

St Columbanus

Ballyholme



New season starts
Walkers' Dracula encounter
X-Cess report
Lighten our darkness
..On the way *together*..



The Parishioner

October 2013

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

The Rambling Rector

Meal times are important. Some of the meals Jesus shared with people were hushed occasions with everyone hanging on the words and actions of the Master. Yet I visualise the majority as relaxed and banter-filled, akin to the cross-table exchange of fun and laughter many of us enjoy regularly at home. Which is why I look forward so much to those couple of times a year when Sunday lunch is a Parish event. We do it now regularly for our Easter Vestry, but we also do it annually on Harvest Sunday in aid of CMS. Last year's harvest lunch was the biggest the Missions' Committee had ever hosted but there's always room for a few more! I don't sacrifice our own Sunday lunch routine lightly and nor do I ask other people to do so. But somehow at Harvest it feels entirely right to forgo a few of our own home comforts for the sake of those with so much less than we have. That's not to say anyone in the Parish Centre will go hungry by the way, not if last year's bread, soup and apple pie extravaganza was anything to go by! I hope you can join us.



SED

The healing power of laughter

The health benefits of laughter have become widely recognised in recent years. People feel less pain after a good laugh because (research suggests) it releases chemicals that act as a natural pain-killer.

Physical benefits of laughter have been found to include a drop in stress hormones and less risk of heart disease. Mental and social benefits include less anxiety and stress, improved mood and enhanced group bonding.

Humour helps us to keep a positive outlook in difficult situations, disappointments and loss. More than that, laughter gives us the courage and strength to find new sources of meaning and hope. It really is contagious – just hearing laughter primes your brain and readies you to smile. It dissolves distressing emotions. You can't feel anxious, angry or sad when you are laughing. Humour gets you out of your head and away from your troubles. Infants begin smiling during the first weeks of life and laugh out loud within months of being born. But you can learn to laugh at any stage of life. Smiling is the beginning of laughter. It can help to set aside special times to seek out humour and build from there. Pay attention to children and emulate them. They are experts on playing, taking life lightly and laughing. The old advice to "count your blessings" will distance you from negative thoughts. When you hear laughter, move towards it. Share your embarrassing moments. The best way to take yourself less seriously is to talk about times when you took yourself too seriously.



Help needed to decorate the church for Harvest on

Saturday 19th October

Any donations of flowers or greenery would be very welcome, but most of all we would like to see YOU. Church open at 9.30am

UPSTAGE DOWNSTAGE YOUTH PRODUCTIONS

present



**Tuesday 5th NOVEMBER
– Saturday 9th NOVEMBER 2013**

7.30pm and Matinee 2.30 on Sat 9th

WEB THEATRE, 49 NORTH STREET,
NEWTOWNARDS

Tickets £12 available from the theatre box office 02891828234

The Tiny Frogs

Once upon a time there was a bunch of tiny frogs who arranged a climbing competition. The goal was to reach the top of a very high tower. And so a big crowd gathered around the tower to see the race and cheer on all the contestants.

The race began...

But quite honestly no one in the crowd really believed that such tiny frogs would reach the top of the tower. They were saying "It's way too difficult!. They will never make it to the top", and "Not a chance that they will succeed. The tower is too high!" The tiny frogs began collapsing. One by one....Except for those who were a bit stronger and kept climbing higher and higher. The crowd continued to yell, "It is too difficult!!! No one will make it!"

More tiny frogs got tired and gave up. But one continued higher and higher and higher long after all of the others had given up and dropped back down to the bottom and he, after a big effort, actually made it to the top! All of the other tiny frogs naturally wanted to know how this one frog managed to do it.

One contestant asked the tiny frog how he had found the strength to succeed and reach his goal! But he didn't hear him, and he shouted the question again but he still didn't hear, so he shouted at the top of his voice, which was really loud for such a tiny frog. But he still couldn't hear him, he was deaf!

How much more could we do if we, like the frog turned a deaf ear to all those who say we can't.

Author Unknown



Easy Bakewell Cake

A Fay Ripley recipe

150g butter
150g golden caster sugar
150g self-raising flour
150g almonds
2 large free range eggs
1 tsp vanilla extract
6tsp raspberry jam
150g of fresh raspberries
50g flaked almonds

Method

1. Preheat oven to 160 (fan), 180 C or Gas Mark 4. Line a 22-24cm springform cake tin with baking parchment.
2. Use a food processor or electric whisk and whizz the butter, sugar, flour, ground almonds, eggs and vanilla extract. Put half of the mixture in the tin and smooth.
3. Dot the jam, 1/2 teaspoon at a time all over and scatter the raspberries. Drop the remainder mixture over the fruit and smooth over with your fingers.
4. Scatter the flaked almonds on top and bake for 45-50mins until golden. Cool and then serve with ice-cream, custard or just have it on its own!

This also makes a lovely traybake! if dried cranberries are used instead of raspberries

An advert appeared in the student newspaper of the university:

Sweet little old lady wishes to correspond with university student – seeks six-footer with brown eyes answering to initials J.A.D.

Signed,

His mother



The Walkers in Transylvania and on Cloud Nine

Killynether Wood is creepy at the best of times but when we came across the set for the Dracula film, it took on a whole new perspective.

Gone was the rain before we had even left Bangor and when the sun appeared it was hot and humid, giving the woods a jungle like feeling with those scents and smells associated with luscious growth over our lovely summer.

So the ten of us took the high path from the Scrabo car park and soon came upon workmen clanging away at scaffolding, dismantling what had been the Dracula set. Later, on our return past the same spot, from lower down you could see why it was such an ideal spot for a bit of vampire activity. The sheer rock wall was dark and foreboding as was the fake arched building set along side it.

Our leader Leslie, having grown up in Newtownards, had extensive knowledge of the area, and filled us in with the Ten Things you (probably) didn't know



about the town. For example, he showed us the WW11 bomb craters beside the quarries path, and pointed out the area below, now the West Winds estate, which was the accommodation area for the

RAF personnel of 231 Squadron. Most of us could remember the commercial flying operation with Silver City Airways to Stranraer. Leslie also showed us the field where he played football, now totally overgrown and pointed out the tower of the old priory which had been used as a residence after 1606 by Hugh Montgomery following the plantation of Ulster.

On then to the quarries where we marveled at the sheer sandstone cliffs and the variety of vegetation clinging to them. The sandstone has been quarried since at least Anglo Norman times and its attraction was the variety of colours, and the relative ease of working. Many well known buildings were constructed of Scrabo stone, for example the gatehouse to Bangor Castle. The path linking the quarries is the bed of the old railway and farther on Brian pointed out the now tree lined route of the rails on which the wagons ran down to the BCDR below. It was known as Drum Brae - there would have been a winding engine at the top with a drum around which the rope for hauling the wagons would have been attached.

Having returned by the same route, as the narrow path up the face of the hill looked too dangerous, we made our way to the Tower and drank in the spectacular view across the Down countryside. The location for our après walk refreshments was the Cloud Nine restaurant at the airport where the scones proved more of a meal than a snack and the

fruit tarts came with ice cream on a huge plate. From the window we could see the destination for our next outing – Slieve Croob in September.

Slieve Croob

This is a walk for a clear day. And clear, sunny and very warm it was. The ten of us who plodded our way up Croob (from the Irish Sliabh Crúibe meaning “mountain of the hoof) were rewarded with a stunning panorama as far as the Belfast Hills and Lough, Strangford Lough and Lough Neagh and even the Sperrins. And after a long steep climb through sometimes boggy ground and heather on to Transmitter Road, we turned the final corner just below the communications masts (which do mar the top of the mountain)), and there were the Mourne in all their glory. How lucky we are to have such beautiful countryside within easy reach.

The walk started at the small village of Finnis near Dromara just where the Lagan flows under a bridge. A mile on we turned onto the Pass Loaning and from there onto the mountain proper. It is obvious why it's not recommended in bad visibility! The way markers take you uphill to the road just below the summit where we had lunch. On the way down we could hear but not see the stream which was the infant Lagan and then to the right see the river cutting its way down the mountain.

We usually learn something new on our walks and Croob gave us a great insight into how you get 300 sheep off a mountain! With the very expert help of his two dogs the farmer got them in a straight line. How he did that was beyond us. And beside the sheep pen was an unusual piece of public art created by local artist Chris Wilson entitled ‘Source of the River Lagan’. It consists of slabs of Mourne granite sandwiched together with a window to view the landscape and etched plates representing local heritage in the form of the nearby Legananny Dolmen and the continuation of ancient traditions in the form of the Blaeberry/Cairn Sunday walk.

Folklore tells that 12 kings are buried at the top of the Mountain and each year it is traditional to climb the hill on the first Sunday in August (known as Cairn Sunday or Blaeberry Sunday) and carry a



stone to help bury the kings. In recent times there is traditional Irish music played at the top of the Mountain on this date. The ‘Blaeberry Sunday’ walk is a Christian continuance of a very old harvest festival celebrating the Celtic God Lugh – the Lughnasa. We ended a really lovely day with our usual refreshments in a coffee shop in Saintfield. Our next outing is on 12th October to Dublin for a guided tour.



Storehouse North Down

is particularly looking for the following items at present,
tinned meat (corned beef, ham etc), tinned meals to serve with potatoes, tinned potatoes, long life milk, long grain rice, tinned fruit, tinned veg, biscuits and sugar.

Toiletries especially men's and ladies' deodorant are in short supply and also cleaning products.

All donations can be left at the back of the church or in the Parish Office.

The Wednesday Club

We got the new season underway with a visit from Leanne and Margaret from the Citizens Advice Bureau, based in Bangor.



Our ladies were very interested to find out details of benefits they may be entitled to and blue badge information. They were also given a list of handy phone numbers to call if they ever needed any advice.

The winner of this month's draw was Sally McCartney, and we were pleased to welcome back Beryl Gray to our members. See you next month.

Sue

Advance Notice



Christmas Bazaar to be held in the Parish Centre on **Saturday 30 November** at 10.00 - 12.00 noon

All the usual stalls - so all donations will be very welcome. They can be left in the Parish Office

Aphorisms

i.e. short pointed sentences expressing wise or clever observations or a general truth.

- The nicest thing about the future is . . . that it always starts tomorrow.
- Money will buy a fine dog . . . but only kindness will make him wag his tail.
- If you don't have a sense of humour . . . you probably don't have any sense at all.
- Seat belts are not as confining . . . as wheelchairs.
- A good time to keep your mouth shut is . . . when you're in deep water.
- How come it takes so little time for a child who is afraid of the dark . . . to become a teenager who wants to stay out all night?
- Business conventions are important . . . because they demonstrate how many people a company can operate without.
- Why is it that at class reunions . . . you feel younger than everyone else looks?
- Scratch a cat (or dog) . . . and you will have a permanent job.
- No one has more driving ambition than the teenage boy (or girl) . . . who wants to buy a car.
- There are no new sins . . . the old ones just get more publicity.
- There are worse things than getting a call for a wrong number at 4 a.m. . . like, it could be the right number.
- No one ever says "It's only a game" . . . when their team is winning.
- I've reached the age where . . . 'happy hour' is a nap.
- Be careful about reading the fine print . . . there's no way you're going to like it.
- After 60, if you don't wake up aching in every joint . . . you're probably dead.
- Always be yourself because the people that matter don't mind . . . and the ones that mind don't matter.
- Life isn't tied with a bow . . . but it's still a gift.



THINGS I LOVE

- My family who are of constant support to me throughout all the changes which life throws such as university, friends leaving and bereavements.
- All of my friends whose advice is truly inspirational and who are always there for me. Hanging out with them is always good craic and we have had some fantastic trips this summer!
- My boat, Voyager. I love taking my boat out deep into the sea wave, jumping and taking it for lunch stops or trips to Belfast. The best voyage yet was out around the islands of Donegal.
- Food of all different varieties. While I do enjoy making different meals and baking, nothing is better than actually eating it.
- Trips and holidays. Nothing is better than going for a day trip down the peninsula or a weekend in Donegal and certainly, I love travelling the globe to the USA, to the Middle East and Europe.
- Our church. The Parish is one of the most picturesque and welcoming I have been to, and I love attending the Sunday services when I can.
- My Yacht clubs, Royal Ulster and Ballyholme. I really do love having dinner, going out on boats and relaxing with friends at my clubs.
- Helping others. One of my main loves is being able to help others, giving advice and looking out for them. I love being able to help them with their problems and ensure they are safe and happy, perhaps one of the reasons I joined the RNLI.



Rory Flannigan

Mothers' UNION

Christian care for families

Traditionally, September is the month when Parish Organisations come back together again after the Summer break and the same can be said about our parish here in Ballyholme.

Our annual Mothers' Union service will already have taken place on 22nd September, and we will be meeting some of the members from our link branch in Malahide on

Saturday 5th October at the Castle Court Hotel in Newry for lunch at 12.30 pm.

Members who wish to attend please let me know before **1st October**. We plan to travel to Newry by train.

Monday 7th October - a short report from me and one from our treasurer, Susan McNair, will be followed by the election of 2 new committee members. We ask you not to be shy about letting your names go forward for these positions. Subscription to the Diocese has to be sent in by the end of November 2013. There will also be the literature stall at this meeting when diaries, Christmas Cards and many other items will be on sale.

Monday 4th November will be a Craft Night.

Ruth Ruttle (Branch Leader) Phone 91450130

More than just a building



Following the article in last month's magazine and the request for prayer issued by the Rector in Church on Sunday 8 September, information from the Vestry on plans to attend to the needs of our much loved church building are now available on the parish website. Thanks to those who have been reading and who have got in touch already to express their appreciation and enthusiasm. Over the coming weeks and months the Vestry hopes more and more parishioners will take the opportunity to look at the process we have been working through since our 'Have your say' parish consultation in 2009. Please follow the links on our website www.ballyholmeparish.co.uk



Some impressions of Scottish Churches – sent in by Winnie Thompson – aged 90 years

We had been going to Scotland for holidays for at least 28 years and had been to Church services in several different parts of the country – some Church of Scotland and some Episcopalian.

The first time I remember was in a lovely little church on a hill in Colvend, overlooking the Solway Firth. It was children's day and before the service started the children's choir was practising "All things bright and beautiful" over and over – they were just tiny tots, but I doubt if many of them made it to the senior choir! - but who knows? And of course, they sang it again through the service.

It was a different sort of choir entirely in Holy Trinity in St Andrews. The first year we were there the music was beautiful – I think perhaps the students that year may have been particularly musical. The second time we visited here, the choir was much depleted, and I remember the church being very cold.



History says St. Cuthbert was the first holiday visitor to Coldingham Priory in Berwickshire over 13,000 years ago. The Priory is mostly in ruins now, but part has been restored and is used as the Parish Church.



I don't suppose there was any electricity in Cuthbert's Day – nor was there at first, on the Sunday when we were there – evidently a cow had knocked over an electricity pole! Luckily, the fault was corrected as there was a baptism but unfortunately, the baby howled all the way through, apart from that, it was a lovely service.

The congregation in the Parish Church in Port of Menteith in Perthshire numbered 25. We debated whether to go to the church in Aberfoyle or Menteith, but we would probably have had a similar sermon anyway, as we discovered later that the same minister took the service in Aberfoyle shortly afterwards!

The tourist guide book says "Oban has a peculiar ecclesiastical history" There certainly seemed to be quite a lot of churches, although several appeared to be abandoned. The one we enjoyed most seemed a very lively church. The last time we were there stands out in my memory. It was absolutely lashing with rain and it was children's day again. The children marched in – it seemed like there were thousands of them. There was much singing of choruses and "up-lifting" hymns. We were just about to settle down for the sermon and lo and behold it was the end of the service and everyone got up and went out! It turned out the children were having a party afterwards. However, it was a lovely occasion altogether – everyone was so friendly



Kirn church near Dunoon, had a lady minister who gave the sermon in "instalments" with hymns and prayers in between. I'm not sure if it was the usual custom or just a "one off".

When we saw the choir coming into the Parish church in Dalbeattie, near Dumfries, we were amazed how many young people were in it, all dressed alike, until we learned they were a choir from Romania, who sang really beautifully, and it is a service which will long remain in my mind.

A couple we didn't quite make were in Beaulieu near Inverness and at Staffin in the Isle of Skye. In Beaulieu where we thought the church might be, turned out to be the ruined Priory, and by the time we found the church, the service was over! On Skye, the morning service was in Gaelic and unfortunately, we were leaving the island before the "English" service in the evening. Quote from the Dumfries and Galloway Guide – "Terregles, the church is known for its choir – dating from 1583".



CMS Ireland

CMS Ireland is a Christian Mission organisation that exists to help God's people engage in God's mission. It works in relationship with its global partners and the Church in Ireland to see lives transformed.

The Church Mission Society, Ireland is part of the global CMS family. CMS was established in 1799 with a threefold focus: the abolition of the slave trade, social reform at home and world evangelisation.

CMS has had a presence in Ireland since 1814 and after almost 200 years, CMS Ireland continues to work with the Church as it seeks to respond to both spiritual and physical needs in our world.

The Church – every disciple of Jesus, every community of faith – has been called into mission; CMS Ireland seeks to equip people for this task. They do this by:

- + *Supporting the Global Church*
- + *Resourcing the Church in Ireland*
- + *Mobilising Individuals*

CMS Ireland partners with Anglican Dioceses, indigenous churches and Christian organisations in Africa and Asia, as they engage in mission in their own contexts.

CMS Ireland currently works in relationship with over 20 **Global Partners** in 10 countries. These include Rory, Denise and Gideon Wilson from St Columbanus and Paul and Tania Baker from Hamilton Road Baptist Church.

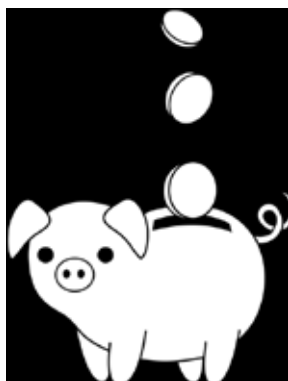
Since 2002, St Columbanus has built a significant partnership with Kajiado Diocese in Kenya. As well as visits between Kenya and Northern Ireland, our Parish has given funds to help Kajiado Diocese to build a new Headquarters at the same time as we built our Parish Centre. Their Headquarters, while not yet completed is now earning income from rented office space.



We too will celebrate with CMS Ireland next year on its 200th anniversary. Look out for opportunities to meet up with the Wilson family and Bishop Gadiel and others from Kajiado Diocese.

In the meantime, enjoy your Smarties and please do return the Smartie tube appeal at Harvest. The entire fund raised helps St Columbanus support Mission work in the Global Church. Thank you for your support!

Piggy banks are back



Where do you store your savings? Surprisingly, more of us are saving cash in a jar or under a mattress than in a bank or building society. It seems that 33million adults in the UK (that is 69 per cent of us) have a jar full of coins somewhere about the house, while only 21 million of us (that's 44 per cent of us) put our money away each month in a savings account. The survey, done by Gocompare.com suggested that the nation's coin jars may hold £1.26 billion, with the average pot containing £38.35. One explanation for this is that since these days we have so little to save, why bother to go to the bank?

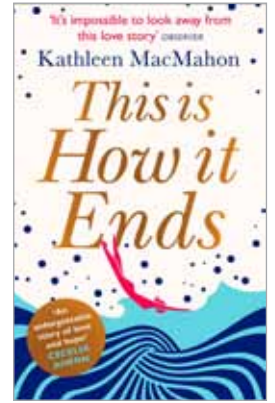
THIS IS HOW IT ENDS

by Kathleen McMahon



Kathleen McMahon is an award winning journalist with RTE . This is her first novel. It is described as “A Story of Unexpected, Life – Changing Love”.

The story begins in Autumn 2008. Bruno Boylan, an American, aged 49 has been made redundant from his bank job and flies to Dublin in search of his Irish roots. He understands some of the family called Murphy live at Sandymount.



Addie Murphy, aged 38, an out of work architect is recovering from a broken romance and is looking after her father in the family home at Sandymount. He is an elderly hospital consultant of “the old school” who has broken both his wrists.

Addie’s only sister, Della is married to Simon, a GP and they have 4 small daughters. The sisters were brought up by their father, their mother having died when they were small. Addie’s constant companion is her dog “Lola”. Both are dedicated sea swimmers.

Bruno makes several attempts to contact the family but the father discourages contact. However he eventually meets Addie, who is a distant cousin, on the beach with her dog. It soon becomes clear that they are attracted to each other. The relationship develops. The history of their respective families unfurls. Everything seems fine but then their love is tested in ways they never imagined possible.

Laura Gilbert

Published 2012 by Sphere in paperback - £13. 99

Lighten our darkness: a service of remembering**Sunday 27 October 6.30pm**

There is no heartache like bereavement but for 2000 years the hope and light of Christ have offered comfort and strength in the face of all death’s cruellest weapons: grief, shock, loneliness, separation, guilt and pain.

In the Church of Ireland and most Protestant denominations there is no real tradition of praying for the dead and this is not an attempt to start one. What we will be doing is not praying for the dead but remembering them. Remembering them, reflecting on their passing and giving thanks to God for the love we once shared with them.



There will be a page as people arrive in Church that night and we would invite all those who wish to, to write down the name of any one dear to them who has died over the previous 12 months. At the remembrance part of the service, we will simply read out, before God, all the names we have received.

I understand this is the first service of its type in Ballyholme, at least in recent years. We would love you to join us and hope that you might find it helpful to do so.

Yours sincerely
Rev Michael McDonald-Woodhall

YOUTH-news

youth [youth] (youths)

news [nooz]

Last month we heard about the fantastic time the children had at Jumpin over the summer. X-Cess proved to be just as enjoyable for the teenagers. Young people beginning secondary education right through to those finishing it, and all ages in between, found a safe, fun and creative space at X-Cess over the summer.

Afternoons at X-Cess provided a relaxed, chill-out zone for the young people. They could enjoy a milkshake, play table games or perform songs in the cafe. Table tennis tournaments, penalty shoot outs and Fifa competitions pleased a lot of competitive boys. The creative prayer room was beautifully decorated and available all day and night for anyone to use. Furthermore, there were a range of workshops on offer that both boys and girls enjoyed, from music, through cookery to a variety of craft ideas.

Evenings at X-Cess were somewhat more... high energy. The fantastic team of leaders designed game shows for each evening as well as hilarious skits and challenging talks, making up the show for the first half of each evening. The second halves of the evenings involved music gigs, a disco and a talent show. The Waterfront Hall or the Odyssey had nothing on us!! Amazing talent, a creative team, willing young people, inspirational communicators, flashy lights and a great sound system made for a wonderfully memorable week for all involved.

A particular highlight were the 'Cardboard Testimonies', where a combination of young people and leaders took to the stage, with one side of their piece of card telling of a negative belief or experience they had previously held, and the other side showing how church and God had impacted that. Many hearts were moved and tears shed. The team and the young people are all thankful for a very special week. We will be recovering all the way through until next Summer, and look forward to doing it all again!

Jade Irwin



The Quiet Corner

God is with us



After 40+ years of college and parochial ministry when I retired I no longer had my Holy place in which to pray. I felt lost. Where could I say my prayers? Have my quiet time with God? After a few false starts I started to say them in my waking times at night. Not the same but it does.

Over the years in my own churches I found I gravitated to the place where Holy Communion was kept, in the Aumbry, to pray near the presence of Christ in the Bread and Wine. For me Holy Communion has always been central to my faith.

After Eppie was in hospital having been hit by a car in Spain, I felt pulled to go each day to the Cathedral of Santiago de Compostela to attend Mass there. I did not understand a word that was said; not even whether the language used was Spanish or Galithian, the local tongue. But I did feel able to follow the universal language of the communion service. In this I offered my prayers and was aware very early on of the support of the prayers of countless others. Here in the Cathedral there was little quiet what with Pilgrims, tourists and locals. Yet in myself I found peace.

Central to my life as an Anglican priest is the honour of presiding at the Eucharist. Often as I hold aloft the consecrated elements to invite the people to 'Draw near with faith', the words and music of an anthem by John Tavener come to mind - God is with us. At that moment I feel close to the divine being, the ground of my life.

At times many of us have to face changes in our life's pattern, but this has to be, and should be accepted with expectation not fear. For I have found that even in the shadow of the valley of death God has been with me and those I love, and I can assure you that God is with us.

Revd Jim Bates

Operation Christmas Child Shoe box Appeal 2013



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

Leaflets will be available at the back of the church to help those who have not been able to provide one before.

Boxes should be either left in the parish office, or delivered directly to Ballycrochan Church, together with £2.50 per box for carriage.

More details in next month's magazine re closing dates etc.

Thank you.

Carole

Table Tennis Club

The season got underway on Monday 9th September and got us back into the swing of things. We have a membership of 25 men and women ranging from all ages and abilities and the craic is good.

Over the last few seasons we have had friendly matches against Ballyholme Methodists, the U3A and have also taken part in a tournament at Ganaway, organised by Derek Coates, but we are open to offers, and if anyone knows of a church or organisation that has a table tennis team and would like a bit of friendly rivalry, please let me know.

On our opening night we were delighted to welcome two new members, Jackie Martindale and Jim Shaw, both of whom handled a table tennis bat well and joined in a number of games. Thinking ahead, we have provisionally booked our Christmas dinner to be held at the Rambling Rose on Monday 16th December, details to follow. Finally, if you are interested in a game of table tennis, please come along to the Parish Centre on a Monday night at 7.30 pm and you will be made most welcome. Alternatively, phone Stanley Officer on 91461650.



OUR WORSHIP

Sunday 6th October 19 after Trinity

8.30 Holy Communion
10.00 Family Service
11.30 Morning Prayer
6.30 Holy Communion

Wednesday 9th October

10.30 Holy Communion - Kajiado Room

Sunday 13th October 20 after Trinity

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

Wednesday 16th October

10.30 Holy Communion - Kajiado Room

Sunday 20th October Harvest Festival

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

Wednesday 23rd October

10.30 Holy Communion - Kajiado Room

Sunday 27th October 5th before Advent

8.30 Holy Communion
10.00 Parish Communion & Children's Church
11.30 Morning Prayer
6.30 Lighten our Darkness

Wednesday 30th October

10.30 Holy Communion - Kajiado Room



October

6th: Lillian Ward
13th: Esther McKee
20th: Harvest Festival
27th: Flower Fund

FUNERALS

24th August: Rob Howard, late of Clifton Road

31st August: Lynn Seagar, late of McQuillan Lodge

14th September: Audrey Irwin, late of Chippendale Avenue

16th September: Mina Gibson, late of Churchill Park

16th September: Peter Sim, late of Uprichard Court



Children's Church Helpers

13th: Gillian Jones, Gail Kerr, Michelle Savage
20th: Caroline & Mark Larmour, Gerry McCaughan
27th: Kelly McCullough, Lynsey McDemott, Janice McDonagh



The now annual CMS lunch will take place after morning service on Harvest Sunday (20th October). To help with the catering, please fill in the form at the back of the church if you intend to be there. Alternatively, leave your name with Kelly in the Parish Office.

All proceeds go to the Mission Fund



October

6th: Irene Bell, Ruth Ruttle, Ann Reynolds
13th: Joanne Coulter, Nicole Watson, Patrick Crothers
20th: Yvonne Manogue, Janice Hewitt, Samantha & Robin Gouk
27th: Maureen & Lorraine Colgan, Ella Walker

October

6th: No Crèche
13th: Heather Glasgow, Rachel Brittain, Dianne Dornan, Paula Foye
20th: Natalie McCartan, Caroline Gillen, Katharine Newman, Betty Singleton
27th: Violet Davidson, Rosemary Thompson, Pauline Carson, Janice Hewitt

