparents to five-year-old Jack and one and a half-year-old Charlie who live in Edinburgh with their parents.

Rosie Lawther



BOOK REVIEW

I have now read “The Girl with the Dragon Tattoo”, “The Girl Who Played with Fire” and “The Girl Who Kicked the Hornets’ Nest”, the Millennium Trilogy by Swedish author Stieg Larsson. For me they were wonderful thrillers, well written and totally compulsive. As one critic has said: Lisbeth Salander, is “the most original heroine to have emerged in crime fiction for many years”. She is totally amoral and without social graces. She looks like an anorexic teenager and has a very troubled background. Yet she is intelligent and loyal and is a wizard with computers. In the first book you don’t realise initially that she is the heroine. She is hired to help Mikael Blomkvist, an investigative journalist, to discover what happened to a young girl who disappeared several decades ago. In the second and third volumes we learn about Salander’s past, the corruption in the police force and particularly in Sapo, the state security police, who stop at nothing, not even murder in their attempts to silence Salander once and for all. In these two volumes she is helped by Blomkvist and others as they discover the truth.



The books are strongly moral but contain incidents of violence and sex - not for the squeamish or prudish and most definitely adult books. This apart, I would recommend them as an enthralling read.

Laura Gilbert

The Trilogy is published by MacleHose Press: rrp from approx £3.50 paperback.



Supper Dance

William Trevor would have been pleased to see our main hall transformed into the Ballroom of Romance on 19th November last. Shimmers shimmered, lights twinkled and candles flickered to create a special atmosphere for the 80 or so people who arrived, all set for a wonderful evening of dancing.

Music was provided by Dave, who produced a wonderful repertoire on his keyboard, which allowed people to waltz, rumba, jive, cha cha cha, quickstep and line dance to their heart’s content. I never knew there were so many versions of the waltz, but I know now!

It was a wonderful social occasion for all those who danced, for those who sat out on occasions and watched and I am sure we have some budding contenders for Strictly Come Dancing - look out Anton!

A very tasty and welcome supper was provided by Karen and her helpers and she and Maaiké were well pleased with their efforts which helped raise over £500 for the Final Straight. This proved to be a very successful event in every way, so much so they are thinking of doing it again in the Spring. If you missed it this time, don’t miss it the next time.



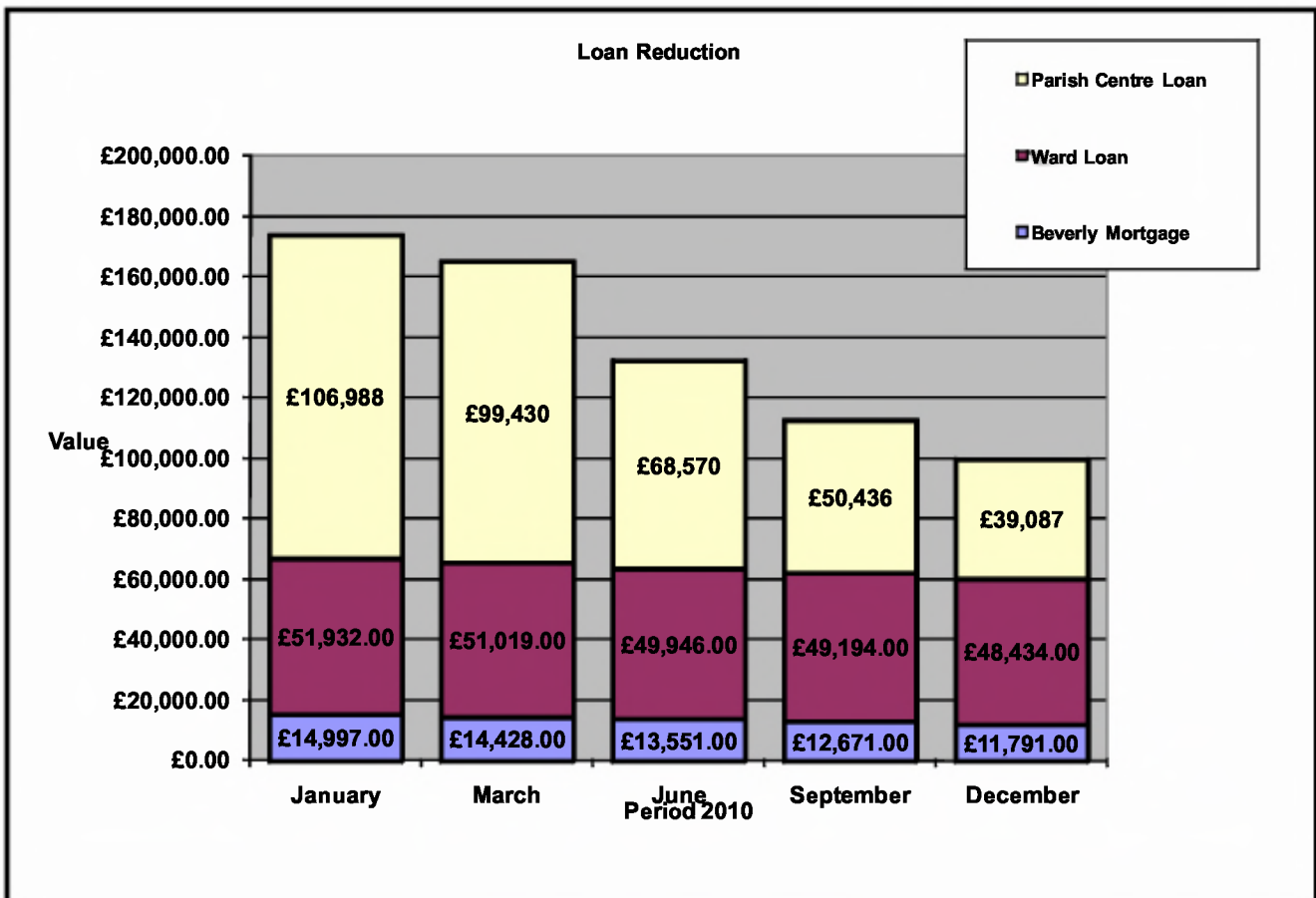
HOME STRAIGHT UPDATE

The Home-Straight appeal, which was launched at the beginning of Lent last year, has been a huge success. You the congregation have responded with incredible generosity to enable a considerable reduction in the debt to below £100,000.

The Select Vestry took the decision to pay off the Parish Centre loan as a priority. As you can see from the graph the Parish Centre loan has reduced from £106,988 in January to £39,087 in December, a reduction of £67,901.

The Beverly Gdns mortgage has reduced by routine monthly payments from £14,997 to £11,791 and the Ward Ave refurbishment loan from £51,932 to £48,434.

To date £53,338 has been received by way of cash donations, special fund raising events and gift aid and £39,115 has been promised to us by way of standing orders. Well done St Columbanus and thank you to all those individuals and groups who have already given and continue to raise money, organise and support events.



If you have any questions regarding the above, please speak to me, Roy Lawther, or give me a call on my telephone: 9145 6722.

Women's World Day of Prayer Coffee Morning

A coffee morning will be held in the Parish Centre on Saturday 5th February from 10.30 - 12 noon. Please support this event if possible. The Women's World Day of Prayer service will be held on Friday evening 4th March in Groomsport Parish Church at 7,30 pm. Hopefully the service will be well attended by parishioners from St. Columbanus church.

Ruth Ruttle



Slow Cooker Recipes

Sausage Casserole Serves 4

1 large onion, chopped, 1 large potato, cubed, 2 chopped celery sticks, 12 chipolata sausages, 200g chopped bacon, 3 garlic cloves, 400g can harriot beans, 1 tblsp tomato puree, 1 teasp thyme, 1 teasp oregano, 1 teasp sugar, pepper, good splash of white wine, 500ml vegetable stock, 1 tblsp flour.

Method. Turn on cooker. Fry onions, celery and potato until soft in frying pan and place in slow cooker. Brown sausages and bacon, add garlic and cook for 1 minute. Add rinsed beans, tomato puree, herbs and stir. Add wine and turn up heat until boiling, simmer. Add stock and then sprinkle in sugar and flour. Simmer until good consistency. Transfer all to cooker and cook on medium for 8 hours. Serve with green vegetables.

Italian lamb stew Serves 6

4 tblsp olive oil, 1 kg lamb shoulder, diced, 300 ml white wine, 1 chopped onion, 1 chopped carrot, 1 chopped celery stick, 4 garlic cloves, chopped, 400g tin chopped tomatoes, 200ml lamb stock, pared rind of 1 lemon, 1 bay leaf, 2 tblsp chopped thyme, seasoning, 2 tblsp extra virgin oil, 100g black pitted olives, chopped, 4 tblsp salted capers, rinsed and chopped.

Method. Heat half the oil over a medium heat in large frying pan and cook the lamb for about 10 mins until browned all over. Season well and transfer to slow cooker. Deglaze pan with white wine. Heat the remaining oil over medium heat and cook the onion, carrot, celery and garlic for about 5 mins until softened. Transfer to cooker. Add the tomatoes, stock, lemon rind, bay leaf and thyme to slow cooker and add seasoning. Cook for 4 hrs on high, or 8 hours on medium.

Serve with polenta or mashed potatoes and a green vegetable.

Although defeating the "one pot" idea, browning meat and softening vegetable in a frying pan before cooking, does improve the flavour.



Did You Know?

That for only £4.50 you are able to get a two course meal, with tea or coffee in the Parish Centre every Friday.

Lunch is served at 12.30, with lifts available for those who need them. Why not treat yourself and come and join us on Friday?
See you then, we hope.

Karen

Poor old February!

Thirty days hath September,
April, June, and November.
All the rest have thirty-one
Save for February, and it alone,
Short-changed
when they gave out the dates,
Whose days are only twenty-eight!
Though, to be completely sure
In leap years it just gets one more.

It puzzles me, why should this be?
That some months have an extra three
Days more than poor old February!
May? Now that I understand;
Sometimes its days can be quite grand
And August too, when we get tanned!
July, when we can drink cold beer,
December, full of Christmas cheer!
These months, indeed,
should not be short;

But don't you think perhaps they ought
To pick a month that's much too long
And bolster Feb - would that be wrong?
January, month of cold and frost
Improved if just one day were lost!
Or March is not so very great
To feel the loss of just one date!

The boffins and the scientists say
February can't be as long as May -
The equinox needs a certain day!
But February is just that special time
When the grip of winter rime,
Weakens with the Spring's first sign!
So, hearken to my heartfelt plea
For a longer February! *By Nigel Beeton*

The Wednesday Club



Unlike last January, when we had to cancel our first meeting of the New Year owing to the snowy conditions, this year's meeting went ahead without a hitch. Well, nearly without a hitch! Unfortunately, our planned speaker, Yvonne Manogue was unable to talk to us as she was convalescing after a stay in hospital - we wish her a very speedy recovery. Instead we had a short table quiz to get our minds moving again, after a restful time over Christmas. There was a tie for first place, and Lillian and Sally, and Paddy and Anna shared the Malteesers! Our usual afternoon tea was enjoyed by all, and we welcomed Molly, a new member this month. The monthly draw was won by Vi Sheppard.

Sue



Need a few days away?

I am organising this year's break to Newcastle Co Down, staying at the Glenada Conference Centre. No confirmed date at present but May is the month for your diary. Please check next month's magazine for dates and get in touch with me as soon as possible if you are interested in joining us.

Karen

It's fat Tuesday
On Monday!

Come & join the
WAGS
for

Mardi Gras Dinner
14th February 2011
8.00 pm
Kajiado Room



The things I love

As a son, I love my parents.
As a husband, I love my wife.
As a father, I love my daughters.
As a sinner, I love Jesus.
As a man, I love God's creation.
I love the simple things in life, quality time spent with my family,
a walk in the country-side,
a beautiful sunset,
the dawn chorus, relaxation.

Will McDermott

Mothers' Union Notes

We started the New Year with a visit from "The Singing Chef" and now have the recipe for 100% fool proof Pavlova!
Our Overseas Night - Romania Here I Come, is on Monday 7th February at 8pm. Evelyn Briggs will be telling us about her trip to Romania with Habitat for Humanity, all welcome.
A date for your diary is the Spring Sale and Coffee Morning on Saturday 5th March from 10:00 am - 12 noon.
There will be a variety of stalls with something for everyone. Please come along and bring your friends.

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.





Festive Photos Christmas Bazaar





Nativity
2010





Festive Photos



Strictly Ballyholme
Community Carol Singing
New Year's Day Walk



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

JULIE MONAGHAN

Hello, I'm Julie Monaghan, just a part-time physio, full-time mum of 3 quite noisy daughters, and occasional wife of not-so-noisy Darren. I have lived in Bangor all my life and have worked my way through Bunnies and Brownies here in Ballyholme to the dizzy heights of Wags!! Apparently I had to compile a *mixture* of songs I love, which is probably a good thing or it would have been 10 Aretha Franklin songs. In fact there are those who remain shocked that all of my daughters escaped the name (deep sighs at the lack of an Aretha Monaghan in Bangor). Also, a nod to George Michael, Marti Pellow and Gary Barlow...there was no way to work you in and maintain a semblance of credibility, but you know how you shaped the teenage me...



- | | |
|---|-------------------|
| 1 You make me feel (like a natural woman) | Aretha Franklin |
| 2 Lately | Stevie Wonder |
| 3 Fire & Rain | James Taylor |
| 4 Zorbing | Stornoway |
| 5 Where you lead | Carole King |
| 6 The cave | Mumford & Sons |
| 7 I've been loving you too long | Otis Redding |
| 8 River deep, mountain high | Ike & Tina Turner |
| 9 Starfish & Coffee | Prince |
| 10 Burnin' Love | Elvis Presley |



Return Visit To Kiwoko Hospital

Time is an oddity in Uganda. Well, that's my experience anyway. On one hand, life moves slowly, with a seemingly more measured approach to tasks and deadlines. Yet, on the other, Kiwoko Hospital continues to grow and develop with unprecedented speed. During my recent visit, last October, I was amazed by how much building work had taken place at the hospital, over the course of the previous 18 months; A new maternity unit; extra staff housing (including the first two storey building); an expanded neonatal intensive care unit; a massive nurse and laboratory technician training school.

As a result of this, much of the hospital compound was an unfamiliar place to me - though I had lived there some four years ago, there were parts of the site that I didn't recognise. As I reflect on this seemingly breathless pace of transformation, two things strike me.

Firstly, how relatively easy it is to find people who will give money to build a building, and conversely how relatively hard it is to find money for other essentials such as staff training, salaries and patient fees. Buildings are important - of course they are. Without them, the hospital wouldn't be able to achieve the vast majority of things that they do. But buildings on their own aren't much good. Without staff, equipment and training, buildings quickly become empty relics - icons to an approach to giving that struggles to see the intricacies of the developing world. Sadly, Africa is littered with such examples.

Secondly, a challenge remains for the hospital, in terms of it staying true to it's calling to provide holistic healthcare to the rural poor in Central Uganda. I remember having a conversation with Dr. Rory, towards the end of my time at Kiwoko. At that time, with the hospital growing, Rory articulated that he wanted to make sure that the hospital didn't move on from its calling to provide healthcare to the poor. As the range of services improves, he was aware that there would be a danger that they would forget about the poorest people that they treat.



In many ways, the Kiwoko I visited in the autumn was different but yet very familiar. Though, on the surface it looked different, underneath that, I recognised the same staff with the same commitment to their patients. I recognised the continued determination to develop and to grow, so that they could offer the best possible healthcare to those that came along. I recognised the transformative impact that this place has on those who came through its doors.

Niall Manogue

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 pick up a page with the Churchwardens giving us the info and we'll do the rest.

Mountains to Climb

Early in the morning on the first of January a few brave members of YF dragged themselves out of bed, to meet in the church car park for their first great adventure of 2011. We had organised to go hiking in the Mourne, and once we were sure we had the full complement of travellers, we set off for Bloody Bridge, at the foot of Sleive Donard.

From the offset, time was against us, with the might and power of one of Bangor's premier restaurateurs expecting their employee (Tim) to be in work by 5pm. Having gathered our lunches from the car, we set off on the track that leads to the Bog of Donard and eventually the Mourne wall.

As with most geographical features, mountains appear in the Bible. It wasn't until I began doing a little research, that I realised how many of the significant events of the Bible took place around mountains. Noah found dry land on the Mountains of Ararat whilst Abraham lead his son up a mountain in the land of Moriah to be sacrificed. Moses encountered the presence of God in the burning bush on a mountain. Here he returned many years later, hiking up the slopes to spend forty days and nights receiving the Ten Commandments, only to do it all over again after smashing the originals in anger at the Israelites. From king David finding refuge from Saul in the mountains, to Elijah doing battle with the prophets of Baal on Mount Carmel, the old testament is peppered with peaks. The mountain theme is particularly evident in the life of Jesus. During Jesus' temptation "... the devil took him to a very high mountain and showed him all the

kingdoms of the world and their glory. (Matthew 4:8 ESV)

Jesus often sought high ground as a place of prayer - "And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone," (Matthew 14:23 ESV)

We remember also the mountain of transfiguration as well as the famous Sermon on the Mount. What is it about the wilderness, and mountains in particular that make them so special? Whilst I would never hope to provide a comprehensive answer to this question, I have a few thoughts.

Mountains are imposing, they can be seen from very long distances, and are some of the largest solid objects we can see on our planet. It is difficult to feel like the world revolves

around you, when you're putting a lot of effort into climbing just one of the earth's goose pimples. Looking down and seeing sweeping land masses, shadows of clouds racing across fields and tiny specks of people, can give us a sense of perspective that can be difficult when, for example, peering through a TV or computer screen.

Time is often elusive in our society. When one climbs a mountain, every minute spent hiking up means a minute hiking down. The very act of climbing a mountain means that you are going to be there for some time. Even if you are in a rush there is a commitment you have made by leaving civilisation behind, that you cannot instantly drop by popping out to the shops or going round to a friend's house.

Many mountain ranges are considered areas of outstanding natural beauty. A place where we can see the handy work of God without being shouted at by advertising boards, or deafened by traffic noise. Its funny that at a time when you are most isolated, you may be in the best position to see the bigger picture of the world around you.

It seems that wilderness and solitude are becoming rare in both our culture and our geography. It is of course true, that many of us are unable to make our way into the great outdoors. If this is so, then we may be able to find different ways to get perspective, carve out time, and see God at work.

What are the places and patterns that allow you momentarily to leave the business of your daily life and rise above your situation? Rather than a space to hide from circumstances, is there somewhere you can work on them from a position of greater clarity?

After eating lunch at the Mourne wall, our band of adventurers followed the path back to the car. We had not conquered any peaks, but we had been treated to some fantastic views. You will be pleased to hear that Tim made it back in time for work with five minutes to spare. The rest of returned home, muddy and tired, we live to hike another day.

"We don't yet see things clearly. We're squinting in a fog, peering through a mist. But it won't be long before the weather clears and the sun shines bright! We'll see it all then, see it all as clearly as God sees us, knowing him directly just as he knows us!" (1 Corinthians 13:12 The Message)

Sam



THE QUIET CORNER

Why are thoughts so vagrant?
Even when I pray,
they fly off at a tangent - Forgive me.

I am not a wool gatherer
Rather a wool scatterer

Lord God, gather my wandering wool
Where it is knotted, teach me to untangle it,
Where it is smooth, weave it,
Knit it and use the happiness in it
To lighten another's load.
I am a wool scatterer,
Help me to scatter it kindly.

Joyce Stock



BAPTISMS

19th December: WILLIAM HENRY COULTER THOMPSON, son of Aaron and Judith
19th December: ERNIE ALFRED KELLS, son of Timothy and Carla
26th December: ROWAN ROSE FOYE, daughter of Jonathan and Paula



Parish Office: 91274912
Rectory: 91274901

Curatage: 91271922
Prayer Line: 07531806167
Transport: 075997949

Church Readers Rota:
Sarah 91454826
or Freda 91467624

Web Site:
www.ballyholmeparish.co.uk

Volunteering

Ever meant to volunteer for something, and then changed your mind because you weren't sure what it would commit you to?

The Parish is always looking for people who are able to help with a variety of things. Are you good at baking? Are you free to give lifts? Like helping with young children? Like walking?

Answer yes to any of the above, and I am sure we could find something for you to do. Most volunteers help on a flexible rota basis, so no worries if you have another commitment!

Why not think about it, and if you think you could help in any way, ring the office, and we will pass your name onto someone who needs you most!



February:
6th: No Creche
13th: Heather Glasgow, Angela Skaramoutos, Joanne Smith
20th: Julie Monaghan, Rosemary Thompson, Eleanor Mulholland
27th: Katherine Newman, Debbie Calvert, Deborah Galbraith



February:
6th: Edna Morrison, Gillian Fletcher, Carol Majury
13th: Charles Robinson, Joanne Bishop, Alison Dornan
20th: Richard & Sandra Kennedy, Ann Reynolds
27th: Christine Wilson, Anna Gullen, Muriel Ryan

FUNERALS

10th January: Stephen Henderson, late of Stricklands Care Home
13th January: Thelma Shiels, late of 88 Lyle Road
13th January: Winnie McGregor, late of 8 Tonic Fold
14th January: Jim Porter, late of 5 Castle Lodge

February Sunday School helpers rota

13th Amanda Thompson, Janice McDonagh & Carol Majury
20th Caroline Larmour, Mark Larmour & Gerry McCaughan
27th Lynsey McDermott, Rhonda Magennis & Margaret Moorehead



February
6th: Daphne Hamill
13th: Ann McMurray & Marie McKee
20th: Kay Lowry
27th: Ann Browne

Our Worship

Sunday 6th February 5th before Lent

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

Wednesday 9th February

10.30 Holy Communion - Kajiado room

Sunday 13th February 4th before Lent

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

Wednesday 16th February

10.30 Holy Communion - Kajiado room

Sunday 20th February 3rd before Lent

8.30 Holy Communion
10.00 Morning Worship & Children's Church
11.30 Morning Prayer
6.30 Holy Communion

Wednesday 23rd February

10.30 Holy Communion - Kajiado room

Sunday 27th February 2nd before Lent

8.30 Holy Communion
10.00 Parish Communion & Children's Church
11.30 Morning Prayer
6.30 Evening Prayer

PLOUGSHARE?

Your questions answered:

Ploughshare is a group which aims to promote peace and reconciliation by providing the wider community in North Down with cross-community events and friendship.

The group aims to:

1. Be aware of and rejoice in our dependence on God and his guidance through the scriptures
2. Get to know, understand and appreciate each others beliefs, traditions, cultures and aspirations
3. Seek a Biblical way to foster community relations and address local concerns within a Biblical framework.
4. Promote more Christ-like attitudes within our congregations extending to the community and together in a practical way apply the social, economic and political implications of the Gospel
5. Extend Ploughshare membership to all who agree with and adhere to these aims

This year our theme is 'Divisions' and in December we had Dr Bishara Awad, Director of Bethlehem Bible College speaking on 'Christmas in Bethlehem - there is still hope'. He told us of the divisions there and yet how many good things are happening.

On 10th February we will have Baroness May Blood speaking about the Shankill and the Building of the Peace Walls. What has been their effect? Do they help or cause more divisions? The venue is North Down Heritage Centre at 8.00 pm. Everyone is welcome so please join us.
Carole Caruth

Confirmation Call-up:

Deanery Confirmation Celebration
Easter Day, 24 April 2011, 6pm
at St Comgall's Hamilton Road

First meeting for young people:
7th February at 7.30pm in Parish
Centre
first meeting for adults:
Monday 14 March 2011 7.30pm at
the Rectory

Younger candidates must be at least in their third year at secondary school.
As in previous years, the Rector will offer preparation for any adults wishing to be Confirmed on the Monday nights through Lent.

Thank you for those who have already got in touch but just a reminder that if you would like to add any names to the candidates list please contact Sue in the Parish Office on 9127 4912.

