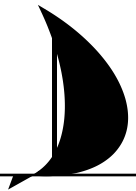


Church of

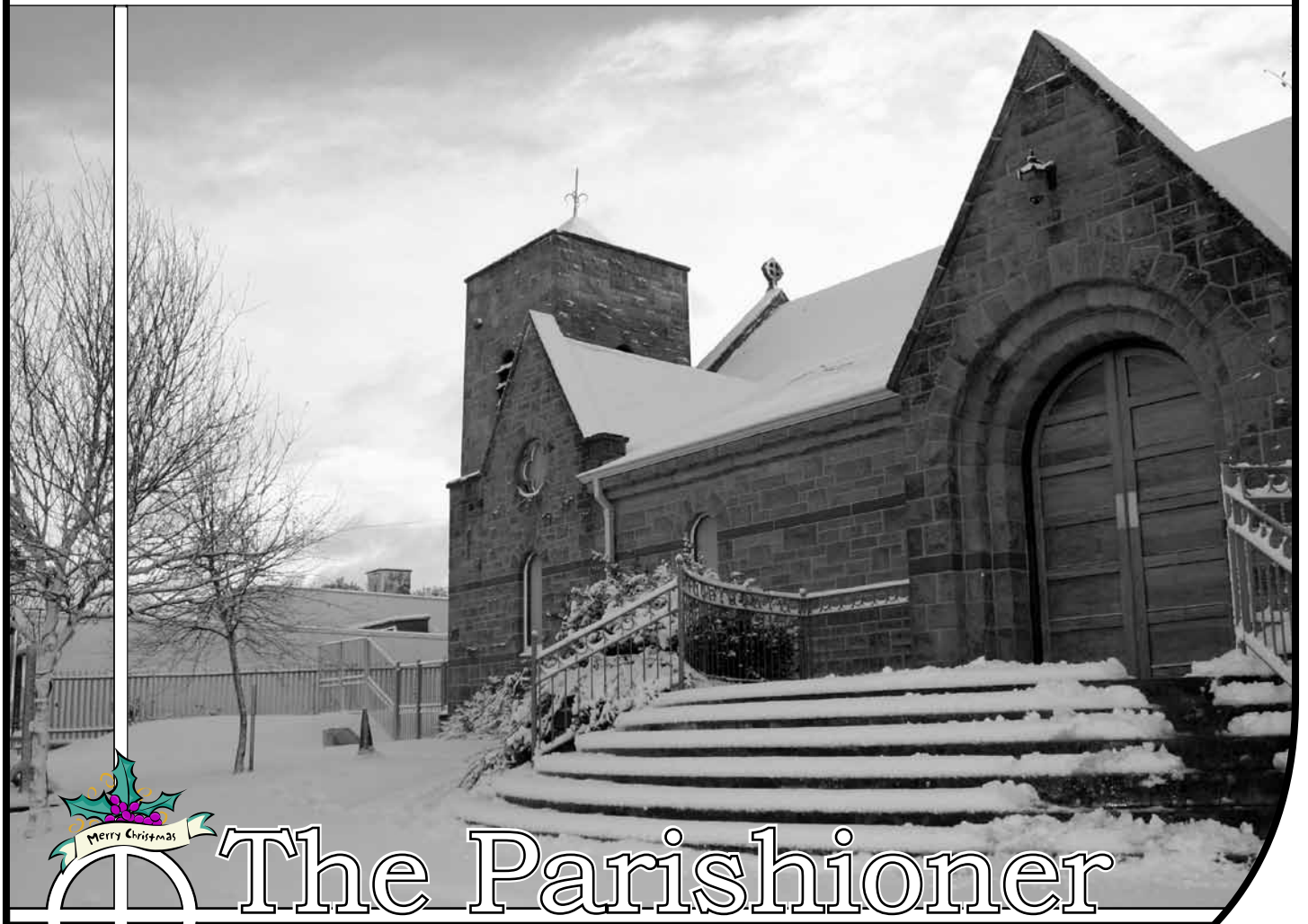
# St Columbanus

Parish of Ballyholme

December 2012 & January 2013



## Harvest Photos Pages 8 and 9



# The Parishioner

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

## The Rambling Rector



December 2012 marks the end of an era in the life of St Columbanus as our much loved Parish Secretary Sue Bleakley bows out after more than 28 years of faithful service. Always efficient, always ready to help and a model of discretion and sympathy, Sue has moved with the times and the Rectors ever since Canon Mercer appointed her in 1985. In a fast-changing age, Sue kept pace all the way, rising to the challenge of 21st century office life every single time. It is true to say that Sue has come to hold the families of our parish very close to her heart and many hundreds of those families will miss her enormously. The good news is that Sue will not be disappearing. She fully intends to keep up her role with the Wednesday Club, her editing of the Parish Magazine and she also feels it will be very hard to stay away from the buzz and fun of the Friday lunches. As her time in the Parish Office comes to an end however, I know the whole parish will join me in wishing Sue and Marty our love and every blessing for an extremely happy retirement.

**A** night of old-fashioned Christmas carol singing around the streets of Ballyholme, led by the clergy, choirs and people of the four Ballyholme churches



**COMMUNITY CAROL SINGING**  
**Thursday 20<sup>th</sup> December**  
**at 7.00pm**

We begin outside the church of the Holy Redeemer, Sheridan Drive and make our way to Ballyholme Methodist in Brooklyn Avenue, Ballyholme Presbyterian in Ashley Drive and finish up at St Columbanus for seasonal refreshments.

**Everyone welcome**

Please wear warm, water-proof clothing and bring torches or lanterns to make yourself safe and visible.

For further information, phone the Parish Office 91274912

### How To Make Decoupage Tea Light Lanterns to take with you when Carol Singing

You'll need:- clean jam jar - big enough to fit a tea light candle, coloured tissue paper - green, red and yellow/gold, glitter (optional), PVA glue, florists wire, some recycled Christmas decorations, tea-light candles, scissors, paintbrush

Cut out tissue paper into squares and decorative Christmas shapes e.g. stars, trees.

Using a paintbrush, apply PVA glue to the jar where you want to place your first square of paper.

Apply paper square. Smooth the surface, working from the centre of the edges. Wipe away any excess glue.

Overlap second square of paper with first so that they meet seamlessly. Apply glue to area and affix square.

Continue decorating outside of jar with tissue paper until it is covered with your chosen design. For a sparkly effect use the glue to add glitter to the outside of the jar.

Add a handle to your jar by wrapping wire or string around the neck and making a loop by fastening it on the other side.

For a nice effect, thread recycled Christmas decorations onto the wire/string before it is secured. Place your tea light into the jar.

A generous handful of sand in the bottom of your jar will stop the tea light sliding around.



"BACK TO  
BROADWAY"  
A Festive Spectacular

Featuring Upstage  
Downstage Musical  
Company & Guests

Saturday 15th  
December 7.30pm  
Ballyholme Parish  
Centre

Tickets £12  
(inc. Wine Supper)  
Only 100 Tickets  
Available from the  
Parish Office  
Phone: 91274912

After 28 years in her post, Sue Bleakley is bidding farewell to the parish office. As a token of appreciation, an envelope is being put into the December/January edition of the magazine, enabling parishioners to express their gratitude for her long and dedicated service to the parish office. Envelopes can be returned in the collection plate on Sunday.



### Ballyholme Parish Golf Society

Our next outing will be to Helen's Bay Golf Club on Friday 28th December. Meet at 8.45 am. for tee off at 9.00 am. For more information, ring Harry Browne on 91467275



**Mothers' UNION**  
Christian care for families

It is hard to believe that as we read these notes we will be looking forward to our Christmas Dinner in the Hall on Monday 3<sup>rd</sup> December. If last year's event is anything to go by

we are in for a treat.

It was very encouraging to welcome 39 members including some new and not so new members at our first meeting. After our Opening Service in September, we regard our October meeting as our first official meeting in the hall since May so there was much catching up to do with the up to date Mothers' Union news.

Eventually, we got around to hearing the many stories told about the treasures which some members had brought along with them. We heard stories about a scent bottle, a penknife, a bell, a replacement Royal Doulton lady called Florence, found high up on a shelf after many years of searching in numerous china shops while on holidays, the little wooden animal handed to a passenger as she was re-boarding a cruise ship by a small child who wore no shoes. These are only some of the many stories told and we all agreed that the evening was very enjoyable but emotional at times.

Our meeting on 7<sup>th</sup> January 2013 at 8.00pm will be a talk by a member of North Down Borough Council about "Rubbish". This will be an open meeting so feel free to join us on this occasion. Please let us know if you wish to attend. We believe that some men have shown an interest in coming along.

As we look forward to Christmas let us remember the one born to share the lot of the poor and needy, and laid in a humble manger, those who at this Christmas time cannot share our happiness, because they have no home or are hungry, or because they are sick, or because they are separated from those they love; help us to help them.

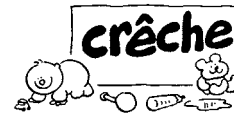
May the joy of the angels, the eagerness of the shepherds, the perseverance of the wise men, the obedience of Joseph and Mary, and the peace of the Christ-Child be yours this Christmas, wherever you may be.

CHRISTMAS GREETINGS TO YOU ALL FROM THE MOTHERS' UNION



**December**

**2nd:** Gem Moran, Angela Skarmoutsos, Sandra Hill  
**9th:** Grace McLaughlin, Ella Walker, Alison Dornan  
**16th:** Gillian Fletcher, Carol Majury, Edna Morrison  
**23rd:** Tracie Andreasson, Charles Robinson, Jean Law  
**30th:** Heather Johnston, Neil Devlin, Irene Bell  
**January 2013**  
**6th:** Samantha & Robin Gouk, Patrick Crothers, Yvonne Manogue  
**13th:** Pauline Baird, Pat Adair, Jonathan Stockton  
**20th:** Pat Davidson, Janice Hewitt, Fiona Jackson  
**27th:** Michael & Sharon Hatch, Jill Owens



**December**

**2nd:** Katherine Newman, Rachel Baird, Paula Foye, Rosemary Thompson  
**9th:** Julie Monaghan, Ann Browne, Rachel Brittain, Dianne Dornan  
**16th:** No Crèche (Children's Carol Service)  
**23rd:** No Crèche  
**30th:** No Crèche  
**January 2013**  
**6th:** No Crèche  
**13th:** Julie Monaghan, Helen Hartley, Jodie Smith, Caroline Gillan  
**20th:** Katherine Newman, Paula McIlwaine, Elaine McNamara, Nicole Watson  
**27th:** Heather & Stephen Glasgow, Pamela Reading, Gemma Wright

**December**

**2nd:** Tracie Andresson, Amanda Thompson & Sarah Tweedie (no family service)  
**9th:** Janet Boal, Heather Dickey, Gillian Fletcher  
**16th:** Children's Carol Service and Nativity



**January 2013**

**13th:** Samantha Gouk, Emma Hamilton, Debbie Hunter  
**20th:** Caroline & Mark Larmour, Gerry McCaughan  
**27th:** Kelly McCullough, Lynsey McDermott, Janice McDonagh



**December**

**2nd** Jackie McCabe  
**9th** Audrey Carroll  
**16th** Christmas  
**23rd** Christmas  
**30th** Pamela McNutt  
**January 2013**  
**6th** Betty Armstrong  
**13th** Joan Thompson  
**20th** Agnes Officer  
**27th** Pat Shannon

**FUNERALS**

**8th November:**  
 Muriel Fogarty, late of 9, Ballyholme Court  
**13th November:**  
 Allen Foye, late of 239 Donaghadee Road

**NEW YEAR'S DAY WALK  
 TUESDAY 1st JANUARY 2013**

**D**on't forget our annual New Year's Day Parish Walk which will take place on **Tuesday 1st January**. Gather up in the Parish Centre at 10.15 and head off at 10.30. We follow the usual route along Groomsport Road, down to the beach at Ballymacormick, along the Promenade, past Ballyholme Yacht Club, along Ward Avenue to the Ballyholme Road and back to the Parish Centre for hot chocolate and doughnuts. The yellow coated marshals will be dotted along the way to take care of you and make sure you take the correct turns. Don't forget your thermals and bring a broly if it looks like showers!



**FREWILL OFFERING ENVELOPES**

**T**he next year's freewill offering envelopes will soon be available for collection. They can be found at the back of the church in boxes, in alphabetical street order. It would help us considerably, if, when you are picking up your own, you could take some of your neighbours' envelopes with you and pop them through their door.



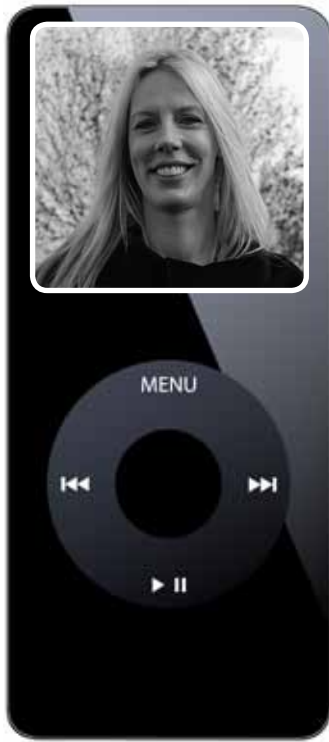
## What's on your iPod?

### Sarah Tweedie

My name is Sarah and I work with my husband running our own building company in Bangor.

I have two children and we all love listening to music in our house. Throughout my life I have developed quite an eclectic taste, as illustrated in my playlist.

- |    |                         |                                       |
|----|-------------------------|---------------------------------------|
| 1  | Tin Soldier             | Small Faces                           |
| 2  | Teenage Kicks           | The Undertones                        |
| 3  | It was a very Good Year | Frank Sinatra                         |
| 4  | Eton Rifles             | The Jam                               |
| 5  | The Strangest Thing     | George Michael                        |
| 6  | Valerie                 | Mark Ronson (featuring Amy Winehouse) |
| 7  | Stay too Long           | Plan B                                |
| 8  | Seaspray                | Paul Weller                           |
| 9  | River Man               | Nick Drake                            |
| 10 | Suspicious Minds        | Elvis Presley                         |



## A Diocesan Dilly-Dally to Donegal

On Monday the 15<sup>th</sup> of October 2012, the Ballyholme posse set off on their journey to Donegal for the Diocesan Clergy Conference. Simon the Rector and Alistair the Curate were very much looking forward to connecting with other Clergy and absorbing the wisdom of the speakers. Karen the Pastoral Assistant and Jade the new Youth Worker were less sure of what to expect (although Karen had heard tell of a McElhinney's store in Donegal and Jade of a nearby Jacuzzi which fuelled their excitement).

Great chats were had on the journey both to Donegal and home again, where this little group of four in one way or another shared stories, had a giggle and put the world to rights. The giggling continued upon arrival at Jackson's Hotel in Ballybofey (which by hook or by crook the group found) where Simon was to discover that his bedroom which he was to share with another Minister attending the conference was equipped with one double bed... and no other bed. The helpful staff at the hotel resolved the situation, leaving Simon with the room and the double bed all to himself, much to his delight and amusement!

Everybody was happy with the hotel - particularly the food. Anybody who has encountered Jade and food together, will know that the girl can fairly eat! To have a full Christmas dinner placed in front of her on the first night was much to her pleasure, as it is her all-time favourite! The standard of the food remained top notch the whole week.

For Jade it was great to meet new people, and for Simon, Karen and Alistair, it was great to see friends. Spending time with Stephen and Debbie Smyth proved to be a highlight for all four people, as they all talked and laughed together into the early hours of the morning. The ladies very much enjoyed their shopping trip together, with Karen and Debbie modelling every scarf in McElhinney's up and down the aisles, as Jade commentated the show. Sadly, the extended group of friends only made it to the middle of the scoreboard for the quiz... of course they were humbly letting others win!

Main sessions included a range of engaging music, and the two main speakers were Os Guinness and Michelle Guinness (no relation). Os brought a very impressive intellectual dynamic to the conference on where we have historically been, where we are and where we are going, and Michelle a thought-provoking but light-hearted perspective on the Lost Sheep, Lost Coin and Lost Son. Both were equally challenging in differing ways, and it is safe to say there was food for thought for everybody who attended. Similarly, a wide range of seminars pleased a wide range of interests, with all seminars being well attended by the diverse bunch. All in all, this was a very worthwhile conference, where the Ballyholme posse found good company, a lot of fun, and great food for the body, soul, mind and heart.





## Stephen and Jem Moran visit the Ulamba Orphanage West Kenya

**A**fter hectic months of fund raising and selling our home, we flew to Nairobi in July to work in Ulamba Orphanage with the Northern Ireland based Moving Mountains Trust. The charity has

been involved with projects there since 1991, trying to minimize the devastating effects of civil unrest and HIV/Aids.

Our contingent comprised a disparate group, mostly from Armagh, led by husband and wife team Michael and Sue.

After a twelve hour drive we were greeted by the matron, Mama Rose and the smiling faces of the 38 children. The local overall leadership was provided by several Kenyans, former street children from Kibera in Nairobi, Africa's largest slum. Moving Mountains had helped them through school and now employs them, changing their fortunes markedly.

Next day we started the projects - digging trenches and laying water pipes from a well to the kitchen and shower block. Before the provision of water, the children rose at 5.30am to fetch water from the pump! We also painted classrooms. This was a major task because of the distances involved, the heat and poor equipment but all was achieved.



Stephen and I also taught in a school for a day. Thank goodness for music! Stephen sang first and then the children sang, using up some time in their long day. They walk several miles without breakfast or lunch and only eat Ugali, a maize flour, sugar and water mixture, with kale, for supper.

In the evenings we had fun singing and dancing with the children. They were happy and well adjusted, a far cry from their earlier circumstances. Some had been very bedraggled, having been abandoned because of illness or deformity. Polygamy is widely practised in the area, adding to the children's suffering.

Moving Mountains gave 15 of the most deserving local schoolchildren a holiday.

They lived with us, helped make food, light fires and helped with projects. All but one were orphaned by Aids. We visited the home of Moses, the only non orphan. His mud hut held 9 people, and his mother, father and aunt were all HIV positive and looked after by Granny. The children slept on the mud floor and like virtually everyone around, the family was destitute and rejected because of Aids.

We attended the local Roman Catholic Church but left the three hour service after an hour and listened to the rest outside! Our other memorable religious experience was the prayer ritual practised by a lady in a field nearby which was preceded by a deafening 5 am ringing of a bell! The churches play an important role in trying to end polygamy and help Aids education, uniting the people in hope.

Although we had the satisfaction of completing the projects, the most rewarding was working with the community. We were invited to their mud huts, a great honour, but all a very long walk away. Their circumstances were challenging. Martha's husband left a year ago to find work, leaving her with four children and no money and Sister Rose had four children but could send only two to school.

Among our abiding memories are the happy, smiling faces and the singing, Stephen falling into an unmarked and thankfully abandoned long drop (basic hole toilet), the diet of the revolting Ugali, nightly thunderstorms and the baboon trying to steal my handbag.

An eventful trip! Stephen has sworn never again to complain about water or electricity shortages.

I hope sometime to return to see and help the children and Mama Rose.

Jem Moran



## Loans Update

As you can see from the table below we shall pay off the mortgage on Beverley Gardens this month, this is 17 months earlier than the expected payment period.

Loan/Mortgage	1 <sup>st</sup> January 2012	1 <sup>st</sup> November 2012
Beverley Gardens Mortgage	£8,222	£222
Ward Ave Refurbishment Loan	£45,296	£19,082

Thank you to everyone who donated money by standing order, gave donations, organised and attended fund raising events. We are now on the "Home Straight" with only the Ward Ave loan to repay and this should be paid off next year.

Once again:

**Thank You**

Roy Lawther, Hon Treasurer

### Confirmation

Confirmation will be happening in March of 2013, and now is the time for anybody interested to get their name down!

Confirmation in Ballyholme Parish is for anybody in 3<sup>rd</sup> year and older. The programme for those getting confirmed begins at the start of February 2013, and promises to be interactive, fun and interesting.

For more information or to put your name down, contact the Parish Office on:

Tel: 02891274912

Email: [office@ballyholmeparish.co.uk](mailto:office@ballyholmeparish.co.uk)

Jade

### Shhh!

A teacher asked her children, as they were on the way to the village Christmas carol service:

"And why is it necessary to be quiet in church?"



One bright little girl replied, "Because so many people are sleeping."



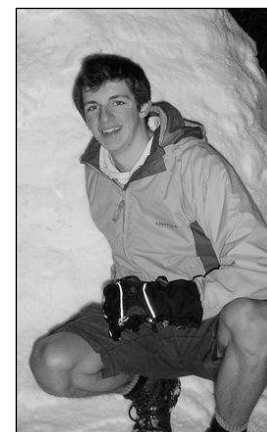
### Things I love

I'd have to say my first love (after Jesus obviously - this is the church magazine after all) has to be kayaking, It's certainly where most of my money goes! White water and surf kayaking in particular. It's hard to believe that it's over 10 years now since Dad bought me my first kayak - that's more than half my lifetime ago! Since coming to University, I've got very involved in the canoe club and seem to spend every other weekend away kayaking somewhere. I love it for so many reasons; firstly it gets me out of Glasgow and into the Highlands, which is always a nice change. While I love living in the city, it's nice to get out and appreciate nature sometimes. Secondly, the adrenaline rush and excitement is difficult to match. That moment just above a big rapid or drop or when you're about to catch a big wave can be a rather scary one, but as soon as you get into the rapid and get to the bottom safely (or the right way up at least), it's such a rush I can't describe it. There are not many things I've done which are so exciting at the same time as being so scary! That mix of emotions does seem to be rather addictive for me, judging by the other sports I end up spending my money on, such as mountain biking and rock climbing. I basically love getting out and enjoying the playground God has given us!

Another of my loves, geeky as it may sound, is computers. That's probably quite handy, seeing as I'm likely to spend most of my life programming them! That's not to say I don't feel like throwing my laptop out the window sometimes, but then don't we all? I love the power that computers have - it's amazing what can be done in just a few lines of code, and the satisfaction you get from writing a program that actually does something useful, is awesome. It just about makes all the time you spend banging your head off the desk when it won't work, worth it.

Really I love Uni, not just because I enjoy my course, but also for all the people I meet, the new sports and things I get to try, the chance to evangelise through my involvement in the Christian Union, and generally just being a typical student!

Andy Jackson



# Around the Parish



## Children's Church Harvest





Harvest Lunch



January. What a dull month... back to work after lovely time off with friends and family, back to the treadmill after overindulging on turkey and Christmas Pudding, and an array of resolutions that will be broken by February.

**BUT...** at Ballyholme we are pleased to announce an exciting event to brighten up the dullness of January. We are hosting a Family Fun Day on Saturday the 19<sup>th</sup> January 2013, with lots of fun activities, snacks, games, face painting, and maybe even a few wonderful surprises!

The event will run from 12noon - 2.30pm, and all members of the family, as well as neighbours and friends are welcome. There will be something for everyone. This is a great chance to mix and mingle, to laugh and have fun together with our church family and wider community.

For more information, or to offer a hand of help, contact the Youth Worker at:  
[jade@ballyholmeparish.co.uk](mailto:jade@ballyholmeparish.co.uk)

We look forward to seeing you!  
 Jade



## SHATTER THE ILLUSIONS!

It has been a fun-filled month for the young people to say the least! The highlight has undoubtedly been the Autumn Soul weekend, where young people from all over Northern Ireland and further afield gathered together to connect with each other and God in enjoyable and creative ways. The young people slept over in various churches around Bangor, including Ballyholme Parish, which proved to be a LOT of fun... with very little sleep.



The theme was '*Shatter the Illusions*', with the aim of shattering the lies we believe about ourselves, other people and God, and replacing those lies with the loving truth of God.

The main sessions were held in Hamilton Road Presbyterian, where innovative speakers gave thought-provoking messages loaded with good humour and the praise band led the young people in worship with loud and wonderful music. There were creative art stations where young people could express themselves and share what they were learning through the means of writing and art. Prayer ministry followed each session which was an important element of helping young people shatter their illusions. After main stage, there were 'Late Night Extras' - a great way for the young people to kick back, relax and have fun. Inflatable bouncy castles, cage football, burgers, discos and debates were some of the interesting goings on at Late Night Extras.

Further to the main stage sessions, there were lots of seminars and workshops that the young people could choose according to their own points of interest and need.

The Ballyholme young people were responsible for putting up the creative prayer room. They put in a lot of hard work both before the event and on the day of setting up. The prayer room was a safe space enjoyed by hundreds of young people and leaders over the course of the weekend. Creative ways to pray is definitely something that will be further explored in HBD, JYF and YF over the course of the coming year. So the thought I would like to leave you all with is this: what illusions are you living with that are hurting your heart or negatively impacting your mind? A number of key illusions that people easily believe are:

- I am not attractive
- People don't like me
- I have no worth or purpose
- God could not love me

If you believe these illusions or any others enter a process of acknowledging your illusions, and replacing them with the truth of God.

Let someone else in on it too, like a good friend, parent/relative or youth leader who can help you in that process.



**You are God's Masterpiece. Ephesians 2: 10**



## Register of Vestry Members

In accordance with Chapter 3 of the Constitution of the Church of Ireland and Regulation 7 of the Down and Dromore Diocesan Regulations, the Register of Vestry Members for Ballyholme Parish is open for review and available for inspection in the Parish Office from Thursday 17th January.

Our Select Vestry will meet to conduct the formal review at 7.45 pm on Thursday 21 February 2013 in the Parish Centre (Kajjado Room). All those seeking registration are entitled to appear at the meeting to support any claim.

To add your name to the Register, Forms of Declaration for both Resident and Accustomed (non-resident) members of the congregation must be submitted before the opening of the 21 February meeting.

Forms are available either from the Churchwardens on the relevant Sundays or the Parish Office on weekday mornings.



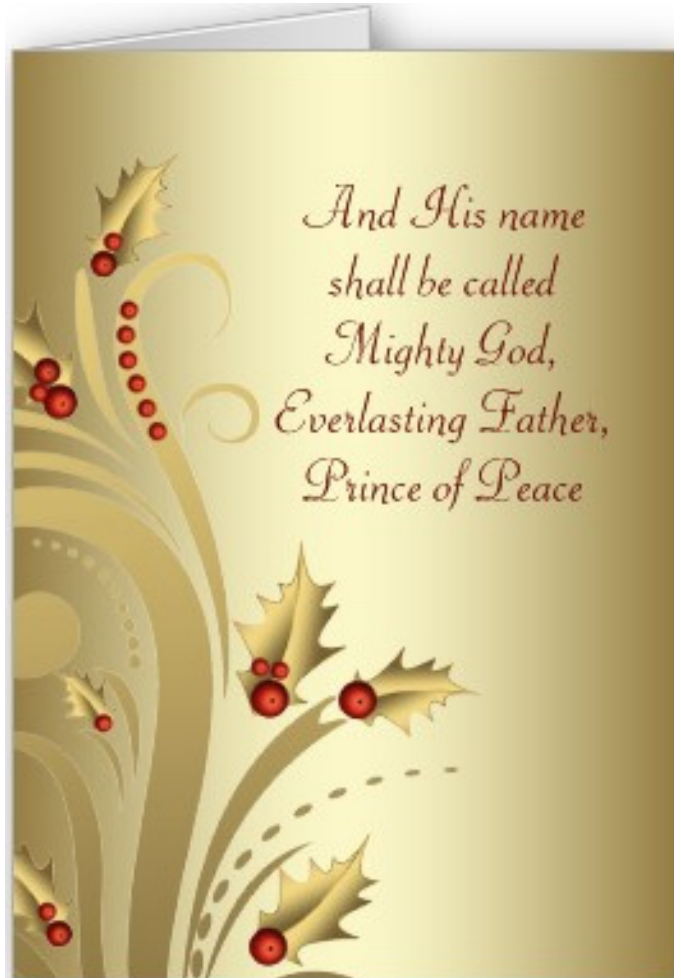
## The Wednesday Club

Our ladies had a really lovely afternoon in November, when Cathy McGrath gave us a demonstration of flower arranging. She made two simple flower arrangements - one, a basket with red roses, with a little silver decoration to make it more seasonal, and a modern lateral arrangement of autumn colours. She made it look so easy, that we could be persuaded to go buy a bunch of garage flowers, raid the garden for some greenery and give it a go! She kindly donated the arrangements to the club, so there were three lucky winners of our draw this month - Vera Bell, Eileen Harmon and Mina Gibson.

Next month 5<sup>th</sup> December is our Christmas lunch, so remember ladies, we start at **1.00pm**. Don't forget to bring a little Santa present for his sack, valued at about £2-£3.

See you then

Sue



*Please accept this 'card'  
as a small token of  
personal thanks to everyone  
who worships and witnesses  
so faithfully week by week,  
as together we build the kingdom of God  
in Ballyholme*

*With sincere gratitude from the Rector to:-  
the Staff Team, Churchwardens, Glebewardens and  
Select Vestry,  
the Choir and Sunday singers and musicians  
the leaders of our youth organisations and other groups  
and clubs  
the hospitality teams  
(Sundays, Mondays, Wednesdays, Fridays and often  
the other days too!)  
the drivers and lift givers  
the magazine contributors and distributors  
and all those who pray quietly and steadily every day  
for the ministry of St Columbanus  
All the joy of Christmas  
and God's blessing for the New Year*

*We thought you might like these two alternative Christmas recipes. As the main course is usually turkey, we concentrated on the starter and a yummy desert!*

### Creamy parsnip and apple soup Serves 6

25g/1oz butter, 1 tbsp sunflower oil, 2 medium onions, chopped, 600g/1lb 5oz parsnips, cut into 2cm/1in pieces, 2 garlic cloves, crushed, 600g/1lb 5oz Bramley apples, peeled, quartered and cut into chunks, 1 litre/1¾ pints vegetable or chicken stock, 150ml/5fl oz milk, flaked sea salt and freshly ground black pepper

Melt the butter and oil in a large saucepan. Gently fry the onions and parsnips for 15 minutes, or until the onions are softened. Add the garlic and apples and cook for a further two minutes, stirring regularly. Pour over the stock and bring to the boil. Reduce the heat to a simmer and cook for about 20 minutes, or until the parsnips are very soft. Remove from the heat and season with salt and freshly ground black pepper. Blend the mixture in a food processor until smooth. Stir in the milk, adding a little extra if required. Season to taste with salt and freshly ground black pepper.

**Top recipe tip** Add a little curry powder to the fried onions and parsnips before stirring in the stock for a delicious twist.



### Christmas panna cotta Serves 6

4 tbsp raisins, 4 tbsp dark rum, 6 gelatine sheets, 1 litre/1¾ pints double cream 120g/4½oz caster sugar, 1 tsp ground ginger, 1 tsp ground allspice, ¼ tsp nutmeg, (to taste), 1 tsp ground cinnamon, 1 handful berries, such as redcurrants, to serve

Place the raisins into a small bowl and cover with the rum. Set aside to soak for at least 30 minutes.

Meanwhile, soak the gelatine sheets in a bowl of cold water until softened. Drain and squeeze out any excess liquid using your hands.

In a heavy-based pan, heat the double cream, sugar and ground spices. Bring to the boil, then reduce the heat until the mixture is simmering and simmer for 2-3 minutes, whisking until the sugar has dissolved.

Remove the cream mixture from the heat and whisk in the drained gelatine until dissolved.

Drain the raisins and stir into the cream mixture (discard the soaking liquid). Pour the mixture into ten 200ml/7fl oz moulds or ramekins, filling them to three-quarters full. Set aside to cool completely, then cover with cling film and chill in the fridge for at least two hours, or until set.

To serve, dip the ramekins briefly into hot water to loosen each panna cotta and turn out onto serving plates. Scatter over some redcurrants to garnish.



### Quiz Night

Saturday 26<sup>th</sup>  
January  
In  
The Parish Centre  
At 7.30pm

Come along and  
join in the fun

### Annual Football Match

This year the match will  
take place on **Wed.**  
**26<sup>th</sup> December**  
at 10.30am at the  
Valentine Playing Field.

As usual, the rivalry  
between the Y.F. and the  
Oldies will be renewed,  
with each team desperate for victory.

Come along and join in the fun.





## The Quiet Corner

**M**y quiet corner is not so quiet. While I enjoy moments of quiet contemplation, it's the rousing element of music in worship that I enjoy the most. One of my favourite Bible passages is Psalm 100, which begins "Make a joyful noise unto the Lord, all ye lands. Come before His presence with singing". For me, the louder, more boisterous, the better.

I was raised in the Black Southern Baptist tradition where music is an integral part of any Sunday service. The significance of music reaches as far back as the first Africans in America, when Christianity was introduced to the slaves. Most slaves could not read or write, and learned Christian values from memorizing short Bible passages and singing hymns. Their songs spoke of freedom from this earthly life, when speaking out against slavery was prohibited.

Every Black Baptist church, no matter its size, has at least one choir. Many have several to cover the varying genres of gospel music. The 'mature set' sings hymns and spirituals handed down the generations, the young adult choirs' repertoires usually include the latest hits (influenced by hip-hop, rap and rock) and the children's choirs sing sweet songs of praise and charity. The order of service isn't complete without two or three selections per choir, and quite frequently an encore is added. All choirs have an accompaniment. A basic musical ensemble includes a piano, an organ and a set of drums; some add a guitar and bass and additional percussion instruments, others even add synthesizers. And let's not forget the audience as the "other choir member". Congregational participation is a must. After all, the music is really meant to rouse the soul.

Few occasions would be complete without music. Men's and Women's Days have, respectively, men-only and women-only choirs. Choirs sing joyous songs for 'Homecoming Celebrations' (funerals). Visiting pastors bring a cadre of singers from their own church. Christmas and Easter have 'choirs of angels'. Service is preceded by a devotion of scripture and hymns. Sunday prayers may conclude with a church elder breaking into song and the congregation joining in. It's common practice for preachers to start their sermon with a short verse or two of their favourite song. Baptisms and sharing the sign of peace are all sung to familiar tunes. The music lasts all the way home as the congregation sings its way out; and continues through Sunday dinner as people give mini concerts of their favourite songs from service.

Music has been an integral part of my spiritual upbringing. Like smells can recall memories of Nana's house or a family holiday, songs like 'Going Up Yonder' by Walter Hawkins, 'God Is' by James Cleveland, 'Hallelujah Praise' by CeCe Winans and 'I Worship You' by Mary Mary. Many can bring to the surface thoughts of wonderful praise and worship services with my church family. So if anyone out there is inspired to have a little moment of praise, I would encourage you to break out into song. The Lord is listening.

Tracie Andreasson



### Each Sunday in Advent from 2nd Dec

**C**ollection for Store House  
All items welcome -  
particularly

Men's toiletries - nappies  
from birth to 2 yrs - washing

powders/liquids - baby food,  
gluten free products - diabetic foods

**Also gifts for Christmas hampers,**  
ie mince pies, Chocolates or other small  
luxuries.

### Children's Gifts 2012 Sunday 2<sup>nd</sup> December At 10.00am

**A**ll young people are asked  
to bring along a small  
present to so that it can  
be given to children less  
fortunate than themselves at  
Christmas.



Please mark which age and whether the present  
would be suitable for a boy or a girl. Thank you

## Fifty walkers at Six Mile Water



The combined forces of the Ballycrochan Presbyterian Walkers and the St Columbanus group made up a fifty strong contingent for the Six Mile Water trail in Antrim. The Parish group was delighted to welcome newcomers Mervyn and Gladys Henry and Olive Byers. The walk started at the Loughshore car park at the mouth of the river, in a cold biting wind but brilliant sunshine and led along the lough shore for before turning inland through the woods. Eventually we turned onto the Mill Race trail, a site of importance in terms of its industrial heritage and wildlife value. The information panels tell the story of the Six Mile Water heritage. The path leads under the old railway viaduct before reaching the Salmon Leap Bridge. After the site of the former Boghill mill and village the walk passes the remains of the Moylinny

Bank Mill before leading back through the town and into the beautiful restored 400 year old Antrim Castle Gardens with its Parterre, Her Ladyship's Pleasure Gardens and Yew Tree Pond. There we had a welcome lunch break. Another kilometre brought us back to the car park and as usual the St Columbanus group kept up the tradition of après walk refreshments in the nearby café.

The next walk is on 1<sup>st</sup> December at Island Magee (6 - 7 miles) meeting at 8.45am in the Church car park. Afterwards we meet again at 5.30 in Pauline's Coffee Shop on Hamilton Road for our annual Christmas meal.

## THE BOYFRIEND

The BOYFRIEND paid a visit to the WEB theatre Newtownards from Tuesday 30<sup>th</sup> October to Sat 3<sup>rd</sup> November. This musical by Sandy Wilson is a firm favourite and for five nights the cast transported their audience back to the French Riviera during the roaring Twenties. Set in the finishing school of Madame Dubonnet, Polly an English heiress, falls in love with Tony, a delivery boy. Conscious of her father's warning to beware of boys dating her for her family's money, Polly pretends to be a secretary. Things become complicated when her father and Tony's parents, Lord and Lady Brockhurst, arrive on the scene. It transpires that Polly and Tony have shared the same secret, - they both come from wealthy families. However after minor mishaps and misunderstandings everyone lives happily ever after.

Under the guiding hand of Ian and Timothy Bell, the cast rose to the occasion and left the stage each evening to rapturous applause. As with



all St Columbanus events, a small army of backstage and front of house volunteers appeared as if by magic when needed. They ran the ballot, changed the sets, showed the audience to their seats, chaperoned the cast and cleaned up each evening. All in all, a fantastic team effort as usual. The burning question now is, what's coming next?

I.F.



No room at Kiwoko...

## More than Gifts...

Once again, our Parish Office is selling Christmas gift cards to help Kiwoko Hospital. As more and more babies are being born there, they need to employ more midwives.

There is one problem - they have no room for them!

Kiwoko needs to build staff accommodation so they can take on additional midwives to meet the needs of the hospital as it serves the growing community around Kiwoko.

Buying this Christmas card Gift will help the Hospital provide better Maternity Services to the rural community in Uganda. The cards are available in the Parish Office - minimum donation £10.

Thank you

## Ulster Project

Hello, my name is Sarah Hatch, I am 15 and have been a member of this church since I was SIX. Earlier this year I applied for the Ulster Project and was selected to be part of a team of 16 teenagers going to Arlington, Texas. The mission statement is to help young, Christian-based potential leaders from Northern Ireland and the United States to become peacemakers by providing a safe environment to learn, by practicing the skills needed to unite people when differences divide them.

Our first meeting was in January and this was the first time our group met most of us didn't know anyone and it was very awkward! We also were introduced to our leaders who would be travelling with us and mentoring us throughout the month. After this we met up regularly and quickly became closer and more talkative!!



In Texas we all stayed with a 'teen' aged 14-16, I was paired with a sixteen year old called Emily. We got to know each other through Skype and chatting most nights. Before I knew it, it was 25<sup>th</sup> June and time to leave. I was overwhelmed with excitement but also nerves, as I didn't know what to expect but I knew it could only be good! Arriving in Texas we were greeted by the President of Ulster Project Arlington, Ken Simon and also very high temperatures of 40 degrees! We took a yellow school bus to meet our teens. It was all cheers and happiness as we ran to meet our new friends. (Pictured to the right).

During the month we did a total of six days community service. The first service we did was visiting Mission Arlington; this is a Christian based organisation that helps people in need. We were given different jobs such a sorting clothes, moving boxes and for my group stacking boxes. The following week we held a pancake breakfast to raise money for charity. The next project was visiting children from the Spirit of Hope Foundation, a charity that removes children from abusive homes to give them a brighter

future. This day started off by collecting the 12 children aged 2-16; in pairs we were allocated a little 'sister' or 'brother' for the day. We took them to lunch where the children were each given a new pair of shoes. Personally I was surprised to see how each child reacted, they were truly ecstatic with their new shoes. We then took them to putt-putt and a games arcade which was followed by another surprise, where each child received a backpack containing everything they would need for school. The next stop was to Target, a large grocery and clothing store; each pair was given \$100 to buy clothes for our little sister, Destiny. At the end of the day it was hard for us to leave but we had the prospect of knowing that we would visit them again in two days time.



We returned for the day to the centre, we took this time to talk to each of the children and teenagers at the centre. The children also held a talent show for us where we saw how confident the children had become while being with us. A few days later we held a dinner for Arlington homeless shelter, a very eye-opening experience as we got to know and find out about the lives of the homeless people which included a piano performance from a homeless man leaving the audience in disbelief. The next service was helping at Camp Thurman; a Christian based day camp with the children from Mission Arlington.

Another aspect of the month was attending T.O.Ds meaning time of discovery, an event designed to explore our beliefs about different concepts and opinions. During the month we attended an opening and closing ecumenical service as well as one protestant service and one catholic service.



Another large element of the month was based on fun; these included a ropes course, day in Dallas, watching a rodeo, line dancing, visiting Six Flags amusement park, learning to fly and sail and a three day trip to the state capital, Austin. Although these events were all very exciting they also included teamwork and learning how to be better leaders.

On looking back I feel that visiting the children at the Spirit of Hope Foundation was the highlight of mine and most others' month. It was eye-opening and humbling to be told that we had made a positive difference in the children's lives. This month was full of firsts for all of us - we all learnt more about ourselves and the qualities needed to be better leaders no matter what our religious denomination may be.

## Our Worship

### Sunday 2nd December Advent 1

8.30 Holy Communion  
10.00 Morning Worship, & Children's Gifts  
11.30 Morning Prayer  
6.30 Advent Taize Service

### Wednesday 5th December

10.30 Holy Communion - Kajiado room

### Sunday 9th December Advent 2

8:30 Holy Communion  
10:00 Morning Worship & Children's Church  
11:30 Parish Communion  
6.30 6-8 Service

### Wednesday 12th December

10.30 Holy Communion - Kajiado room

### Sunday 16th December Advent 3

8:30 Holy Communion  
10:00 Children's Carol Service  
11:30 Morning Prayer  
6.30 Carols by Candlelight

### Wednesday 19th December

10.30 Holy Communion - Kajiado room

### Sunday 23rd December Advent 4

8.30 Holy Communion  
10.00 Christingle  
11.30 Morning Prayer

### Monday 24th December Christmas Eve

5.00 A Family Carol Service  
11.00 First Communion of Christmas

### Tuesday 25th December Christmas Day

8:30 Holy Communion  
10:00 Family Service

### Sunday 30th December Christmas 1

8.30 Holy Communion  
10.30 Morning Worship

### Wednesday 2nd January

10.30 Holy Communion - Kajiado room

### Sunday 6th January

#### Epiphany

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

### Wednesday 9th January

10.30 Holy Communion - Kajiado room

### Sunday 13th January

#### 1st Sunday after Epiphany

8:30 Holy Communion  
10:00 Morning Worship & Children's Church  
11:30 Morning Prayer  
6.30 6-8 Service

### Wednesday 16th January

10.30 Holy Communion - Kajiado room

### Sunday 20th January

#### 2nd Sunday after Epiphany

8.30 Holy Communion  
10.00 Morning Worship & Children's Church  
11.30 Morning Prayer  
6.30 Bangor Christian Unity Week service  
(Venue to be confirmed)

### Wednesday 23rd January

10.30 Holy Communion - Kajiado room

### Sunday 27th January

#### 3rd Sunday after Epiphany

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

### Wednesday 30th January

10.30 Holy Communion - Kajiado room



**Help needed**  
**to decorate the church for**  
**Christmas**  
**SATURDAY 15th December at 10.00 am**  
All offers of help, flowers, greenery  
etc, very much appreciated

