

St Columbanus

Ballyholme



MU Spring Sale Photos
Cup cakes for Kenya
TIME on the Youth Page
In Banagher with the Walkers
..On the way *together*..



The Parishioner

April 2013

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

The Rambling Rector

Ever heard of the 'Nudge Unit'? In 2011 huge subsidies were ploughed into loft insulation. There were generously incentivised installation schemes that would pay for themselves within months. It was a no-brainer, but no one wanted it. Take up rates were tiny. The fundamental problem was identified as laziness, specifically, the hassle of clearing your attic first. In a pilot trial a number of insulation firms were subsidised to do the clearing for cost price. The uptake increased fivefold. This little bit of practical common sense was injected by a government department called the Behavioural Insights Team: the 'Nudge Unit'. Needless to say I've been wondering what wisdom they might bring to the spiritual sphere, especially encouraging people to come to Church. Spiritual nudges come in all shapes and sizes. Some are gentle like the invitation of a friend or neighbour or the encouragement of a child. Others are sharper like the diagnosis of a serious illness or the devastation of a sudden bereavement. Having followed Christ into the nudging business myself, I take great solace from the fact that even Jesus found there were some people whom no amount of nudging would shift!



Things I love by Emma Darragh



1) My family and friends who are a constant source of support.

2) Our church community. I love being able to walk in and feel a part of the church. I also love helping out at Sunday School and

being able to help children understand the bible and learn more about God.

3) Summer days and winter nights. I love going for walks on the beach when the sun is shining but I also love snuggling up on the sofa on a cold winter's night with the fire lit and a big cup of hot chocolate.

4) Peer mentoring. In Strathearn, I am a peer mentor for a first year class. I have loved getting to know the personalities of each pupil and helping to get them settled into secondary school.

5) Driving. I recently passed my test and I love the freedom of driving. I also love not having to pester my parents for lifts everywhere.

6) France is somewhere I've had to grow to love. I've been going there on holidays for years with my family and I love the relaxed pace of life there.

7) Food. I love baking and cooking, though I'm not so fond of the cleaning up afterwards.

8) Art and music. I love listening to music or sketching something to relax myself after a long day.

9) Holidays. I love getting to new places and exploring different cultures.

10) Last but by no means least the thing I love more than anything else is having a relationship with God. I know he is always there no matter what happens in my life and that feeling is just incredible.

Magazine Contributions

Thank you to everyone who has given towards the cost of The Parishioner via the annual brown envelopes – so far!

To date you have donated £1,157.50. Since even with a reduced print run, the cost to print the magazine last year was £3,000, perhaps those of you who haven't quite got back to us yet could rummage around and find your brown envelope from last month – though please don't worry, we're not fussy, any colour of envelope will do!



All outstanding contributions will be very much appreciated.

LOVE WAS IN THE AIR

The Walkers at Banagher Forest in the Sperrins

Well, for the dozens of frogs we saw on our walk in March, that indeed was the case! Some, mind you, had come a cropper and got flattened (who knows how – mountain bikers?) but we all agreed that none of us had ever seen so many frogs before!



With a great turnout of 19 walkers we left the church just after 8.30 and were walking up the glen at Banagher by 10.20, thanks to the motorway and good roads. So through the Kissing Gate we went (told you Love was in the Air), past the old Filter House and on up a gradual climb through the ancient Banagher woodland. Incidentally, Banagher and Bangor have the same root in Irish – Beannchor. The woodland is a rare survivor of native trees, as most of the original forest was felled for charcoal and what we see today is the centuries old regeneration. We crossed the bridge where it is said that when St Patrick was ridding Ireland of its snakes, he first drove them into the rivers. Here he found the largest snake in Ireland in a pool on the Glenedra Water (aka the 'Crooked Burn') and it was too large to move so he imprisoned it there.

After that bridge over the gorge, the path leads on up to the Altnaheglish Dam and reservoir built in 1935. Then it's into Banagher Forest along the side of the reservoir and on up



to the saddle of Altnaheglish Hill from where we saw Binevenagh to the north and Sawel to the west. After lunch, at a spot with a lovely view thanks to a lot of the pine trees having been felled, we set off once again, crossing the upper part of Glenedra Water on a new bridge and then following the path back to the car park. Brian was convinced that this 9 mile walk had VAT added and was really nearer 10, so we all had our legs amply exercised. We stopped at the Oakleaf Restaurant (where we had been before) at the foot of the Glenshane Pass for our usual refreshments only to find that there were no cakes or scones and we were quite firmly told it was a Restaurant and not

a café, though it does seem that in the mornings it is a café selling scones etc. They did renege and serve off the dessert menu. We think the sudden influx of 19 hungry walkers was all too much for the staff who were catering for a Confirmation party, but altogether not a great example of good customer service, so beware!

The next outing on 6th April is a 5 mile circular coastal walk from Cranfield to Greencastle at the mouth of Carlingford Lough and back by the inland route. We meet at 8.45 in the Church car park.

Betty

Mothers' Union Notes

The next meeting of the Mothers' Union will be on Monday **8th April** at 8.00pm. Our speaker will be Scott Carson and the topic will be "Christians against Poverty".



To date, funds raised at our coffee morning and sale is £1,010.00 and we extend our grateful thanks to all who supported this event in any way.

Ruth

When you plan your garden this Spring

Plant three rows of peas:

Peace of mind
Peace of heart
Peace of soul.



Plant four rows of squash:

Squash gossip
Squash indifference
Squash grumbling
Squash selfishness.



Plant four rows of lettuce:

Lettuce be faithful
Lettuce be kind
Lettuce be happy
Lettuce really love one another.



No garden should be without turnips:

Turnip for service when needed
Turnip to help one another
Turnip the music and the dance.



Water freely with patience
and cultivate with love

There is much fruit in your garden
Because you reap what you sow.



To finish our garden
We must have thyme:
Thyme for fun
Thyme for rest
Thyme for ourselves.

Hospital Visits

Please don't forget to let the clergy or the office know if a relative or neighbour is spending some time in hospital. Both Simon and Alistair visit the local hospitals at least once a week, and wouldn't want to miss someone that would like a visit.



The God who answers prayer

There is a God who answers prayer
Who intercedes before the throne,
The Son of God who ever cares,
Do not believe you walk alone.

When life seems hard, no answers come
He knows the path that you now tread
Believe on Him though all seems lost
He knows about the tears you shed.

Hold on to Him who is your strength,
Although it seems there's no way through,
Though pain and heartache both are near,
Who holds the world holds also you.

There is a day when all is clear
A day when we all understand
That all our lives but marked a way
That led us to the Promised Land.

By Megan Carter



Wednesday Communion

Are you free on a Wednesday morning?

Some of you who aren't free on Sundays may well be free on Wednesdays

Holy Communion

so why not come to the Parish Centre and join the ever increasing numbers of parishioners at a short service of Holy Communion, followed by a cup of tea and a chat for those who wish to stay.

That taxing time of year

A man, submitting income tax information to his accountant, was asked how many dependents he had.

"Eight," he replied unhappily.

The accountant asked, "Would you mind repeating that?"

The man replied earnestly, "Not if I can help it."



This month we thought we would include a few basic recipes that maybe new cooks would like to try

Quick Crunchy Brown Bread

6 ozs wholemeal flour, 2 ozs plain flour, 1 oz wheatgerm, 1 oz bran, 1 teasp Baking Soda, ½ teasp salt, 1 teasp sugar, ½ pt buttermilk, 1 egg

Heat oven to 190 C and heat lidded casserole dish in oven. Place all dry ingredients in large bowl. Beat egg and add with buttermilk to ingredients to make a sticky dough. Turn into a heated floured casserole dish, put on lid and place in oven. Cook for about 35 – 40 mins. Leave in dish until cooled and then place on wire tray.



Pancakes (Dropped Scones)

8 ozs S. R. flour, Good pinch salt, 1 oz castor sugar, 2 eggs, lightly beaten, 1/2 pt milk, 1/2 oz melted butter

Sieve together flour and salt. Add sugar, beaten eggs and milk. Finally add melted butter and mix well to form a smooth creamy batter. Preheat griddle or thick based frying pan. Lightly grease, then drop a dessertspoon of the batter onto the hot surface. The pancakes are ready for turning when small bubbles appear on the surface. Once turned, cook for another couple of minutes, then remove and place on a wire cooling tray under a clean tea cloth to keep warm.

Serve with butter, maple syrup, honey, sugar and lemon juice, cinnamon butter or stewed fruit. Makes 10-12 pancakes



1.4 Billion Reasons to make the world a fair place to live.

On Monday 4th March I was invited to speak at the Mothers' Union International Evening. As an Ambassador for the Global Poverty Project, I delivered a presentation highlighting the factors that trap 1.4 billion people in extreme poverty. It is shocking to me that 25% of the world's population live on less than £1.00 per day, many with little food, a lack of clean water, no sanitation and limited access to schooling and medical care. The question is of course what can we do? Well, there are a number of measures that we can take in our own lives that can make a real difference. We can give to charities that target those most affected by extreme poverty or give small loans to help develop businesses. We can get involved in campaigns like "IF" (www.enoughfoodif.org) which is backed by a number of prominent charities. However, one of the easiest things to do is to "Take a Step for Fairtrade in 2013". I recently spoke to pupils in Ballyholme Primary School about Fairtrade. Children have a very strong understanding of what is fair and what is not and, to

them, the choice was simple – always buy Fairtrade when you can.

In this Fairtrade Fortnight it would be wonderful if people in our church could make the same pledge to buy fairtrade goods. Fairtrade status means that products have been produced ethically and that farmers are assured a fair price. Making a Fairtrade purchase may seem like a small thing to do but together the impact could be huge. My hope is that, by the time my children are grown up, all goods will be produced fairly, that extreme poverty will be a thing of the past and the world will be a fairer place to live.

Carolyn Larmour (with thanks to the Mothers' Union)



What's on your iPod?

Ellen Thompson

My name is Ellen Thompson and I am studying for my A Levels at Glenlola Collegiate School. I study Biology, Geography and Spanish. I've a part time job in the newsagents in Ballyholme. I have 2 older brothers and a younger sister and I live with my parents. I have 3 cats and a dog. I love taking my dog out for walks with my mum. I am really interested in photography and capturing wildlife and nature. During the weekend, I spend it with family or socialise with friends, and I also love to meet new people. I was confirmed in April 2011 and I help out at Sunday School. When I'm older, I hope to be a children's nurse as I love being with children. I am interested in a lot of music so narrowing it down to 10 was a challenge but these songs all have a meaning for me.



- | | | |
|----|--------------------------|----------------------|
| 1 | Fix You | Coldplay |
| 2 | Chasing Cars | Snow Patrol |
| 3 | Don't look back in anger | Oasis |
| 4 | Titanium | David Guetta ft. Sia |
| 5 | We Are Young | Fun |
| 6 | Mr Brightside | The Killers |
| 7 | When You Were Young | The Killers |
| 8 | Read My Mind | The Killers |
| 9 | Locked Out of Heaven | Bruno Mars |
| 10 | Edge of Glory | Lady Gaga |

Here are some general observations on the spiritual side of life:

Can't sleep? Try counting your blessings.

Christians are like tea; their strength is drawn out by hot water.

Some minds are like concrete - all mixed up and permanently set.

Don't wait for the hearse to take you to church!

Preach the Gospel at all times. Use words if necessary.

Never give the devil a ride. He will always want to drive.

Don't put a question mark where God puts a full stop.



God doesn't want shares of your life - He wants a controlling interest.

We don't change God's message - His message changes us.

Plan ahead - It wasn't raining when Noah built the ark.

Most people want to serve God, but only in an advisory position.

Coincidences happen when God chooses to remain anonymous.

When God ordains, He sustains.

Someone once said: "If you are going to soar with the eagles in the morning, you can't hoot with the owls all night."

Deciding not to choose Jesus is still making a choice.

God doesn't call the qualified, He qualifies the called.

If God is your co-pilot - swap seats.

Read the Bible - It will scare the hell out of you.

Experience is a wonderful thing. It enables you to recognise a mistake when you make it again.

Is a lame duck a politician whose goose has been cooked?

Fight truth decay - read the Bible daily.

If you're headed in the wrong direction, God allows U-turns."

Advice to gardeners: The easiest way to tell the difference between young plants and weeds is to pull up everything. If they come up again, they're weeds.



Around the Parish



MU Spring Sale and Coffee Morning



Morning Coffee and Cake Sale in aid of Brooke's Kenya Trip



YF hanging out at Todd's Leap



Book Review

THE TESTAMENT of MARY by Colm Tóibín



Having enjoyed many of Tóibín's previous novels and short stories I was intrigued by this, his latest work. It is Mary's account of the crucifixion of Jesus, her son, and the grief with which she continued to live. It starts with her as an old woman living in exile as she tries to piece together her memories of the events which led to the crucifixion. She is under the care of two of the disciples but resents their questioning her to verify her account of what happened. Her story then moves back to when she was living in Nazareth, a widow on her own. She describes a visit from Marcus, a family friend who tells her what her son, Jesus, has been doing in Jerusalem - the miracles, his followers and how the authorities are watching him. He advises her to go to Jerusalem and try to persuade Jesus to return to Nazareth for his own safety. Mary therefore goes to the wedding of her cousin's daughter in Cana knowing that Jesus will be there and that she will have the opportunity to talk to him. She describes how the people are talking about him, how they notice her and she hears about his raising Lazarus from the dead. At the wedding Mary feels her son has changed - there is a 'glow' about him. He does not listen when she tries to tell him he is in danger. She describes a shout that the wine had run out and Jesus asking for water containers and the crowd beginning to cry that he had changed the water into wine. She tries again to speak to him but without success. She returns to Bethlehem. Some weeks later she receives another visit from Marcus who tells her Jesus is going to be crucified and advising her to go to Jerusalem to a 'safe' house there. Mary travels to Jerusalem, and with Mary the sister of Martha goes to the 'safe' house and to the crucifixion. She describes the events leading up to the crucifixion and the crucifixion itself. This is the most gruelling part of her narrative. We see it through her eyes as the mother of Jesus and feel her pain and desperation; her inability to do anything to stop it. Accompanied by one of the disciples they are forced to escape for their own safety before the actual death. Mary describes being in hiding for days. Her recollections are blurred between dreams and reality but she describes the identical dream she and the other Mary have - that Jesus appeared to them at a well at

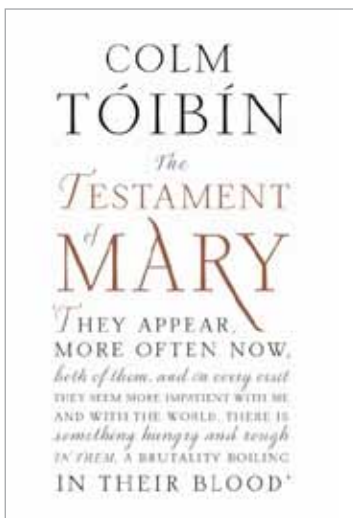
sunrise and they touched him, that his body was white but had the marks of the nails. When they told the disciple he smiled and said he knew this would happen.

Mary now nearing death, describes her two guardians telling her that Jesus was the son of God and reminding her what happened at his conception. Mary does not appear to understand or accept this. We are left with the question whether this is the account of a mother who does not believe her son was the Son of God or the confused recollections of an old woman.

It is of course a work known as 'faction', fiction based on facts, but certainly worth reading and only 104 pages.

Laura Gilbert

Published by Penguin and available online for £6.29.



The Boss

The bishop was complaining in a staff meeting that he wasn't getting any respect from the diocesan committees and staff. Later that morning he went out and got a small sign that read, "I'm the Boss", and then taped

it to his office door. Later that day when he returned from lunch, he found that someone had taped a note to the sign that said, "Your wife called, she wants her sign back!"





“Hi, my name is Brooke Keenan. I am in year 11 at Glenlola Colligate and studying for my GCSE’s. I have been attending St Columbanus for six years and am a member of H.B.D., Youth Fellowship and also help out with Junior Youth Fellowship. My Mum and I are part of the Uhusiano team travelling to work in Kenya this summer. I am looking forward to experiencing the different culture and learning how they express their faith within difficult circumstances. One of my worries though, is the different food and not being able to have my fizzy drinks! It will be a great opportunity to take part in the projects and particularly being able to share this with my Mum. We have undertaken a number of fundraising projects and really appreciate all the support financially and prayerfully we have received from the Parish. I look forward to sharing our experiences with you.”

See photo on page 7

Brooke

In a fund raising effort in the Parish Centre Brooke and her Mum Kelly now have £148 to put towards the trip to Kenya. There will be another big bake-off for Easter Sunday.

Society of St Francis Third Order Annual Retreat



Date 17-19 May

Venue – Drumalis Retreat Centre
47 Glenarm Road, Larne
Co Antrim BT40 1DT

Conductor – Brother Philip Bartholomew SSF
(originally from Lurgan)

Cost £110 and conductor’s effects – Approx
£20

Further details from
Nancy Baker – 9147 3513

Samaritan’s Purse Calls for Vital Medical Help in South Sudan

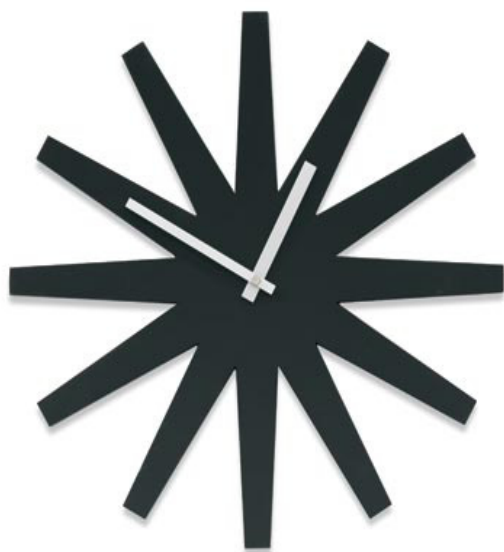


Samaritan’s Purse is calling for urgent help to meet the overwhelming demand to treat thousands of patients in desperate conditions in South Sudan’s Maban County, with a population of more than 200,000, which includes over 110,000 refugees.

The charity recently expanded Bunj Hospital, the only medical centre in the whole of Maban County, by adding a new ward and operating theatre. However they desperately need funding to expand the hospital further to cope with the huge intake of thousands of patients. “The hospital is beyond maximum capacity every day,” said Samaritan’s Purse UK’s Head of Programmes and Projects, Chris Blackham, who just returned from visiting their work in South Sudan. He added: “They have plans to construct and add new facilities to expand the services offered to those in need – an x-ray ward, a further surgical theatre, a paediatric ward, a tuberculosis in-patient ward and another women’s ward. These facilities will enable staff to provide life-changing treatment for another 175 people every week.” “People come in all the time, from all directions,” said Dr. Atar who runs the hospital and is the only full-time physician in the county. “We work 24 hours a day, seven days a week. We are really overwhelmed with the situation”. Dr Atar, who has served with Samaritan’s Purse for several years added: “We are the only ones here to help them, and we are the only witness for Christ among these people. Here, we do just a little to help, but God is with us. We can’t do anything by ourselves”. Bunj Hospital is adjacent to the Doro refugee camp, where Samaritan’s Purse is providing food, shelter, clean water and healthcare to more than 45,000 people.

Samaritan’s Purse is also in urgent need of surgeons to come and serve at the hospital for a minimum of a month at a time. More details at: www.samaritans-purse.org.uk

TIME



Sixty seconds in a minute. Sixty minutes in an hour. 24 hours in a day. Seven days in a week. 52 weeks in a year. Time cannot be stopped. We cannot buy or sell it. Time carries on regardless of us.

Being young, we are taught to dream, to plan for the future, to imagine what life could be like next year, in five years, or even ten years time. The world is our oyster, and we have so much time at our fingertips. We are only at the beginning of our lives – there is no urgency or rush. It is totally fine to play Xbox for 5 hours in a row, or to watch endless TV,

or to sleep most of the afternoon every weekend... right?

One thing we can do with time is to choose. We can choose to invest our time or to waste our time. Yes, it is important to rest, and to let time pass us by after working hard, but let's be honest... it is very easy to become lazy, complacent and bored.

Think about where your main worlds are... school, church, home, teams you play in, youth groups you attend, friendship circles etc. How do you want to invest your time? With the people who matter the most to you?

Think about a topical issue that you care about... maybe homelessness, bullying, human trafficking, poverty, the environment, animals and so on. Would you rather play Xbox or watch TV for one or two hours of your Saturday, and use the rest of your afternoon possibly volunteering or doing something about the people and issues you care about?

Jesus invested his time caring for people who were outcast from society, caring for his family, and caring for his friends (who because of the time Jesus invested in them, went on to change the world for the better, by the way!).

Your life matters.

You can make a difference.

You can choose to give your time.





During our recent Lent course 'To infinity... and beyond!' I quoted from the end of the book the home groups are currently using, Timothy Keller's *King's Cross*. A number of people were keen to track down the passage for themselves so I reproduce it here for more general consumption:

Every Easter I think of Joni Eareckson Tada. She was in an accident when she was seventeen, and ever since she has been a quadriplegic, paralyzed from the neck down. While she was still trying to come to terms with this horrible accident, she would go to church in her wheelchair. The problem with being in a wheelchair, she found, was that at a certain point in her church's liturgy every Sunday, the priest called everyone to kneel – which drove home to her the fact that she was stuck in a wheelchair. Once she was at a convention at which the speaker urged people to get down on their knees and pray. Everyone did except Joni. "With everyone kneeling, I certainly stood out. And I couldn't stop the tears." But it wasn't because of self-pity. She was crying because the sight of hundreds of people on their knees before God was so beautiful – "a picture of heaven." And then she continued weeping at another thought: "Sitting there, I was reminded that in heaven I will be free to jump up, dance, kick and do aerobics. And sometime before the guests are called to the banquet table at the Wedding Feast of the Lamb, the first thing I plan to do on resurrected legs is to drop on grateful, glorified knees. I will quietly kneel at the feet of Jesus." And she adds, "I, with shrivelled, bent fingers atrophied muscles, gnarled knees, and no feeling from the shoulders down, will one day have a new body, light, bright, and clothed in righteousness – powerful and dazzling. Can you imagine the hope that the resurrection gives someone who is spinal cord-injured like me?"

Only in the Gospel of Jesus Christ do people find such enormous hope to live. Only the resurrection promises us not just new minds and hearts, but also new bodies.

SED

The Wednesday Club

This month 32 of our members watched a presentation by Neal Somerville, the area co-ordinator for Help for Heroes. Although the presentation showed some harrowing scenes, it was full of hope and determination shown by the injured soldiers. It was very uplifting to see the help that the public, through this charitable organisation, has given to the armed forces by providing state of the art rehabilitation centres across England, the provision of short term grants available where needed, and an enduring national network of support for the wounded and their families.



At the end of our meeting Ann presented Neal with a cheque for £500 to further the work of the charity. Included in the photograph is Julia Quayle, whose grandson is presently serving in Afghanistan. Neal joined us for a cup of tea, and then our monthly draw was won by Barbara Gass.

Remember there will be no meeting next month because of Easter Week. See you on 1st May.

Sue

OUR WORSHIP

Sunday 7th April Easter 2

8.30 Holy Communion
10.00 Morning Service
11.30 Morning Prayer

Wednesday 10th April

10.30 Holy Communion - Kajiado Room

Sunday 14th April Easter 3

8.30 Holy Communion
10.00 Morning Worship & Children's Church
11.30 Parish Communion
6.30pm Six - Eight

Wednesday 17th April

10.30 Holy Communion - Kajiado Room

Sunday 21st April Easter 4

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

Wednesday 24th April

10.30 Holy Communion - Kajiado Room

Sunday 28th April Easter 5

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



April

7th: Irene Long
14th: Margaret Magee
21st: Eleanor Bell
28th: Karen Baker



Children's Church Helpers

14th: Deborah Galbraith, Samantha Gouk, Emma Hamilton
21st: Debbie Hunter, Gail Kerr, Gerry McCaughan
28th: Mark & Caroline Larmour, Kelly McCullough

Parish Office: 91274912
Canon Simon Doogan
Rector

Rectory: 91274901
Rev. Alistair Morrison
Curate

Curatage:
91271922

Prayer Line:
07531806167

Transport:
07599794968

Church Readers Rota:
John 91467243 or Freda 91467624



April

7th: No Crèche
14th: Heather & Stephen Glasgow, Jodie Smith, Caroline Gillan
21st: Julie Monaghan, Elaine McNamara, Maureen Aiken, Nicole Watson
28th: Violet Davidson, Pamela Reading, Gemma Wright, Helen Hartley



No, Grandma, Listen.
Double-Click the Chrome icon



April

7th: Neil & Jacqui Devlin, Pauline Baird
14th: Fiona Jackson, Jill Owens, Barbara Wallace
21st: Daphne Moore, Robin & Samantha Gouk, Jonnie Stockton
28th: Irene Bell, Jean Law, Ann Reynolds

FUNERALS

23rd February: Evelin Storey, formerly of Chippendale Avenue
12th March: Meta Parker, late of Donard Court
14th March: Marie Henderson, formerly of Ballyholme Esplanade

BAPTISM

10th February: ANNA GEORGINA WEIR, daughter of Christopher and Gillian