

# St Columbanus

Ballyholme



Nativity Photos  
Life in the CITI  
Annual Football Match  
Christmas in Kiwoko

..On the way *together*..



## The Parishioner

February 2013

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

## The Rambling Rector

As I meet with families to prepare for funerals I am often struck by how much spiritual confusion and anxiety there is out there about what's going to happen to us when we die. Not that the traumatic throes of bereavement are any time for discussions on the finer logistical details of 'passing over' as certain television programmes euphemistically like to call it. Yet when it comes to heaven two dogmas now seem to hold popular sway: (1) that everyone will automatically end up going there – known as 'universalism', this is one of the oldest of all heresies; and (2) that we cannot know anything for certain about heaven – in spite of what Christ and the apostles say on the subject in the New Testament. Contrary to what some people seem to think, what Christians believe about heaven is in many respects quite specific. Specific and distinctive from the claims made by other religions, not to mention the dizzying array of random and sometimes fantastical ideas which pass for received truth these days. If this is an area which has ever had you asking questions, please join us this Lent for Explore: four simple sessions we're calling "To eternity... and beyond!"



### Parishioner Donations



As you know, the Parishioner comes to you free of charge. To help with our overheads we always provide an envelope with the February issue by which we hope you can make a contribution

towards our running costs. If all of our 800 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 by 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!

### Adult Confirmation Preparation: Tuesday 12 February 7.30pm

Most years in Ballyholme a few adults come forward who for whatever reason have never previously been Confirmed (or Baptized and Confirmed). Perhaps they have come from another Church tradition, maybe it was something they just never got round to.

As he does each year, the Rector will offer a course of preparation through Lent and classes begin on Tuesday 12 February. Please come to the Rectory (3 Ward Avenue) for 7.30pm – even if it's only to get a flavour of what might be involved. or if you would prefer, speak to the Rector for more information beforehand (91274901).



### Word & Worship

#### **These are the days of Elijah**

A relaxed evening service with contemporary praise and Bible teaching. Special guest Bishop Harold Miller. Sunday, 3 Feb at 6.30pm in the Kajiado Room Followed by coffee and dessert.



### Ballyholme Golf Society

Unfortunately, our Christmas outing had to be cancelled due to course closure because of the soggy ground.

However, plenty of notice for the next one.

**Meet at  
Helen's Bay Golf Club  
on Friday 12<sup>th</sup> April  
for a 2.00pm tee off.**

For more details, phone  
Harry 91467275





## Christmas at Kiwoko 2012

Turkey with stuffing, cranberry sauce and roast potatoes while outside there was torrential rain – it sounds like a typical Ulster Christmas, but in fact this was Christmas at Kiwoko Hospital. Hard working Denise had to cook three

Christmas dinners; turkey for the Muzungu working at Kiwoko (from Holland, Northern Ireland, USA and England), traditional Ugandan for the Hospital Doctors' and also

Ugandan for the families of Gideon's young friends (that was a party with 20 guests).

Excitement mounted when Rory and Gideon brought home a local pine for a Christmas tree. This was the first year that Rory had grown his own tree and there was also one for Paul and Tania Baker, the other Bangorians at Kiwoko. Gideon had a shoe box stable increasingly crowded with sheep, cattle, shepherds, Joseph, Mary and Wise Men. Then on 24 December baby Jesus arrived.

As is done every year on Christmas Eve a group of staff and students went carol singing around the wards. Gifts of sugar, rice and a bar of soap were

given out to the patients who had to stay in hospital over Christmas. But this year each patient also received a few tasty tomatoes – the result of the glut being produced in Paul and Tania Baker's garden.

On Christmas Day the fun of opening presents was followed by a visit to church for the service in English. The local ladies, young and old, turned out in beautiful new dresses and elaborate hairstyles. The little boys had been well scrubbed and dressed up in smart new suits. Older children looked after their siblings. During the prayers there was a heavy thud followed by screams – I think a toddler had fallen asleep and slipped off her sister's knee onto a hard mud floor. She was rapidly picked up, taken outside and brought back a few minutes later when quiet again.

Rory traditionally now eats Christmas dinner with a local village family. So we shared in the meal with an extended family of about thirty with traditional food cooked over open fires.

I was lucky enough to spend Christmas with Gideon, Rory and Denise. And it might have been much like home in Bangor except for the temperatures of 30C and bright daylight from seven in the morning till seven at night. But it was a Christmas full of love, caring and sharing. As Tania commented, "We don't need Santa (or Apple or Disney) to visit Kiwoko at Christmas. The Lord has provided everything we need".

Christine Wilson



### New Year's Day Walk

Over 40 parishioners and friends gathered at the Parish Centre on New Year's Day for the annual ramble around Ballyholme. Looked after by the yellow coated members of

St Columbanus Walkers, the 'amblers' returned to the Kajaido Room for very welcome hot chocolate and donuts provided by Karen and her team. Betty

### Nativity Photographs

If you missed the opportunity to see the full range of Nativity photographs in the hall, the slide show is available in the parish office. If you would like a copy of any of the photos, please leave your name, email address and photo numbers with Kelly.



## Le jeu avant tout



The football manager merry-go-round finally reached the annual Boxing Day Parish Challenge football match between the Youth Fellowship and the Rector's team. Simon reluctantly handed over the reins to Alistair Mourihno, while the YF took the more radical step of appointing Jade to replace Sam, who had left for another club in Dublin. The teams were reduced to eight a side as a few players either over indulged on Christmas

Day or were unable to find their way past the building site of the new swimming pool to the pitches. This left a lot of space and freedom for the players, so there was always going to be a lot of goal chances. The managers also failed to make an appearance as they showed their confidence in their selections by leaving their teams to get on with it, but the YF obviously missed Jade's presence more as they slipped to a 6-2 defeat. The YF started brightly and their early pressure was rewarded when their best player Mattie scored with a fine twenty yard drive. Stephen O almost equalised but pulled his shot wide, a scenario that was to be repeated most of the morning. Robbie still going after all these years, saw a good shot clip the outside of the post, before the senior team equalised when Stephen B turned in Kris' cross. They took the lead when Ryan headed in at the back post following a corner. Stephen O again took pity on the YF when he sportingly chipped the ball over the bar when facing an open goal. He then completed a fine hat trick of misses as half time approached, but there was still time for Kris to stretch the lead to 3-1.

Stephen O continued to entertain the troops with another fine miss as he slid in at the back post but it mattered little as Stephen B converted a cross from Ryan moments later. The YF did their best to fight back and Craig's shot drifted just wide after a strong run. We then had the unusual sight of an unintentional tackle by the referee, as James tried to push forward.



Heartened by this show of support from the referee, Ryan got his second goal to extend the lead to 5-1 after good work by young John. There was still time for two more goals. The YF deservedly got a second goal – a fine shot by David was superbly saved by Connor but James followed up to drill the ball home. Stephen O eventually broke his duck when he scored with the last kick of the game, much to his delight and the general astonishment of the rest. As ever, many thanks to all the players for all their efforts and especially to referee, Stephen B Snr, the one example of football class on the pitch.



WMB

### Things I Love by Michael Garland

There are many things I like, but only a few I love.

I love weekends - just the freedom to do whatever I feel like, whenever I feel like doing them. I usually play football on a Saturday afternoon with my friends Zach, Adam, Bradley and John. On a Saturday night I go to a youth club and see all my other friends there.

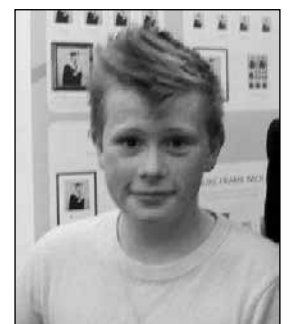
I love Sunday nights, when I help to organise and run JYF in Ballyholme Parish, and then go to YF afterwards.

One of my all time favourite things though, is to play FIFA on my Xbox.

The best thing about it is the sense of competition and achievement, if you win! I love football in general. I support Liverpool and watch all their matches, and saw a match at Anfield before Christmas.

Finally I love going on holiday, the experience of another country, not to mention escaping the awful weather of Bangor!

These are some of the thing I love!



## What's on your iPod?



### Angela Skarmoutsos

My name is Angela Skarmoutsos and I am married to Yiannis. We have 2 children; Joshua is 6 and is at Ballyholme Primary School and Eleni is 4 and is at Tiddliwinks Pre-school (in the church hall), due to go to big school next year! I am a Primary school teacher and co-ordinate both Literacy and Music within the school. I love spending the weekends with my family and socialising with my friends too. I have such an eclectic taste in music that I found the task of choosing 10 a near impossibility! I think my top 10 changes daily but here goes.....

- |    |                                 |                                  |
|----|---------------------------------|----------------------------------|
| 1  | Here, there and everywhere      | The Beatles                      |
| 2  | Father and son                  | Cat Stevens                      |
| 3  | Empire state of mind (New York) | Alicia Keys with Jay-Z           |
| 4  | Bohemian Rhapsody               | Queen                            |
| 5  | Too hard to handle              | Black Crows or Otis Reading!     |
| 6  | Your song                       | Elton John                       |
| 7  | Live and let die                | Paul McCartney or Guns n' Roses! |
| 8  | Just Breathe                    | Pearl jam                        |
| 9  | Sunny Afternoon                 | The Doors                        |
| 10 | Whiskey in the jar              | The Dubliners and Metallica      |



### The Wednesday Club

Our first meeting of 2013 was a little different, as it was held in the Kajiado room instead of the main hall.

We were all warm and cosy and enjoyed listening to our speaker Emma Adair from North Down Borough Council. She gave us a very interesting and informative talk on recycling and was able to answer our many questions. One thing we were all pleased to find out was that if we had something big or electrical that we needed to recycle, all we had to do was to ring the Town Hall and they would arrange a pick up for free, if we were senior citizens or registered disabled.



Our change of venue did not affect our yummy afternoon tea and our draw was won this month by Helen Parkinson. We were also pleased to welcome Adelaide who joined us for the first time.

See you next month  
Sue



The Area Meeting for the Bangor, Groomsport and Donaghadee Church of Ireland Mothers' Union Branches will be held in our Parish Centre on Monday, 4<sup>th</sup> February 2013 at 7.30pm. We look forward to welcoming our neighbours and we expect the speaker coming all the way from Kilrea will prove to be a great hit with us all. We believe that a very interesting story will be told.

On Monday 4<sup>th</sup> March 2013 a parishioner Carolyn Larmour will be our speaker and her topic is 1.4 Billion Reasons. On Saturday, 9<sup>th</sup> March 2013 we will hold our annual Coffee Morning and Sale for Mothers' Union Overseas and Relief Fund in the Parish Centre from 10.00am to 12.00 noon. Your support at this event would be greatly appreciated.

This is our main event in the year to raise much needed funds to continue to support and encourage families – especially families facing adversity - through national and local level initiatives: literacy and business skills training, agricultural training, health education provision and income generation for disadvantaged families in the global south. Our Relief grants help local-level volunteers bring immediate aid during times of natural disaster. These are just some of the many ways Mothers' Union helps members to improve their daily living in 83 countries.

During your Spring Clean we would be delighted to receive items for our sale which you no longer require and we can arrange to have items collected if necessary.

Thank You  
Ruth Ruttle (Branch Leader)

# Around the Parish

Christmas Bazaar



Carols by Candlelight

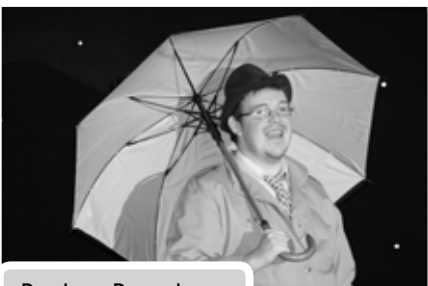


WAG's Shopping Evening



Christingle

Back to Broadway



Wednesday Club Christmas Party



Children's Church Nativity



## My Sister's Keeper by Jodi Picoult



*By age thirteen, Anna has undergone countless surgeries, transfusions, and injections so that her older sister, Kate, can fight the leukaemia that has plagued her since childhood. Anna was conceived as a bone marrow match for Kate - a life and a role that she has never challenged ... until now. Anna makes a decision that for most would be unthinkable, a decision that will tear her family apart and have perhaps fatal consequences for the sister she loves.*

I found this a fascinating book. It raised many issues around family life and dynamics and the challenges facing all family members when one child has a life threatening illness. I found this a gripping read as I asked myself what would have been my decisions if faced with the very difficult choices to be made by the parents as well as their daughters, Anna and Kate. The final twist in the story at the very end made for a very dramatic finale. Although I haven't seen it, I understand that a film has also been made based on this book, but was told that the final scenes are slightly different from the story in this Adult Family Fiction book.

I 'read' this book in an audio version as due to Macular Disease I no longer can read books. In the audio version each character was read by different actors in the story and this brought the book very vividly to life for me.

I have since then read other Jodi Picoult books and I have found them all very thought provoking.

Christine Wilson

*My Sister's Keeper is published by Simon and Shuster at approx £5.90 (paperback).*

## Life in the CITI

In September last year, I made my way to the suburbs of South Dublin, to begin ordination training at the Church of Ireland Theological Institute (CITI). Many lectures, a placement in Blackrock and mountains of reading later, and I'm preparing for semester two at college.

Other than our weekly lecture in the centre of Dublin, life as a student ordinand takes place in the college, where we eat, sleep, learn and pray. Breakfast precedes Morning Prayer (9am) and is followed by lectures. Lunch is at 12.30, followed by more lectures, 5.30 Evening Prayer and then dinner. Evenings are usually filled with studying for the next day, punctuated by the Late Evening Office at 9.15.

The change from Ballyholme Parish employee to student, has been both challenging and enjoyable. I love being part of a learning, praying community, and my bathroom scales prove I am most definitely enjoying the food! Studying is hard work, but then... it's *supposed* to be. I am missing my Ballyholme Parish family, especially the young people and staff team. It's always a pleasure to be back, and see all the wonderful things going on at St Columbanus.

Sam Johnston



## The voice of love

"Do you love me with all your heart?" Becky asked her boyfriend on Valentine's Day.

"Mmm hmm," said Dave, checking his emails.

"Do you think I'm the most beautiful girl on the planet?"

"Mmm hmm," said Dave, sending a text.

"Do you think my lips are like rose petals?"

"Mmm hmm," said Dave, checking his Facebook page.

"Oh Dave," Becky sighed, "you say the most beautiful things!"





## ST COLUMBANUS WALKERS

### At Islandmagee

Who would have thought there was so much to see on Islandmagee? Fifteen of us had a great walk in early December, starting at Brown's Bay at the north end, and winding our way in a circular walk through lovely countryside with great views across Larne Lough and over to the Mull of Kintyre in Scotland. We were yet again blessed with good weather – bright and sunny but with a cold northerly wind. We were delighted to welcome new member Susan McNair to the group.

Near the power station we came across the Ballylumford Dolmen, locally known as the "Druid's Altar". Thought to be 4000 years old, the dolmen consists of four upright stones, with a heavy capstone and a fallenstone within the structure. This may have been put there to block the entrance to the tomb. What was really surprising was that it was in the front garden of a house a few feet back from the road!

Later twenty six of us met again at Pauline's Coffee Shop for our annual Christmas meal where we enjoyed really lovely food and camaraderie.



### At Dundrum

The first Saturday morning of 2013 saw a group of 15 St Columbanus walkers gather in the Church car park just before 09.00 and depart shortly after for Dundrum, the starting point for our January outing.

Once in Dundrum which boasts a population of just over 1,000 we found a suitable car park, changed into our walking boots and headed off uphill to visit the impressive ruins of Dundrum Castle. Historians tell us the fortification was built by John de Courcey around the end of the 12th Century during the Norman invasion of east Ulster and that it eventually succumbed to Cromwell's Parliamentarians in the 1650's. The views from the castle ruins over Dundrum

Bay were terrific and with the tide well out the large expanse of sand reminded us of the night in 1846 when the great iron ship SS Great Britain, en route from Liverpool to New York, ran aground in the Bay as a result of poor weather and navigational errors! It took a full 12 months to refloat the ship which happily was able to continue in service for many years.



Leaving the castle we circled the outskirts of Dundrum on well signposted public footpaths, regained the shore



at Keel Point, crossed Downshire Bridge and entered Murlough Nature Reserve the largest expanse of dune heath in Ireland. The Dunes are at least 6000 years old and have a varied history including use as a massive rabbit warren in the middle-ages when the rabbits were harvested for their meat and pelts. During the Myxomatosis crisis which devastated the wild rabbit population in the Sixties, the sea buckthorn which the rabbits would have eaten, got out of hand, and later had to be cut back to re-establish the eco system. At a sheltered spot among the dunes we stopped for our packed lunch then made our way to the shore and headed South for the remaining couple of miles to Newcastle.

With around an hour to wait for a bus back to Dundrum we found a coffee shop able to cater for our numbers and enjoyed the usual selection of lattes, Aericanos and Cappuccinos. And would you believe it – a number of our party with energy to spare then decided to walk back to our starting point adding 4 miles to the 8 miles already tramped!

If you like the sound of our walks, which average around 8 miles on not too difficult terrain, why not join our next outing to Slieve Gallion near Money more in the South of Co Londonderry on Saturday February 2. We meet at 08.45 in the Church Car Park. More Info from Betty (phone 91465372) or Leslie (phone 91466689).

Leslie Adams

www.ballyholmeparish.co.uk/youth

# YOUTH-NEWS

youth [youth] (youths)      news [nooz]

*“You’ve got the words to change a nation, But you’re biting your tongue.  
You’ve spent a life time stuck in silence, Afraid you’ll say something wrong...  
You’ve got a heart as loud as lions, So why let your voice be tamed?  
Baby we’re a little different, There’s no need to be ashamed,  
You’ve got the light to fight the shadows, So stop hiding it away.” – Emeli Sande*

The young people had a wonderful end to 2012, with an outing to see “The Grinch” in the Waterfront hall, a trip to the Continental Market in Belfast, enjoying and participating in a number of Christmas Church services and having a candlelit banquet together on Christmas Eve. Now we have entered a new year, which stirs up reflection on the year just past, and hopes/fears for the year to come.

Just like every other year, the year just past has been a combination of wonder, joy, sorrow, difficulty, hope, pain, confusion, achievement, lessons and changes... however, unlike any other year, the events and experiences each of us have had which resulted in these feelings were unique to 2012. Some may have had more sorrow than joy, where for others, the joyful moments have stood out. Achievements and successes of 2012 may still be bringing a smile to your face, or perhaps there is an undertone of regret in your mind. No matter where you are at, or the year you have had, 2013 holds new opportunities and possibilities.

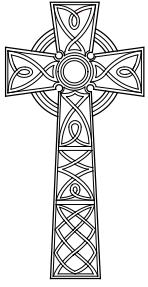


Of course there will be resolutions made and broken, like going to the gym every day and not eating chocolate! However, a new year can be the perfect opportunity for a shift in mindset; to promise to do more about the issues you care about, to show love often, to care for yourself better, to explore faith in a deeper and authentic way and so on. Embrace the good things that have passed, and do not hold yourself in contempt for mistakes. Lay the burdens and the baggage down at the feet of Jesus, whose yoke is easy and burden light. He came that you would have “life to the full” (John 10:10).

I leave you with a question. Rather than asking what New Year’s Resolutions will you have, I ask: What would you like to be able to say at the end of 2013?

Let your answer, along with the guidance of our very good God, lead you. As the quote at the beginning indicates, you have the words, the heart and the light within you to make a significant and beautiful difference in this world.

## The Quiet Corner



*“Church is the only society on earth that exists  
for the benefit of non members”*

Archbishop William Temple

I thought of the above quote by a former Archbishop of Canterbury when I recently read “What’s so amazing about Grace”, a most challenging and thought provoking book by Philip Yancey.

In an early chapter he tells the story of a woman whose life had gone astray. She had fallen into a life of criminality and evil. Hoping to get out of her situation, she went to a person who worked with the down and out in Chicago. When he asked her if she had thought of going to a church for help, she reacted by saying “Why would I ever go there? They’d make me feel worse about myself”. This struck a chord with Yancey when he thought about the story. As a young man, he had visited a number of churches without experiencing a sense of welcome and joy. They seemed to be made up of people whom he describes as holier than thou. In Jesus’ time, sinners flocked to meet Jesus. They did not feel they had to avoid him, like the woman in the story, whereas Yancey felt that a lot of churches only seemed to want people to attend after they had cleaned up their acts. They set a bar or standard people had to reach before they were accepted, or they made up a set of conditions which had to be adhered to.

This is far from Yancey’s perception of God’s grace, which he defines as that unconditional love and forgiveness, which we do not deserve. We may read and believe the theology of grace, we must also ensure that that is the way we live. We cannot accept God’s grace, without being willing to extend it to others.

Anon



### The Womens’ World Day of Prayer

The Service for this area will be held in Sheridan Drive Roman Catholic Church at 7.30 p.m. on **Friday 1<sup>st</sup> March.**

Refreshments will be served after the Service. Support from Parishioners will be greatly appreciated.

A Coffee Morning in support of the above event will be held in the Church of Ireland Hall, Groomsport, from 10.30 a.m. to 12.00 noon on **Saturday 2<sup>nd</sup> February.**

Please support this event if you possibly can.

St. Columbanus Representatives are:- Ruth Ruttle and Jade Irwin.

*(Telephone Ruth on 02891450130 if lifts are required to either or both events)*

### To eternity...and beyond!



Following our extremely well-received autumn Core teaching sessions on the work and gifts of the Holy Spirit with the Reverend Liz McElhinney, we are looking forward to four sessions during Lent focussing on an exploration of the nature of our Christian hope.

We will be following the usual Lent Course format of Tuesday mornings and Wednesday evenings and Simon and Alistair will lead the sessions under the title To eternity... and beyond! Please join us as we reflect on what seems to have become one of the great modern taboos: death and what follows it.

*Shrove Tuesday 12 February 10.30am*

*Ash Wednesday 13 February 8pm*

*Tuesday 19 February 10.30am*

*Wednesday 20 February 8pm*

*Tuesday 26 February 10.30am*

*Wednesday 27 February 8pm*

*Tuesday 5 March 10.30am*

*Wednesday 6 March 8pm*

## OUR WORSHIP

### Sunday 3rd February 2nd before Lent

8.30 Holy Communion  
 10.00 Family Service  
 11.30 Morning Prayer  
 6.30 Word & Worship - Kajiado Room

### Wednesday 6th February

10.30 Holy Communion - Kajiado Room

### Sunday 10th Sunday before Lent

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

### Wednesday 13th February

#### Ash Wednesday

10.30 Holy Communion - Kajiado Room

### Sunday 17th February Lent 1

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

### Wednesday 20th February

10.30 Holy Communion - Kajiado Room

### Sunday 24th February Lent 2

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

### Wednesday 27th February

10.30 Holy Communion - Kajiado Room



#### February

**3rd:** Daphne Hamill  
**10th** Ann McMurray & Marie McKee  
**17th** Betty Rainsford  
**24th** Ann Browne

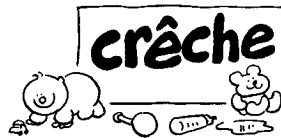
### BAPTISMS

#### December

**30th:** TOBY PATRICK BRITAIN, son of Neil & Rachel  
**30th:** HUGH LEONARD KELLS, son of Timothy & Carla

### FUNERALS

**2nd January:** John McIlwaine (Maxi), late of Clandeboye N. H.  
**17th January:** Mabel Thompson, late of 11 Sandhurst Drive



#### February

**3rd:** No Crêche  
**10th:** Heather Glasgow, Catherine Menary, Caroline Connolly, Ruth Toy  
**17th:** Julie Monaghan, Maureen Aiken, Helen & Patrick Crothers  
**24th:** Catherine Newman, Anca Bazatu, Aileen Smyth, Christine Boyd



### Childrens' Church Helpers

#### February

**10th** Gillian Jones, Gail Kerr, Gerry McCaughan  
**17th** Caroline & Mark Larmour, Lynsey McDermott  
**24th** Janice McDonagh, Trish McGrugan, Grace McLaughlin



#### February

**3rd:** Lynsey McDermott, Maaike Harvey, Ann Shaw  
**10th:** Mark & Caroline Larmour, Maureen Aiken  
**17th:** Jo Ann Coulter, Nicole Watson, Patrick Crothers  
**24th:** Maureen & Lorraine Colgan, Ella Walker

Parish Office: 91274912  
 Rectory: 91274901  
 Curatage: 91271922



Prayer Line: 07531806167  
 Transport: 07599794968

Church Readers Rota:  
 John 91467243  
 or Freda 91467624