

St Columbanus

Ballyholme



What's the Plan?
Emma's Kiwoko Visit
Christmas Photos
Annual Football Match

..On the way *together*..



The Parishioner

February 2014

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

The Rambling Rector

“Fifty-one years a member of this parish” said someone coming out of Church recently, “and I’ve done something tonight I’ve never done before.” I wanted to climb straight to the top of the Church tower and yell *that’s the spirit!* Sooner or later everyone who met Jesus found themselves doing things they had never done before. Usually sooner. To this day, doing things we have never done before remains proof that Christianity is not some spiritual pastime to make us feel better, but a personal encounter with a living, loving God who comes to free us and empower us for service. As ever it comes down to our attitude. Do we deal with God solely on our terms, as and when we feel the need to? Or are we willing to lower our defences, open our hearts and consider what His agenda might be? Too scary? You don’t know what you’re missing. By the way, the parishioner concerned lives only a few hundred yards from the front door of the Church. What made that night so momentous for them? Heavy rain. For the first time in more than half a century they had driven the car to Church!



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 remember 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!

St Columbanus Walking Group

We have had some recent enquiries from parents about joining our walks programme and bringing their children along. We think this is a great



idea but we would need to take care to avoid exhaustion or exposure to the elements.

Our planned outing to Oxford Island near Lough Neagh on **Saturday 5th April** is around 5 miles on not too demanding woodland trails and looks as if it would provide a suitable first opportunity to have parents with young people over 10 years of age join us.

So why not plan to come along, with your children? Please wear suitable clothing and footwear, bring packed lunches and something to keep you dry if showers are forecast. We meet in the Church car park at 9.00 am. Looking forward to seeing you!

For further information please contact Leslie on 91466689 or Betty on 91465372.



Word & Worship

I have a dream

A relaxed evening service with contemporary praise and Bible teaching.

Special guest
Bishop Harold Miller.

Sunday, 2 February
at 6.30pm in
the Kajiado Room



Angel

First man (proudly):
'My wife's an angel!'

Second man: 'You're
lucky, mine's still alive.'



Update on the Architect's Appointment

Following an advertisement in the November Parish Magazine we received nominations and/or expressions of interest from nine architectural practices. The majority of the architects were Belfast/Lisburn, based with a few local Bangor firms also in the mix. Many thanks to the Parishioners who took the time to nominate firms or spread the word about the advertisement.

The next stage in the process is to reduce the number of firms down by means of a Pre-qualification Questionnaire. The "qualified" architectural firms will then go forward to the Design Competition stage when they will be asked to prepare a design based on the parish's Design Brief. Please continue to pray that we might appoint the right architect for the project.



Brownie/Guide Weekend Camp

Early in December, a combined group of Brownies and young Guides, spent a weekend at Lorne Guide Headquarters for a pack holiday. As well as games, bushcraft, climbing the cube and various craft activities, on Sunday they held "Guiders Own". This is a service involving all present, and the girls were asked to contribute by making up their own prayers. We thought you might like to share them, and they are written below.

Brownies

Dear God

Thank you for the food we eat, and thank you for our family and friends who love us and care for us.

Thank you for letting us have the rights to live. Help other children who have nothing. Thank you for us being so lucky with all the toys, food, drinks and more essentials.

Help us to enjoy Christmas but also help us remember the true meaning of Christmas. Help us to remember you sent us the best present when you sent your only son down to earth to die for our sins.

Thank you for all the fun we've all had this weekend. Help us to be kind to each other and live our lives your way as an example to others.

We ask this in Jesus' name. Amen

Darcy, Rebecca, Abbie, Letecia, Rachel

Dear God

Thank you for the weekend and the bushcraft. Thank you for all the food and all the fun activities. Thank you for everything you have gave us and thank you for all the leaders because we wouldn't be able to do it without them.

Chloe, Ellen, Sophie, Rachel

Dear heavenly Father

We are lucky to be here, and have had so much fun. But today, we would like you to bless not only us, but those who are homeless and ill. Help them get the things they need and stand by us to help them smile. We ask this in Jesus' name. Amen

Beth, Cara, Beth, Rose, Hannah

Thank you Lord for all that we have, for looking after the people in heaven and for helping the Philippines and thank you for the world we live in. Thank you for pack holiday. Amen

**Bling
Bling
Baby!**

BLING FLING

If you weren't sure of what BLING meant then the Parish Centre on 29th December was the place to be. With a crowd over 100 you would hardly have recognised the hall as Timothy and Jane

Smyth and their helpers went to town with the very tasteful decorations and lights. There was as much Bling as would have stocked a shop, great food by the Bawon Chinese, and great music by Sam and his Band. Some of the guests surprised with their dance moves and others surprised with their Bling – none more so than Meg Barnard who won the Ladies' prize and Bill Parr who headed up the Gents'. Altogether a brilliant evening.



On The Way – the St Columbanus proverb has never been more apt for the church as it embarks on the next step of a journey for the next ten years.

An imaginative and ambitious plan, which is both online on the Church website:

www.ballyholmeparish.co.uk/cmsfiles/RestorationGroup/1.Building-Blocks.pdf

and has been the subject of other magazine articles to make the Church more open and flexible is unfolding but with a projected price tag of £1.25 million the Rector and Vestry is appealing to the Church family to throw their support behind the project. This money includes all building works; all fees related to construction and a 10% donation to Missions.

Making the church accessible to all must be our much cherished dream and as Simon outlined in his sermon in November last year, available online at:

www.ballyholmeparish.co.uk/cmsfiles/pdf/restoration.pdf

“What’s the plan now for this building which we love so much?”

The solution became clear to him last year as he sat outside a closed church in some remote island, waiting for it to open so he could attend service. In the sermon last November Simon said: “But as we sat outside that locked church my own two word answer crystallised. Two words: universal access. We’ve got to replace the heating, re-wire the Church and attend to some basic fabric issues. That white patch where the roof meets the chancel arch is a problem and it’s on the list.”

But slope or no slope, we can improve access to this building. We can make it



more accessible for more people and more flexible for more services. We can make it both warmer and cheaper to heat, brighter and improve sightlines so more people can see. We can upgrade our audio system and find a more subtle and discreet alternative to that palaver of a screen. We can do better for those with wheelchairs and rollators and pushchairs. We can make more provision for our families and especially for our youngest children. We can do something about the lack of loos; and we can provide a second exit to catch-up at last with the health and safety requirements of living in the modern world”.

An architect is being appointed and already a level and feasibility study have been commissioned which confirm they can do all these things. Both studies were paid for by one-off gifts.

Simon went on: “To ensure the minimum of disruption to this central holy space of ours, which is something we all want, joining the Church and the Parish Centre seems to be the way to go. The restoration committee, who have met monthly since 2011, love this Church, some of them love it to a scary extent. They love its feel, they love its atmosphere, they love its intimacy, they love the way the prayer of 60 years has soaked into its walls – so do I, even though you can’t swing a cat in the vestry”.

Simon emphasised; “But it’s not a question of trusting me, nor the restoration committee. It’s about you having a say and an input as you have done already and as you will continue to do down the line. We’re looking for the one plan under God which is the right plan, the best plan, the plan which will open up the future for our Church





family and allow new possibilities for growth and for service.”

It’s going to cost us, needless to say. So, please try to think ahead, and if you can, dare I say it, try to budget ahead. As before, Simon said, “I will try to lead from the front, but this time next year I expect we’ll be starting to look for commitments, so we can begin on site January 2016 or thereabouts”.

While looking forward, Simon also looked back at the rich history of the church.

“St Columbanus was a brilliant choice for the dedication of this Church. The first Irish man of letters; the first Irish man to have a biography written about him; the first person to refer to ‘we Irish’; and the first person to refer to ‘Europe’ as a collective notion or idea: Columbanus was all those things. You needed a good foundation and you got one: 37 years for rector number one of Ballyholme. Then, building on that, 17 years of faithful pastoral care and a new Parish Centre under rector number two of Ballyholme. And then along comes rector number three...”

So in financial terms there was one thing we had to do first and this was clearing the outstanding debt on the Parish Centre, the Rectory

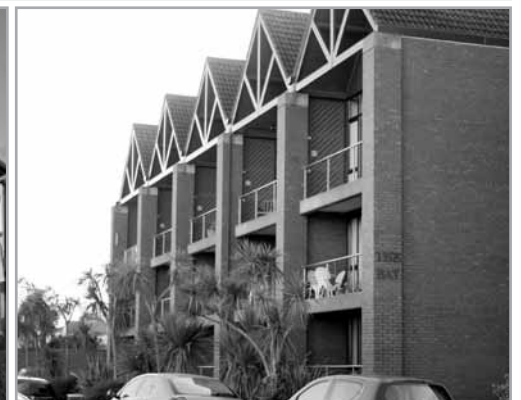
and the Curate’s house and all credit to you for doing that so quickly.

Investing in a new building and modernising the existing Church will bring savings - more efficient heating and lighting systems; reduce the need for paper Service sheets; potential green energy opportunities and more rooms and extra flexible facilities to use.

Already a £170K legacy from Kay Lowry has been invested for the future restoration and we have another legacy pending, but, in addition, one off donations will be greatly appreciated as will parishioners being prepared to sign up for standing orders over seven years at £10 to £20 per month. We also have the Bay apartment which is owned by the Parish and presently rented, which can be sold at an appropriate time to raise funds for the project

Maybe your forte is to organise various fundraising events or attend them? Or you have new ideas that you can bring to raising funds. In addition, some parishioners may like to donate money for a specific purpose e.g. the “Doogan Donut maker”; particular fixtures and fittings like a chair or window. Another option is to consider giving a loan for a number of years at an agreed amount or with an agreed amount of payback. No matter who or what age you are, just supporting the project and events is enough.

Roy Lawther (Hon Treasurer)





My time in Kiwoko

Bangor has a longstanding relationship with Kiwoko Hospital in Uganda because it was founded by a local GP. This link is all the stronger for us in St Columbanus because the current Medical Director, Dr Rory Wilson, is a parishioner.

This summer, I visited Kiwoko Hospital for the third time. However, this occasion was very different to previous ones – instead of travelling as part of a CMS Ireland team, I went alone to work at the hospital for two months as part of my medical degree.

Kiwoko boasts a much larger hospital than many might expect – almost 250 beds across six wards, separate HIV, physiotherapy and antenatal departments, two theatres, a laboratory and an outpatients department (OPD). It's always a hive of activity, with nursing students visible in every corner in their smart



blue uniforms, security guards greeting you at each gate, and all the patients and their attendants washing clothes and sheets, making meals and passing time in the grounds.

What's more, Kiwoko hospital is well known throughout central Uganda, despite it being very rural. I spoke to many mothers on the maternity ward who had come from Kampala city (where there are a few different hospitals to choose from!) just to have their baby at Kiwoko Hospital. When I enquired as to why they made a two and a half hour journey I was looked

at as if I had two heads, and told, "But Kiwoko Hospital is the best!"

The services and care that Kiwoko hospital provides are incredible; however, partly because they offer this care at a reduced cost, they do struggle when it comes to affording drugs, equipment, staff wages etc. Seeing the hospital staff and local people daily praising the Lord for all he has blessed them with is incredibly humbling. Everything is brought before God; the 'I'll do it myself' society back home could not be further from this one.

I thoroughly enjoyed my time in Kiwoko, although it was certainly very challenging at times. Watching people, especially children, suffer because of lack of drugs, equipment or staff is incredibly difficult, especially when I compared it to the care available back in the UK. Many of us have often become impatient or frustrated with the NHS; however this experience has reminded me how lucky I am to have a free, wide ranging health service just around the corner.

I have learnt a lot, medically, from my elective, but more importantly, my faith in God has deepened and grown, hopefully it won't shrink back afterwards.

For more information, see: www.kiwokohospital.org

Emma Lindell (nee Jackson)



Around the Parish



Christmas Bazaar



Wednesday Club Christmas Party



Table Tennis Dinner



Carols by Candlelight



Family Carol Service Drama



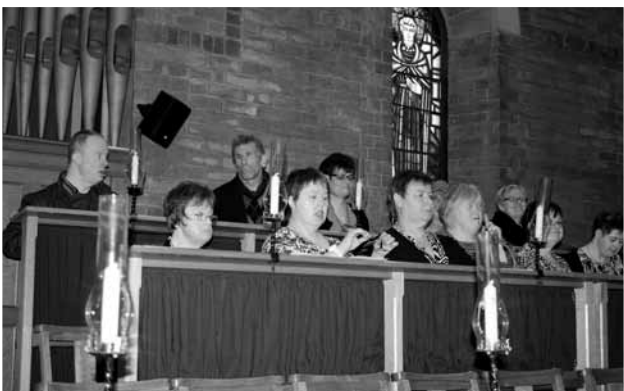
Children's Church Nativity



Children's Church Nativity



Croft Community Choir





INQUEST by Paul Carson

Dr Michael Wilson is appointed Dublin City Coroner in 2008 when the recession is beginning to bite and the city's drug problem is causing concern. Aged 46 he is happily married with two children, a girl aged 14 and a boy aged 10. He comes from Northern Ireland where as a young boy he lost his parents in a terrorist attack.

His role as coroner is to investigate events in unusual, unexplained, violent or unnatural deaths. He listens to evidence about the deceased and studies the autopsy reports. As he says he is "the final voice of the dead".

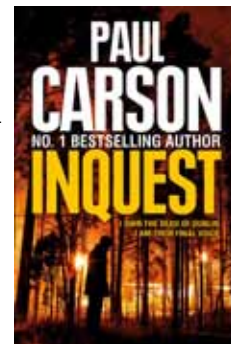
The particular case in which he is involved is that of a young man, Patrick Dowling, found hanging in woodland. He is a known drug addict and the son of a government minister. There was a police investigation which ended when the autopsy result was announced as suicide. The family are anxious for the inquest to be heard quickly and that it should confirm that the boy's death was suicide.

When he studies the papers Wilson is not satisfied the death was suicide and decides to investigate further. He discovers that his predecessor, who had been murdered, had had similar doubts and had also been carrying out further investigations. No one has been convicted or charged with the murder. Wilson arranges to meet D I Pamela Roche who is in charge of the murder enquiry. There is a bomb explosion in the cafe where they meet. Then there is an attempt on his life in his own home. He and his family are put under police protection. Witnesses disappear, papers are mislaid. There is the involvement of a drug baron, Redmond, known to the deceased. Redmond spends most of his time in Spain where he arranges drug deals. He has an agent, Carty, who looks after the drugs when they reach Dublin.

The plot thickens the more Wilson discovers and there are surprises as it begins to unravel - all very gripping reading.

Laura Jeffreys

The retail price on line is £9.09 paperback and the publishers Cornerstone



There's No Place Like Home

Home cooking, comfortable beds, digital television, running water and electricity are only some of the comforts many of us enjoy at home. Throughout the holiday season, four young girls were inspired to do something for those who would not be enjoying the same home comforts as they themselves would. Honor McFerran, Niamh Crooks, Jenna Fletcher and Ellen Hunt put their heads together and rallied their friends, neighbours and church family to provide blankets, sleeping bags and clothing. The response was amazing and they are extremely thankful to all who donated.

the
welcome
organisation

unconditional care for the vulnerable

With the help of James Hewitt and Brooke Keenan, the girls took what they had gathered to the Welcome Organisation in Belfast, a drop-in centre

for homeless people. Their hearts were stirred as they spent time with the people there, and by asking their eager questions, discovered that the manager of the centre had been homeless herself 20 years previously. The main lesson learned was that there is no "them and us", only "we", because homeless people are no different to you or me. The girls are keen to continue with their support for the homeless in the future.

Singin' in the rain

What looked initially like a complete wash out turned out to be anything but.

Never underestimate our hardy Parishioners!



Thirty gathered on New Year's Day morning for the annual walk in very inclement weather but in the brief hour long window when it wasn't raining too hard, the group set off around Ballyholme, spurred on by the thought of the hot chocolate and doughnuts being prepared back at the centre by Karen, Anne and Harry. Led by Brian Templeton, the hardy band, which included surely what must be a record for the youngest ever - 7 week old Andrew Smith - and accompanied by the marshals, Leslie, Stephen, Isabel, Eleanor and Betty, walked to Morningside (thus avoiding the very high tide in front of Dufferin Villas), along the promenade to Seaforth Road and thence back to the church.

It was great to see the support for the walk - hopefully better weather next time!

Le jeu avant tout

Despite some confusion the annual Boxing Day football match did take place. The format has changed from its earlier basis, when our former rector and Man. Utd fanatic, Rev Alan, decided it would be a good idea for ageing parents like himself to teach their sons (and daughters) a sporting lesson by challenging them to a football match, which would also provide some entertainment for supporting parishioners to watch. With our Youth Officer Spike a Liverpool fan ready to manage the younger team the idea took off quickly. When Spike was succeeded by David, a Liverpool ultra, the match became firmly established. However after a few years when the original team of Don, Stanley, Roger, Alan A, Alan L, Norman etc were forced to retire on medical advice (ie their wives) and never replaced, the match started to evolve and is now really a match between the Under 25s and Over 25s. This of course means that it is now more recognisable as a football match, but I still slightly miss the chaotic eccentricity of the original geriatric fathers versus offspring matches. The match was played in beautiful Christmassy weather, sunny, dry and cold, perfect for football, as Stephen Baker added refereeing to his glebeward duties. Stephen (Jnr), now managing the older team, after the former manager was sacked by the owner for being a cricketer, had improved the quality of his team by signing an international player whose previous contract had run down. I know Simon is a *rugby* International but he made a notable debut. Five minutes into the game Stephen B put his team into the lead with a very fine goal, followed by a very bad goal celebration, a forward roll which made Robbie Keane's usual poor effort look like Olympic gold standard. Ten minutes later Stephen O doubled the score, with a good shot from the edge of the box. The younger team came close when Jamie J-B beat three defenders on the left only to see his shot roll along the goal line to be cleared to safety by Julio giving his Barcelona shirt its annual outing. Simon then made a strong run

down the right before crossing to Ryan, whose stinging drive was well held by Harry. James was unlucky when his shot hit the senior team's crossbar, but it took some stout defending by David and John to keep the young team with some hope of a fightback at halftime.



After the interval they did come more into the match, but good goalkeeping by Connor and some errant shooting prevented any breakthrough. Stephen B put the game beyond reach when he poked a good through ball past the advancing keeper. David took over in goals and made a good save when Peter tried a chip shot and then did well to hold Simon's long range shot. Stephen had a great chance to complete his hat trick but sportingly decided to hit the ball wide of the open goal from three yards out. However with five minutes to go Ryan showed less sympathy for the junior team when he fired home from a corner to give his side a rather flattering 4-0 victory.

As ever our thanks go to the players for an entertaining show, to the football WAGS and former beauty queen among the spectators who added a touch of glamour to the proceedings, to ace sports photographer Don and to Stephen (Snr) who refereed with his usual affable, calm authority.

WMB



YOUTH-news

youth [youth] (youths)

news [nooz]

www.ballyholmeparish.co.uk/youth

What's love got to do with it?

Can you remember the first date you had ever been on? Your heart was racing. You were up for hours the night before trying to decide on what to wear. You were speaking with your friends, coming up with a list of open-ended questions, to ensure that the conversation would not run dry.



The boys know what it is like to put themselves through the age-old romantic comedy, the ladies' choice of course, in a desperate attempt to look considerate and accommodating. The girls laughed at jokes that weren't funny, and pretended that steak was also their favourite food, in the hope of being asked on a second dinner date.

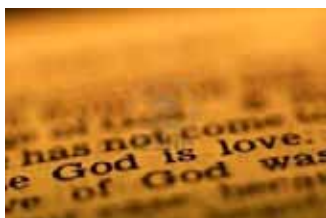


Love is a wonderful thing as it grows and progresses, whether between lovers, amongst family or between treasured friends. We can find ourselves caring for

people beyond what we knew we had the capacity for. Our love, however, is conditional. We love until it gets too hard. We love until we get hurt too badly. We love until we become frustrated or bitter. Even love that lasts a lifetime is contested at times. We all have our hard days.

During this lovely season of love, when we send and receive Valentine's cards, and reflect upon all the love in our lives that we are thankful for, we can focus on a love that is not founded upon condition. The love that God has for us is unconditional – a concept that we will never fully be able to grasp. In our best moment, and our worst moments, God's love for us remains the same. God's love has transformative power, and if we choose to let it in, it can enable us to love ourselves, and enrich our ability to love others.

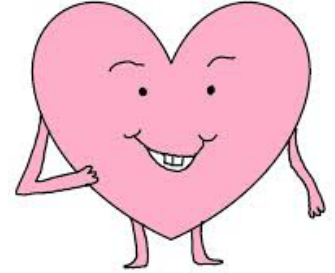
"We love, because he first loved us." – 1 John 4:17



Kids' corner

February is here... We've been back at school for a whole month now, and we are well into 2014!

There is a very important day in the middle of February - can you guess what it is?



That's right, it's Valentine's Day! I love Valentine's Day because it is a whole day dedicated to

making other people feel loved. Some people send flowers, or give hugs. Sometimes people send or receive love letters ... But I have the best love letter of all to read every day, not just on Valentine's Day.

My copy of this love letter is pink, and quite long, with 66 books in it! And it tells me all about how much God loves me. You probably have this love letter at home, and there are lots of them in church... It's the Bible! And it reminds us that God's love doesn't just surround me on Valentine's Day, but on every single day of every single year.



God loves us so much – his love is higher than the highest mountain and deeper than the bottom of the sea, and he asks us to love one another.

Why not do something this Valentine's Day to show someone that you love them - maybe you could walk your dog to help your mum, or make a card for your best friend!

Now you see it, then you didn't!

Our church sign makes a welcome return to the grass by the Groomsport Road and you will agree it looks very well indeed after its recent facelift. Our sincere thanks to parishioner William Coulter whose master craftsman's magic has once again been employed on our Church family's behalf. As you will see on closer inspection, it's practically a whole new sign! Like everything William does for us, it's a labour of love squarely in the tradition of the Carpenter from Nazareth "whose strong hands were skilled at the plane and the lathe".



The Wednesday Club

For our first meeting of 2014, thirty four ladies and one gentleman turned up and enjoyed a very interesting and informative talk about the Londonderrys of Mount Stewart, given by John Grace, who is a parishioner and also a National Trust volunteer at Mount Stewart.



His talk was amply illustrated by slides of the various Marquises and Marchionesses from the first to the present, who is still in residence in the main house. We were enthralled to learn of their influence in British politics at the highest level, and their friendships with Royalty and other leading world figures. And not to mention the jewellery!

John joined us for our usual afternoon tea, and this month our draw was won by Paddy Corbett.

We have been invited to lead Sunday
Worship on
BBC Radio 4 on
Sunday 9 February at 8.10am

This is the first time Ballyholme has contributed to this weekly broadcast which is heard all over the UK and beyond and is greatly appreciated especially by those unable to get to Church for public worship themselves.

The service will be recorded in Church the previous week so please be part of our congregation and help us to swell the volume on

Wednesday 5 February at 7.30pm

BBC
RADIO



Saturday Grand Parish Quiz

Saturday
1st February
7.30pm



Get those grey cells working for the New Year! Competition for prizes between our various organisations will be intense but the quiz is open to anyone who wants to take part. So why not make up a team (8 maximum) and enjoy a night of fun-filled friendly banter?

£5 per person
(incl nibbles & interval snack)
Proceeds to Missions Fund.

Tables are limited and must be booked in advance.

Contact Kelly at the Parish Office
9127 4912



& Coffee Morning

In the Parish Centre on
22nd March

We are now accepting donations of goods for sale. These can be left in the Parish Office, or please contact me if you need your goods to be collected.

Ruth Ruttle (91450130)



Up, up and away in Redburn

After a pre-walk coffee break at the Hillmount Garden Centre, eighteen of us set off for Redburn Park just outside Holywood. Until 1940 most of the land was owned by the Dunville Family of Redburn House and they were the Dunvilles

of the Whiskey Company in Belfast, at one time the largest distillery in the world. They had an unusual lifestyle, Mrs Violet Dunville being renowned for her love of excitement and adventure. She kept 60 horses and was a pioneer balloonist and aeronaut with her husband John. They had, of all things, a private zoo with a pet bear called Bruno who lived in a bear pit which you can still see today.

It certainly was up and away for the first few hundred yards with the trail leading from the car park in what seemed to be an almost vertical fashion, before flattening out to a long stretch to the east from which we had lovely views over Holywood, Belfast and the Lough.

There are several different trails in the park but we cut short the 5 miler so we could go home and get dressed up for the Christmas lunch in Café Essence. Altogether a great day out!

The Walkers in Burrenreagh in January

It was raining in Bangor, raining in Comber but by Downpatrick the skies were clearing as forecast and by the time we got to Castlewellan all was fine and the sun came out.

Fourteen of us set off from Castlewellan, (from the Irish *Caisleán Uidhíln*) which interestingly was designed by a French architect for the Annesley family and is unique within Ireland due to its tree lined squares both in the old town (upper square) and new town (lower square) as well as its very wide main street. The old market house

in the upper square was built in 1764 and now houses the public library.

And it was to this market house that the farmers would have brought their produce, using a network of paths and lanes which radiated from the town like the spokes of a wheel. One of these networks makes up the Burrenreagh Walk and it leads from the Lower Square along the direction of the Newcastle Road and then in circular fashion south and east back to the town. It involved using such interesting tracks as Caskell Lane, (beside which on the map there is a Cashel of which we could find no trace) Rock Lane, Green Lane and Cow Lane, joining the country roads in Burrenreagh. Some were stony, others muddy and grassy and some just a track across a field. There were beautiful views of Bearnagh and Meelmore in the bright sunshine and while the going was good, we went to the Forest Park for lunch and then did another couple of miles round the lake, making a total of seven on the day. The usual coffee, tea and goodies were had in Hillyard House, where they opened up another room for us as the café was full. Top marks to them.



Next outing is on 1st February to the Glenariff Scenic Trail, which is about 6 miles on paths and forest tracks, some of which are steep. Meet at 9am in the Church car park

Betty

The Quiet Corner

As you read these words what are you listening to?

Many of us fill our lives with noise. Some of us need the sound of a radio constantly broadcasting in the background, or need to listen to music using earphones connected to an MP3 player. Noise may not be the most helpful thing in our quiet corner. However, external noise is not always the problem to hearing God's voice. More often than not it's the noise inside our heads that causes the difficulty.

As you read these words what's on your mind?

Finding a quiet corner in our minds is often more difficult than finding one in the house. When we do stop to reflect, meditate or listen to God, our minds may go into overload. Everyday concerns overpower our desire to pray or to spend time with reading our Bible. The challenge is to give our concerns over to God, in order to free us up to spend time with Him.

Our goal is not to ignore these thoughts but to find a way to still our minds. While there is no such thing as true silence, we can always make the choice to still ourselves even for a moment or longer. Silence might seem like the desired atmosphere for a quiet corner, but it is intentional stillness of mind that helps create the space for deeper connection with God.

Be still and know that I am God (Ps 46:10).

Alistair Morrison



His Glorious Day



By the time these notes are read it will be nearly 7 weeks since 44 members of the Mothers' Union enjoyed their

Christmas Dinner at the Heritage Centre here in Bangor. Non alcoholic mulled wine was enjoyed by all, prior to the dinner. Once again Committee Member Lynne Savage delighted everyone as they arrived with a cardboard "Angel" beautifully decorated with names and the meal previously ordered by the recipient. After the meal Charles Ruttle came along to entertain us by playing Christmas music followed by some carols. During the evening Yvonne Manogue told the story "Do you know why we decorate fir trees at Christmas and hang presents from the branches" and Ruth read a moving tale called "The Meaning of Christmas". All present agreed that it had been a most enjoyable evening.

Monday 3rd February is our Overseas Night and Elaine Elborn and Kelly Keenan who travelled to Kenya last year will be the speakers. Kelly participated in a Mothers' Union Service there so we will be interested to hear what she has to tell us. On **Thursday 6th February** there will be an Area Meeting at Bangor Abbey at 7.30pm. Please feel free to join us at any of our meetings.

Ruth Ruttle (Branch Leader)



Don't forget the Women's World Day of Prayer coffee morning at Groomsport Church of Ireland Hall on **Saturday 1st February** at 10.30am to 12 noon. Actual Service at Ballyholme Church of Ireland on **Friday 7th March** at 8.00pm.

Ruth Ruttle and Jade Irwin

His Glorious Day

He's the Ground of all being,
The Spirit of life,
The Father of faith
And the Mother of love,

He's the Christ-child within
Who fills darkness with light,
He calms our worst fears
With the peace from 'above'!

He's the giver of comfort
When our spirit is low
And source of all courage
When faith calls out - 'Go:

Go tell all the nations
That peace truly comes
When God's voice is heard
And God's will is done.

So follow the Christ-man,
Hold fast on his way,
Then one day we'll all share
His glorious day!

By Sam Doubtfire

OUR WORSHIP

Sunday 2nd February Presentation of Christ
 8.30 Holy Communion
 10.00 Family Service
 11.30 Morning Prayer
 6.30 Word & Worship - Kajiado Room

Sunday 16th February 3rd Sunday before Lent
 8.30 Holy Communion
 10.00 Morning Worship & Children's Church
 11.30 Morning Prayer
 6.30 Holy Communion

Wednesday 5th February
 10.30 Holy Communion - Kajiado Room

Wednesday 19th February
 10.30 Holy Communion - Kajiado Room

Sunday 9th February 4th Sunday before Lent
 8.30 Holy Communion
 10.00 Morning Worship & Children's Church
 11.30 Parish Communion
 6.30 6-8 - Columbanus Room

Sunday 23rd February 2nd Sunday before Lent
 8.30 Holy Communion
 10.00 Holy Communion & Children's Church
 11.30 Morning Prayer
 6.30 Compline

Wednesday 12th February
 10.30 Holy Communion - Kajiado Room

Wednesday 26th February
 10.30 Holy Communion - Kajiado Room

February



2nd: No Crèche
9th: Heather Glasgow, Helen & Patrick Crothers, Jodi Smith
16th: Katherine Newman, Ann Browne, Ashleigh Birkett, Maureen Aiken
23rd: Violet Davidson, Aileen Smyth, Emma Sutherland, Anca Bazatu



February
2nd: Betty Rainsford
9th: Daphne Hamill
16th: Ann McMurray & Marie McKee
23rd: Ann Browne



February
2nd: Ruth Ruttle, Irene Bell, Eppie Bates
9th: Maureen & Lorraine Colgan
16th: Ella Walker, Jean Law, Pat Adair
23rd: Jem Moran, Joy Hamilton, Maaike Harvey

FUNERALS

4th December: Emily McIntosh late of Sunnyside House
20th December: James Horner late of 1a McIlwaines Lane, Groomspoint
26th December: Dorothea McBurney late of 4 Sherwood Road
7th January: Thomas Flavelle, late of 37 Groomspoint Road, Bangor
9th January: May Morrison, late of 14 Lord Wardens Park

BAPTISMS

December
29th HENRY SAMUEL SPENCE ADAIR, son of Christopher & Emma
29th: ANDREW RICHARD SMITH, son of David & Aileen

WEDDING

21st December: Matthew Clarke, of Wilmslow Rd, Didsbury, Manchester and Laura Davidson of 2 Kinwood Road, Bangor



Children's Church Helpers

February
9th: Debbie Hunter, Gillian Jones & Gail Kerr
16th: Caroline & Mark Larmour & Gerry McCaughan
23rd: Kelly McCullough, Lynsey McDermott & Janice McDonagh

Are you a Qualified First Aid Trainer?

If so, please contact the Parish Office on 028 91274912

