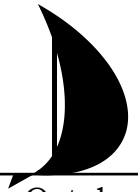


Church of

# St Columbanus

Parish of Ballyholme



October 2011



## Gardeners' Corner comes to Ballyholme Page 4



# The Parishioner

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

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Photograph of Ballyholme Bay by Betty Armstrong.

### ✦ Magazine Contact

email:  
office@ballyholmeparish.co.uk

## The Rambling Rector

Tucked inside this month's edition of The Parishioner you should find an important leaflet from our Missions Committee. Everyone knows about the Smarties tubes in September, the annual Harvest weekend celebrations in October and the Christmas gift appeal in December but as you will see, Ballyholme's interest in overseas mission has not only a long history but a real and exciting vision for the future. Through CMS Ireland our long-standing mission partner relationships with the Diocese of Kajiado in Kenya and Kiwoko Hospital in Uganda continue to grow and develop under God in fresh new ways. We have lost count of the number of St Columbanus parishioners who have travelled to one or

other place.

Just about every year someone from Ballyholme makes the trip and new expressions of interest are always welcome. Like our 2011-12 Parish Directory (which is enclosed) and indeed this magazine itself, the new Missions Committee brochure is designed to inform a wider audience of the sheer variety of our programme in Ballyholme. It's a cliché, but there really is something for everyone in St Columbanus. So many needs and interests are catered for, spiritual and otherwise - in fact you may be all that's missing!



## OPERATION CHRISTMAS CHILD SHOE BOX APPEAL 2011



This Christmas you can bring hope and a smile to some of the world's poorest children. By the simple act of filling a shoe box with small gifts and some useful things you can make a child feel special and valued.

Wrapping and filling a shoe box can be great fun, especially when you know how much these gifts will be used and treasured and that they may be the first Christmas gifts that these children have ever received in their lives.

All you have to do is follow the instructions on the leaflet. Cover your box in some brightly coloured Christmas paper and then fill it with items from each category on the list. Deliver your shoebox to me at 132 Donaghadee Rd by the 14th November at the latest together with £2.50 per box for carriage.

Your shoe boxes will be processed by volunteers and delivered to needy children regardless of nationality, political background or religious beliefs. (Our boxes usually go to countries in Eastern Europe)

For further information and a leaflet contact me on 91460050  
Many thanks

Carole Caruth

**THINGS I LOVE**

All four seasons. I love the freshness of spring when all the new buds start to peep through followed by the beauty of the spring flowers.

I love the warmth of the summer sun, the bright mornings and the long evenings. I love the array of autumn colours when the leaves start to fall before the starkness of the autumn gales. I love sitting by the fire on a cold winter's night and walking in the snow on a clear frosty day.

I love being outdoors no matter what the season, just as well because living in Northern Ireland we can get all four seasons in one day.

Heather Johnston



As we begin the autumn season of Mothers Union, the MU committee extend a warm invitation to all ladies in the Parish to join us for any of our Branch evenings or events.

Our first meeting, on Monday 3<sup>rd</sup> October at 8pm, is a "Fun and Fellowship Night". We aim to provide a varied programme which is spiritually challenging, informative and uplifting and should contain something of interest to everyone and an opportunity to chat over a cup of tea.

We would really love to see you.

Pat

**The Wednesday Club**

Our first meeting of the new season started off with a film show. Francis Jones from the Digital Film Archive showed us some old film clips, starting with the first ever film shot in Belfast, by two French brothers. They set up their massive camera in Donegall Square and simply filmed people and things going by. This was followed by footage of Bangor Bay, taken by the first Irish film maker in 1898. Among other clips we saw was rare footage of the Titanic in the Thompson Dock, Belfast. This was of particular interest with the Titanic centenary next year. Along with this, he showed us newsreel footage of the icy conditions that the Titanic had to deal with on her fateful voyage. Films of the '20s, '30s, '40s and '50s followed, quite a few filmed in our own Bangor. We were all totally engrossed by films shown and were sorry when it came to an end. We consoled ourselves with our usual cup of tea and buns, and when the draw was made, Sally McCartney was the lucky winner.



Following the retirement of some of the members, the committee does need some help with the running of our meetings. If you feel you could volunteer to help for a couple of hours one afternoon per month - to make the tea, serve the ladies, and generally join in the chat and fun of the afternoon you would be very welcome. If you would like to give it a go, please do not hesitate to ring the parish office or Sue on 91454833 at any time to get more information and have a chat. We'd love to hear from you.

Sue

**Keep Fit**

Pat Peel's ladies' Keep Fit still has a few places. Why not come along for an hour's fairly gentle exercise to music on a Monday morning? The time? 11am



**Smile Lines**

The two window panes were arguing as to which one was made of the better glass. One said to the other, "Well, you may think you are a better glass, but I know what you are trying to prove. Believe me, I can see right through you."



Long ago when men cursed and beat the ground with sticks, it was called witchcraft. Today, it's called golf.

## BBC Gardeners' Corner at St Columbanus

Over 100 people filled the Parish Centre at St Columbanus for BBC Radio Ulster's recording of the popular Gardeners' Corner presented by Cherrie McIlwaine.

On the panel were the green fingered experts Jim Bradley and Avril Milligan, who gave advice on such varied topics as carrot root fly, lemon trees, how to cover a blank wall, and Mare's Tails invasion!





“The WAGs committee would like to thank everyone for their participation in our 2010 program. Previously, we have enjoyed Quiz Nights, a “Mardi Gras” night, a “Thanksgiving” night and a theatre night at the Web Theatre. We’ve scheduled classes in Salsa lesson, Tai Chi, reflexology, cake decorating, and wine tasting. We ushered in our annual Christmas evening with a pre-Christmas shopping event. We relaxed with a Girls’ Movie Night-In and crowned last year off with a fabulous runway show with a joint Mother’s Union/WAGs “Style Nite”. We would like to invite all new and returning members to join us this year as we continue to celebrate being “girls”. We will reveal our 2011 calendar soon... so watch this space!”





*Paul Baker has been in Kiwoko Hospital, Uganda since last January. He worshipped in Hamilton Road Baptist Church prior to travelling to Uganda. His wife Tania works with the Ladies in the Craft Centre and co-ordinates visitor hospitality at Kiwoko Hospital.*



## When a plan comes together

On 8th May, news of an Ebola case reached Kiwoko Hospital. A 12 year old girl in a nearby village died of the virus. Ebola is a highly contagious and usually fatal virus with no cure. Understandably, there was widespread panic in the local community. Dr. Rory (Medical Superintendent) announced that we would set up an Isolation Ward in preparation for the likely outbreak. The TB Ward, a building on the compound outskirts, would become the Ebola Ward. We were given 48 hours to turn this very modestly equipped building into a fully functional Isolation Unit.

My job was to make sure the ward was kitted out. Electrical and plumbing alterations were required. We also needed to supply and install the vital Oxygen Concentrators, Suction machines, BP Machines etc. The only problem was; we had virtually no spare equipment. In fact, in the main wards there was already a shortage of much of this gear. We did however, have an abundance of broken equipment. So, our workshop became an A-Team set. Innocent (a fellow Engineer), who could be a stunt-double for B.A. Baracus, got stuck into the welding with the 80's theme tune playing in the background. Improvisation was the order of the day. 48 hours later the ward was complete. It looked like something from an end-of-the-world movie. Plastic sheets hanging from the ceiling dividing each of the patient bays, decontamination tents outside and 'NO ENTRY - ISOLATION AREA' signs all around the secured perimeter.



These two (very long) days demonstrated what is possible here when the whole team pulls together. Everyone took part in making us ready for an outbreak; Doctors, Nurses, Grounds-men, Cleaners. Ten nurses were needed to staff the ward. Dr. Rory asked for volunteers as these nurses would be literally risking their lives in caring for these patients. Ten came forward. Our other Engineer, Tony, was on leave but when he heard help was needed he volunteered to work on the ward as a runner. Sister Margaret came back from sick leave to help co-ordinate the ward, even though she was still suffering from Pneumonia.

The Ugandan Minister of Health heard of the preparations at Kiwoko and so he paid us a visit, along with his usual military entourage. He commented publicly that our rural mission Hospital was miles ahead of even the government hospitals.



Thankfully the 42 day incubation period passed with no further confirmed cases of Ebola.

The village where the young girl died had been successfully quarantined. Some would say we wasted our time setting up the Isolation Unit but now we are ready for a similar event in the future. During these days I witnessed what Kiwoko Hospital is capable of. I witnessed what team work, determination

and love for others can achieve. Our workshop doesn't have all the tools and spare parts we need, I'm working on that. In so many other ways we lack what is needed to deal with such an outbreak. But, what we do have are dedicated, tenacious and very creative staff. I'm proud to be a small part of this team.

Paul

Now that the evenings are drawing in, there is nothing more comforting than a hearty soup. The first one has been contributed by Lorna Hamilton.

### Tex Mex Chilli Bean Soup

(Serves 6-8)

*1 large onion, 2 celery sticks, 1 large red pepper, 2 cloves garlic, 1tbsp olive oil, 1tsp ground cumin, 1tsp oregano, 1/2tsp chilli powder, 1.5lts hot vegetable stock, 4tbsp tomato puree, 400gms can chopped tomatoes, 400gms can red kidney beans, 340gm can sweetcorn niblets*

Peel and chop onion and celery, dice the red pepper and peel and crush garlic. Heat oil, add onion and cook gently for 5 minutes. Stir in celery, red pepper and garlic and cook for 5 minutes. Stir in herbs and spices. Pour in hot stock, puree and canned tomatoes with juice. Bring to boil, reduce heat, cover and simmer for 15 minutes.

Drain and rinse kidney beans well. Also drain sweetcorn. Tip both into pan.

Simmer for 5-10 minutes to heat through.



### Spicy Lentil Soup with curry pinwheel rolls

(Serves 4)

*2 tbsp curry paste, 1 onion, chopped, 2 carrots, grated, 140g red lentils, 1lt hot vegetable stock*

#### For the curry pinwheel rolls

*500gm pack bread mix, 1tbsp curry paste*

Heat oven to 220C, gas 7.

For the rolls, make up the bread mix following pack instructions, then roll out to a 30/40cm rectangle. Spread over the curry paste, then roll up, starting with the longest edge, like a roly poly. Cut into 8 slices and transfer to a lightly oiled baking sheet. Bake for 20-25 minutes or until golden and cooked through. Meanwhile, make the soup. Fry the curry paste and onion in a large pan for 2 minutes until fragrant. Stir in the carrots and lentils and mix to coat in the curry paste. Cook for 2 minutes, then pour in the stock and simmer for 20 minutes until lentils are tender. Whizz with a stick blender until smooth, add some seasoning and serve with the curry pinwheels. (BBC Good food)

## Book Review

**The Postmistress** by Sarah Blake

Published by Penguin at £7.99



I think this is probably one of the best books I have read in the past year. It has a good story but is also a thought provoking one. It is set in the 1940s during the Second World War and is concerned initially with the effect of the war in America. In the introduction the question is posed - are there circumstances in which it is right not to deliver a letter? The story has three main characters: Emma Fitch, the young bride of the local doctor who has inherited his father's practice in Franklin, Massachusetts, Iris James the postmistress and Frankie Bard an American journalist reporting on the war from London. For her listeners in America the war is still far from home whereas Frankie is sheltering from nightly bomb explosions, talking to terrified people in air-raid shelters and walking through rubble strewn streets. Emma and Iris meet on the Buffalo Express taking Emma to join her husband and Iris back to her Post-Office and Harry Vale, the town mechanic, with whom she has a growing romance. We meet the various inhabitants as they come in and out of the P.O. Emma, who has no family of her own, is very dependent on her young husband and determined to be a good doctor's wife. After the death of a patient for which he blames himself, he decides to go to war torn London to work in a hospital where qualified doctors are desperately needed. Emma lives for his return. She and Iris both listen to Frankie's broadcasts. The war is becoming more real. Women are worried about their sons being posted overseas and men are worried about invasion and spies. Just as Emma discovers she is pregnant the letters from her husband stop. To quote from the summary on the back cover; "one night in London the fates of all three women entwine when Frankie finds a letter- a letter she vows to deliver---" " this is a story of three women, their lives, their partings and the secrets they must bear, or bury----"

Laura Gilbert

## A bit of culture and a six mile hike - the Walkers in Portaferry

Portaferry was the destination in early September for the dozen walkers who gathered at the more relaxed hour of 10am for what turned out to be a day when we all learned about the Rev. William Steel Dickson and the attack on the Market House. Leslie led us, in somewhat tourist like fashion with his raised umbrella (in a rain shower) through the town, pointing out what is said to be “one of the most distinguished Neoclassical buildings in Ulster, and...in the first rank of Neoclassical designs in the whole of the British Isles”, namely the Presbyterian Church.



The Rev Steel Dickson was a strong and consistent advocate of immediate Catholic emancipation and of parliamentary reform and when in 1791 the Society of United Irishmen was formed in Belfast, Dickson became a member. He was minister of a church on the same site from 1744 till 1824. On then to the Square and the famous Market House which was attacked during the 1798 Rebellion by insurgents who were beaten back by canon fire from a cutter anchored in the Narrows.

Our six mile walk followed the culture bit, and led us out of the town to the Mountain Road, up the hill and down again to the Lough Shore at Marlfield. The pace was slowish as there were blackberries galore which we couldn't resist eating. We passed the turkey farm (remembered from a previous visit) and had lunch by the shore. The weather was warm and Strangford Lough looked magnificent, with many boats racing, and divers on the wreck of the Empire Tana at Ballyhenry Point. This was a Liberty ship but also acted as part of the World War II Mulberry harbour. And we discovered a new coffee shop in Portaferry (to be recommended) called Teacups and Posies where we sat on the balcony and enjoyed superb coffee, tea and cakes.

The next outing on 1st October is to Drumee from Castlewellan with the Ballycrochan Presbyterian Church walking group. Meet at 9.15am at the Church car park.

Betty Armstrong

## Table Tennis Club

The Table Tennis Club has resumed and goes from strength to strength with twenty-plus members. Last season we had a couple of friendly matches, against Ballyholme Methodist and U3A (University of the 3rd Age). Both were played on a home and away basis, but the results were fairly irrelevant as the main reason for an evening out was the supper at the end of the evening! Whilst we are not restricted to church membership, most players are Parish members. Here also the standards are varied, ranging from members who play League table tennis, to virtual beginners.

Anyone who would like to come along should meet at 7.30 pm on Mondays in the Parish Centre, or telephone Stanley Officer on 02891 461650.





**B**ishop Michael Nazir-Ali visited St Columbanus on 21<sup>st</sup> August. He was a guest of the Worldwide Missionary Convention at Hamilton Road Presbyterian. After serving as General Secretary for the Church Mission Society Bishop Michael was for 15 years



the Bishop of Rochester. He is now President of the Oxford Centre for Training, Advocacy and Dialogue. He is seen here with our Rector and Caroline Mansley, who is now an intern Deacon at Willowfield Parish in Belfast and who was presented by the Bishop with a private communion set from Ballyholme Parish. Caroline was ordained on Sunday 28th August at Shankill Parish Church, Lurgan.



### Explore Programme 2011-2012

*November 2011*  
Exploring the  
Church of Ireland

**Tues 22 Nov 10.30am**  
**Repeated Wed 23 Nov 8pm**

Rev Simon Doogan Kajiado Room

*November 2011*  
*Exploring the 39 Articles*

**Tues 29 Nov 10.30am**  
**Repeated Wed 30 Nov 8pm**

Rev Stephen Smyth Kajiado Room

*February 2011*

*Lent Course:*  
*Exploring Christ in the Old Testament*

**Tues 21 Feb 10.30am**  
**Repeated Wed 22 Feb 8pm**  
**Tues 28 Feb 10.30am**  
**Repeated Wed 29 Feb 8pm**  
**Tues 6 Mar 10.30am**  
**Repeated Wed 7 Mar 8pm**  
**Tues 13 Mar 10.30am**  
**Repeated Wed 14 Mar 8pm**

Rev Stephen Smyth  
Kajiado Room

### Explore Explained

‘Explore’ is our home grown St. Columbanus teaching programme, based on the idea of exploring together various aspects of the Christian life and faith. It runs in conjunction with our home group programme.

The idea is that every term we come together for a couple of weeks of themed teaching.

Meetings take place in the Kajiado room, which provides an informal, low-key and friendly atmosphere. You can even choose between the morning and evening sessions as best suits.

Everyone is most welcome to join with us and you don’t have to be a member of a home group. Each session stands alone so even if you can only make one or two sessions you will hopefully benefit.

We have five home groups running at the moment, all studying the New Testament book of Colossians, they usually meet every two weeks.

Home Groups themselves are relaxed and have fellowship and mutual support as their primary goal. They meet at different times and in different venues by arrangement.

**For further information please contact:**  
Rev Stephen Smyth 91271922  
Sue/Rachel in the Church Office 91274912

## I'd Rather be at X-cess

X-cess comprises a week of afternoon and evening sessions. Afternoon drop-in includes various fun activities, whilst the evenings are a trio of main stage frolics, a guest speaker, and music.

This year, the afternoon sessions saw the usual mix of hanging out and games and we also included crafts and video making. Teams created 30-second adverts for a product of their choosing to be shown on the big screen. One afternoon, the young people wrote, recorded and performed their own raps (not quite to the same standards as Bangor's American visitor).

X-Cess (*widely considered Ireland's no.1 most spectacular summer event*) saw a threat to its crown this year in the form of Tennents Vital. We addressed this in our evening sessions by creating "Vimto Vital", with many Soft drink based prizes. We distributed a myriad of M&M chocolates, and we even had an appearance from Susan Boyle (*David Vance*). In addition, we began a campaign filming members of the public saying "I'd rather be at X-Cess". We managed to get testimonials from such local stars as the Mayor, MLA Steven Agnew and even the staff of Piccola Pizzeria!



Each evening young people were given an opportunity to enter a game show, with the chance to go through to the Friday final – "The Cube". The prizes were fantastic and competition was fierce, but there could only be one winner. Dr Love made a return appearance this year, answering love dilemmas sent in via text. Head to Head saw the incoming head boy & girl of BGS and Glenlola competing for the glory of their schools. Blind Date was a huge success, although I don't think our

leaders will be seeing each other again any time soon.

Evening musical entertainment took the form of two local bands (Smokin' Diamonds and The Sahara Kings), songwriter Captain Cameroon and a 'rave' night. Some of the leaders took their turn at the microphone as well. The rave night was a great success, with glow sticks galore, fluorescent outfits and a DJ set from Ross McConn.

Through the week we looked at culture and how most areas of our lives are shaped by it. A number of visitors spoke on topics such as music, sport, money and relationships. We saw what the world has to say about, and through, these areas and then we looked at what God has to say.

X-Cess was great fun this year, and thanks go out to all who were involved. Special thanks go to our guest speakers, who helped us see that behind the shouts of the culture around us, a still small voice speaks truth that we can often overlook.

SJ



Lucky Blind Date Winner

## The Quiet Corner

### Be Still My Soul

*A meditation on the hymn  
by Katherina von Schlegel*



Lord, is this really what I must do -  
be patient, put up with grief and pain?  
Wait for you to do everything  
to make me happy at the end?  
I want to howl my grief, and scream in pain.  
I want to act, to work to make things right.  
I want to know your joy now,  
not only as a reward in heaven.

*My soul in stillness knows your presence,  
and trusts your faithfulness.*

Lord, why do I go my way, instead of yours?  
I am at the mercy of the raging storms  
both within me and around me,  
undermining my confidence in you.  
When will I understand the mystery  
of what I do, and what is done to me,  
and see that, by your grace,  
all things are intermingling for good.

*My soul in stillness knows your presence,  
And trusts your power.*

Lord, why do you take away what I hold so dear,  
my family and friends I have loved so deeply?  
I cannot say with Job 'Blessed be God,  
for he has given, and he has taken away.'  
Yet in my anger with the world,  
and with death, and with you  
touch me with the outpouring of your love,  
and weep with me, as you wept for Lazarus.

*My soul in stillness knows your presence,  
and feels your compassion.*

Lord, all time will pass,  
and space assume infinity  
as all your creation returns to you,  
to be with you in your heaven.  
And I shall be there, with those I have held dear.  
And grief and sorrow, pain and loss  
will be remembered no more  
in the glorious joy of your love.

*My soul in stillness knows your presence,  
and hopes in your salvation.*

Jill Boal

## Hymn Titles by Occupation

*Do you know your (specific) hymn(s)?*

### The Dentist's Hymn

Crown Him with Many Crowns

### The Weatherman's Hymn

There Shall Be Showers of Blessings

### The Builder's Hymn

The Church's One Foundation

### The Tailor's Hymn

Holy, Holy, Holy

### The Golfer's Hymn

There's a Green Hill Far Away

### The Politician's Hymn

Standing on the Promises

### Optometrist's Hymn

Open My Eyes That I Might See

### The Tax Man's Hymn

Surrender All

### The Gossip's Hymn

Pass It On

### The Electrician's Hymn

Send The Light

### The Shopper's Hymn

Sweet Bye and Bye

### The Estate Agent's Hymn

I've Got a Mansion Just over the Hilltop

### The Masseuse's Hymn

He Touched Me

### The Doctor's Hymn

The Great Physician

**AND** for those who speed on the  
Queen's highway - a few hymns:



**45 mph** God Will Take Care of You  
**65 mph** Nearer My God To Thee  
**85 mph** This World Is Not My Home  
**95 mph** Lord, I'm Coming Home  
**100 mph** Precious Memories

# OUR WORSHIP

## Sunday 2nd October Harvest

8.30 Holy Communion  
 10.00 All Age Worship  
 11.30 Morning Prayer  
 6.30 Songs of Praise

## Wednesday 5th October

10.30 Holy Communion - Kajiado Room

## Sunday 9th October 16 after Trinity

8.30 Holy Communion  
 10.00 Morning Worship & Children's Church  
 11.30 Parish Communion  
 6.30 6-8

## Wednesday 12th October

10.30 Holy Communion - Kajiado Room

## Sunday 16th October 17 after Trinity

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

## Wednesday 19th October

10.30 Holy Communion - Kajiado Room

## Sunday 23rd October 5th before Advent

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

## Wednesday 26th October


10.30 Holy Communion Kajiado Room

## Sunday 30th October 4th before Advent

8.30 Holy Communion  
 10.00 Wholeness and Healing  
 11.30 Wholeness and Healing  
 6.30 Compline



**October**  
**2nd:** Harvest  
**9th:** Esther McKee  
**16th:** Irene Long  
**23rd:** Lillian Ward  
**30th:** Audrey Irwin



**October**  
**2nd:** No creche  
**9th:** Heather Glasgow, Joanne Smith, Rosemary Thompson  
**16th:** Julie Monaghan, Debbie Calvert, Deborah Galbraith  
**23rd:** Katherine Newman, Julie Patterson, Rachel Brittain  
**30th:** No creche




**October**  
**2nd:** Joanne Coulter, Nicole Watson, Fiona Jackson  
**9th:** Pat Adair, Patrick Crothers, Pauline Baird  
**16th:** Tracie Andreasson, Alison Dornan, Charles Robinson  
**23rd:** Edna Morrison, Gillian Fletcher, Carol Majury  
**30th:** Joanne Bishop, Richard & Sandra Kennedy



**Children's Church Helpers**  
**9th:** Debbie Hunter, Heather Johnston, Gillian Jones  
**16th:** Joanne Larmour, Caroline & Mark Larmour  
**23rd:** Gerry McCaughan, Lynsey Mc Dermott, Janice McDonagh  
**30th:** Grace McLaughlin, Carol Majury, Gillian Corbridge

**FUNERALS**

**22nd August:** Kay Lowry, formerly of 40 Groomsport Road  
**26th August:** Robin Menary, late of 32 Chippendale Avenue  
**30th August:** Eric Milligan, late of 22 Shandon Park East



Parish Office: 91274912  
 Rectory: 91274901  
 Curacy: 91271922



Help needed to decorate the church for Harvest on **Saturday 1st October**. Any donations of flowers or greenery would be very welcome, but most of all we would like to see YOU. Church open at 9.30am