

# St Columbanus

Ballyholme



Not There Yet  
Mothers' Union Anniversary  
Update on Sam  
MOB Mentality

..On the way *together*..

## The Parishioner

September 2015

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

## On your bike Vicar!



In thinking and praying about our Restoration 2016 Harvest Gift Day (18 October) the idea came to me fairly suddenly in bed one night that my gift to the appeal should be my little blue car.

Like the vast majority of people in Ballyholme, aside from our house, my car is the single most valuable thing I own. To say that St Columbanus is the most valuable thing we as a parish own sounds crass. It's God's house rather than ours. We love it. It's precious to us and, as the whole parish family recognises and supports, it now needs major maintenance and development work.

The point is, it feels right to me that as your Rector I should give the most valuable thing I own in aid of the most valuable thing we own.

### Not there yet: £5 per week

This is about the pledges. I want to be clear from the outset that I'm not expecting anyone else to follow-suit and put their car-keys on the collection plate. We are not out to turn the church car-park into a second-hand car lot!

Many of you have already responded to our appeal and some of you have given extremely generous lump-sum gifts. The more we receive in cash and cheques, the less we will need to borrow. However on the understanding that a shortfall will be inevitable and a bank loan unavoidable, it's your monthly pledges which will secure us the difference.

In terms of total pledges received therefore, for as long as you see me on the bike wearing my high-vis waistcoat, you may safely assume that we are 'Not there yet!'

### It's not a Rolls Royce...

HEZ has served me very dependably these seven years. Not only is it extremely fuel-efficient environmentally but it can squeeze into the smallest of gaps on Main Street and High Street. Add to that the versatility of four doors and HEZ has proved a good and faithful servant.

Admittedly, I've never been particularly car-proud – fairly obviously I hear some of you cry. But as the autumn and winter set in, I'm going to miss old HEZ. There will be many occasions when jumping into the car would be so much more convenient. But an inconvenience is all it is. It's certainly well short of a sacrifice in the sense I understand that word spiritually.

I have entrusted the sale to one of Ballyholme's most enthusiastic and experienced amateur car dealers with the simple instruction to get as much for it as legally possible (contact the Parish Office for details). Four figures would be nice but we'll just have to watch and pray!



In the meantime, thank you in advance for your encouragement and for not running me off the road. But more importantly, thank you for your pledges which I hope will get me off the bike and back into a car again sooner rather than later.

A pull-out pledge form is included later in the magazine.

Just so we're clear :-

I will be selling my car, donating the proceeds to the Restoration Fund and using my bike for getting around the parish until we get what we need.

I will use Heidi's car for hospital calls and emergencies (thank you Heidi!)

I will replace HEZ once the necessary monthly figure has been pledged.





I may benefit medically but I would rather drive and not live quite so long!

St Columbanus Ballyholme	
Standing Order Mandate Form for Restoration Appeal	
To: The Manager, Bank of Ireland, 100 Main Street, Bangor, BT22 4AL	
Your Name:	_____
Account Name:	_____
Your Bank:	_____
Branch Address:	_____
Please make payments in accordance with the following details:	
Direct my Account:	<input type="checkbox"/> Credit <input type="checkbox"/> Debit
Credit Account:	<input type="checkbox"/> 000000 <input type="checkbox"/> 000000
Beneficiary A/C Name:	Ballyholme Parish Church
First Payment Date:	<input type="checkbox"/> 01/01/00 <input type="checkbox"/> 01/01/00
Usual Monthly Date Transfer:	<input type="checkbox"/> 01 <input type="checkbox"/> 01 <input type="checkbox"/> 01
Monthly Amount:	<input type="checkbox"/> £0 <input type="checkbox"/> £5 <input type="checkbox"/> £10 <input type="checkbox"/> £15 <input type="checkbox"/> £20 <input type="checkbox"/> £25
Other £:	<input type="checkbox"/> _____
I wish to donate the above amount with further notice.	
Signed:	_____ Date: _____
<input type="checkbox"/> I am a UK Resident please tick the box to confirm you are a UK Resident. Please return this mandate, when completed to: The Treasurer, Ballyholme Parish Church, 48 Main Street, Bangor, BT22 4AL <small>This information only is held by the Bank of Ireland. Further copies of this form are available from the Parish Office.</small>	



# Where's Your Chair?

## Mission 2015: 11 - 18 Oct

	<p><u>Sunday 11th Oct</u>                  "For Him, For You" Services with Bishop Harold Miller:                  8.30am, 10am, 11.30am</p> <p><u>Monday 12th Oct</u>                  * Monday Morning Scone Special, 10.30am                  * Mothers' Union &amp; Friends, 8pm</p> <p><u>Tuesday 13th Oct</u>                  * Quiz: Baby Boomers' Banter, 7.30pm</p> <p><u>Wednesday 14th Oct</u>                  * Midweek Communion, 10.30am                  * Wednesday Club &amp; Friends: Lunch &amp; Entertainment, 1pm                  * Dads 'n' Kids: It's a Knockout! 7.30pm. Games night for dads, sons and daughters (age 8+)</p> <p><u>Thursday 15th Oct</u>                  * Girls' Night in: Zumba for women 18+, 7.30pm</p> <p><u>Friday 16th Oct</u>                  * Friday Lunch: Come Dine With Us, 12.30pm                  * Xcess Special 4 Teenz: Bring Yer M8z! 7.30pm</p> <p><u>Saturday 17th Oct</u>                  * Big Jumpin Day In! 12noon - 2.30pm                  Primary School children</p> <p><u>Sunday 18th Oct</u>                  * Harvest Services: 8.30am, 10am, 11.30am &amp;                  Mission Lunch 12.45pm</p> <p><b>Each event will include a short "Where's Your Chair?" presentation</b></p>	
		
		

**PICK ONE, BUT COME TO SOMETHING & SIGN UP  
 AFTER CHURCH OR IN PARISH CENTRE!**





The cricket fest which is the annual challenge match between the Rector's XI and the Curate's XI had to be moved this year from the rain affected wicket at Lords to Ward Park. It was a lovely sunny evening but a cool breeze was blowing. Nevertheless a decent number of supporters had come along to see Simon's team deciding to bat first. They got off to a whirlwind start as Peter McIlwaine and Michael Hatch shared 56 runs between them after five overs before sportingly retiring to be replaced by Marty McGrugan and David McDonough. To his delight Marty passed his score of last year with a single off his first ball. The curate's young team had a breakthrough when David was out to a juggling catch by Alistair off Peter Speers' bowling. Marty also retired after hitting his first ever four. Alistair hit a purple patch taking the wickets of Steven Glasgow and Ian Foster with the simple but until now little used strategy of bowling at the wicket. After the lively start Simon's team were finding it hard to get runs, but Harry Speers and Rory Flannigan brought back some impetus as they got to double figures before Rory was run out and Harry retired. Adam Reading and Neil Brittain added a few runs until Adam also retired at the start of the last over to let the



last man and captain, Simon, have a bat. Unfortunately an attempt at a quick single resulted in Neil being run out. Local rules were introduced to let a twelfth man, Andrew Goudy, come to the wicket, but by hitting twos and fours he kept Simon at the non striking end. However, the captain had a healthy score of 111 to defend, although the young bowlers had done really well to rally after being subjected to an early onslaught in the first few overs.

They got off to a nightmare start when Marty had Peter Speers caught by Michael off his first ball and things looked really ominous as two more catching chances were given but not taken. Ben Johnston was playing beautifully as he reached double figures, but a spectacular diving catch by Andrew Gowdy gave Marty his second wicket. Alistair and Matthew Durkin started the real fight back with Alastair giving a stonewall defensive display while Matthew hit out freely. Matthew was eventually bowled out by Andrew Gowdy

for a sparkling forty. This was a great achievement as Simon had managed to have fourteen fielders on the pitch. George Wright hit a few runs before falling lbw to Michael. To Simon's great delight he managed to capture Alistair's wicket again to an even more spectacular catch by Andrew again. Runs were now drying up, John Darragh was caught and bowled by Andrew, and then Andrew Johnston was caught out by Neil off Ian Foster's bowling. Neil also caught Harry McDonough off Harry Speers's bowling. Jack McDonough and Tony Heron managed to carry their bats as the Curate's team saw out the innings to a credible 74, a score that seemed unlikely after the first over.

Simon had the joy of winning after two tied matches, but had mixed emotions as he had had an amazing promise from Wisden that they would record the fact that there were three tied matches in their iconic cricketing publication.

Grateful thanks goes to Roy Lawther and Roy Flannigan for their expert, kind and affable umpiring, to all the players for playing the game in a competitive spirit with a smile on their faces and to all the supporters, especially Derek, Colin and Charles who remained to the end even as the temperature dropped like a stone.

WMB





## Just Older Youth

Quotes:-

If wrinkles must be written on the brow, let them not be written upon the heart. The spirit should never grow old. *J. Garfield*

The measure of a life, after all, is not its duration, but its donation. *Corrie Ten Boom*

A grandparent's special calling is to pray and to be a fellow worker in the battle in which their children or grandchildren are engaged. *Elisabeth Elliott*

Old age has its pleasures, which though different, are no less than the pleasures of youth. *Somerset Maughan*

Autumn is really the best of the seasons, and I'm not sure that old age isn't the best part of life. *C.S. Lewis*

I have often thought what a melancholy world this world would be without children, and what an unhuman world without the aged. *Samuel Taylor Coleridge*

Old age is just as important and meaningful a part of God's perfect will as is youth.

God is every bit as interested in the old as the young. *J.D. Sanders*

Friday lunches, Monday coffee, Wednesday club and Cinema club are all back this month. At the time of going to press no starting dates are available (apart from Wednesday club – 2<sup>nd</sup> September). Please check News in the Pews or ring me at the Parish Office for information.

As always we welcome new faces and would love to see our numbers increase. Lifts are available for any of the above, provided by the ever helpful Jim Shaw and his willing band of helpers.

God Bless, Karen xo

## Table Tennis News



The new season is nearly upon us once more and we hope to resume on Monday 7<sup>th</sup> September. The past season which finished at the end of April, was a successful one with attendance averaging twenty, the majority of which were our own church members. We do not of course restrict membership and are glad to have amongst our ranks, members from the University of the Third Age (U3A), and other denominations. We have a wide age range from 8-80 and also abilities, but the underlying factor is fun, and on Monday nights you can hear the laughter emanating from the Parish Centre.

When we resume on Monday 7<sup>th</sup> September, 7.30 – 9.30pm, we would be delighted to welcome new members. Do not worry about your standard or if it has been years since you played. We do not take it too seriously and all equipment is provided except for your trainers, which should preferably not have black soles, as this tends to mark the hall floor, so please come along and have a bit of craic.

Stanley Officer 91461650



## CMJ IRELAND Church's Ministry among Jewish People

Amidst the ongoing turmoil of the Middle East, CMJ is at the forefront of promoting peace and reconciliation. Dr Don Stanley, Director of CMJ Israel, has a unique insight into biblical and current issues. He is an ordained Anglican Minister and a former television executive with the Australian Broadcasting Corporation. Since 2009 his considerable skills are being used to lead the historic Christ Church and Heritage Centre and the Anglican International School in Jerusalem, as well as centres in Tel Aviv and Galilee. Dr Stanley will be speaking on "Serving the Church in the Middle East" on Sunday 7<sup>th</sup> September at 6.30pm in the Kajaido room. All Welcome.

# Around the Parish

## Sunday School Prizegiving



## Annual Cricket Match



## Jumpin' & X-CESS





## Two for the price of one The Walkers at Carnfunnock and Blackhead

Early July saw our eleven strong group (including our Dutch friends Els and Lei) gather at Carnfunnock Country Park

outside Larne for what turned out to be a beautiful walk in this lovely park. Carnfunnock means in Gaelic – Carn - a heap of stones and Feannog or Scalded (hooded) Crow. It has a long history highlighted by a Droagh or earth mound built by the Normans. The last owner of Carnfunnock House was Lady Dixon (she also resided at Malone House in Belfast). On her death it was bought by Larne Borough Council and currently is leased by the Lions Club as a holiday chalet for disadvantaged people.

The park has several trails, an interesting walled garden with many sundials, a campsite, driving range and coffee shop.

We had lunch at the picnic tables outside the park and then headed for the second part of our walking day to Blackhead. The path from the end of the Whitehead



promenade takes you along the coast northeastwards towards Blackhead and has an interesting history depicted on many information boards. Apparently a well respected teacher lived in a cave along

the path! As well as a couple of modern houses, there was evidence of other dwellings, most interestingly at Port Davy, where there was in the past a small harbour used as early as the 17<sup>th</sup>C for fishing and even larger boats for trade with Scotland. At the time of the Islandmagee Massacre in 1642 it was reported that passengers arrived at Port Davy from Scotland. It was also used in the 18<sup>th</sup> and 19<sup>th</sup> Centuries to ship limestone to Portpatrick. The 'magic forest' at Port Davy is a magical area of streams and narrow trails bounded by the old estate walls of Port Davy House.

Unfortunately the path round the base of Blackhead is closed due to the dreaded Health and Safety issues (a few rocks and rubble had fallen off the cliffs) so we instead took the steps up to the headland to the Lighthouse which is now automated and is one of the 12 lighthouses which make up Great Lighthouses of Ireland, a new all-island tourism initiative where visitors can holiday.

The Sept Walk is on Slemish with (hopefully) a conducted tour of Gracehill, the village founded by the Moravians. Meet at 9am in the Church car park.



## Alpha Course

Starting in September 2015 we are planning to run an Alpha Course

for anyone over 18. Last year we ran a successful course for men, but this year it is open to all.

The Alpha Course is a 10 week practical introduction to the Christian Faith, examining questions such as "Who was or is Jesus?" "Why does God allow suffering?" and "How can I be sure this is true?" It is ideal for those who want to find out more about the Christian Faith.

Our Alpha Course begins at **7:45 pm on Wednesday 16th September.**

The Alpha Course runs on ten Wednesday evenings from 7:45 to 9:00 am, and on one Saturday.

Each session includes a video presentation and then a chance for participants to discuss the talk and ask difficult questions of their own.

One of the principles of Alpha is that everyone can ask their questions and everyone can have their say. Many people have found Alpha answers their questions and proves a turning point for them.

If you are interested contact Alistair or Kelly at the church office.

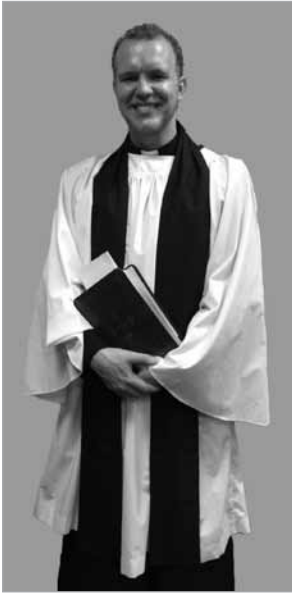
## The perfect diet

What is the best and most infallible way to reduce your waistline?

Just move your head slowly from right to left when asked to have a second helping.



## Update on Sam



September 2015 will see the end of my time as a theology student and the beginning of my curacy at Shankill Parish in Lurgan. I have really enjoyed the last three years at the Church of Ireland Theological Institute, where I have been challenged and stretched. Through ups and downs, I've grown in my faith and feel closer to God. For the last year I have been writing my dissertation whilst serving as a deacon-intern in Shankill. It has been difficult for me to juggle academic writing and pastoral ministry. Whilst I have learned a great deal from completing the work, I am looking forward to being placed full time in the parish. During my time in Lurgan I have been given the opportunity to take part in a vast range of ministry activities, from home visits to the elderly, to spending time with the youngest children. I have been incredibly blessed by the rector Geoff, the staff team and all the people of the Shankill Parish church family. I love the mix of different ages, ministries and worship styles and I am delighted to be staying on as curate. On a sadder note, the beginning of my curacy marks the official

end of my time with Ballyholme Parish family. I owe a great deal to you all for the last twenty-five years. I have greatly benefitted from your prayers and support from my early days in children's church, right through to today. As God moves in Ballyholme in fresh ways, I pray that I will not be the last from the parish to feel a call to the collar.

I realise that moving from deacon-intern to curate will be a big step-up and the closer I get to the transition the more I realise how inadequate I am. But God is good! As I look back over my life I can see He has been with me, and I know that I can trust Him to provide.

Please continue to pray for me as I prepare for my ordination and begin my time as curate. Pray that the Father will build me up in the power of the Holy Spirit as I seek to imitate Christ and make him known.

Sam Johnston

---

## Have you a MOB mentality?

What's it all about? Why are we here? What's our purpose in life?

These were just some of the questions asked on a dark September evening in 2014 when a group of 13 Ballyholme men of all ages and backgrounds came together on the Alpha Course.

The night started with lovely food and a quick chat to introduce ourselves and explain why we were there. Things then took off with a short video on the topic 'Is there more to life than this?' An interesting and lively debate followed. Many different opinions were voiced although at the end of the evening we wondered how we could keep things going for another 10 weeks!

But the second evening was as lively as the first and over the following weeks, after watching the Alpha video and guided by Alistair, we explored topics such as Faith, Prayer and the historical Jesus. Half way through the course we had Saturday breakfast in Suburban, who kindly opened early for us, and went on to spend the morning discussing the nature of the Holy Spirit.

As the weeks passed it became clear that not everyone had the same outlook or opinion. Many questions were raised and some remained unanswered. Two main things which did come across were that other people's views should be respected and that we were increasingly talking as a group about the things in life which really concerned us. Not only did our course last its 10 weeks but we managed to stretch it to 12!

Since the Alpha Course we have watched other videos and discussed them with lots of humour and purpose. We also attended an evening in Holywood Parish where three Ulster rugby players provided an interesting insight into their sporting lives and Christian upbringings.

Now that we've reached September we plan to continue our monthly meetings under the banner 'MEN OF BALLYHOLME' (MOB). So, if you're between nineteen and ninety and like the idea of making friends, engaging in interesting debates, and asking the questions you've always wanted then please accept this invitation to come along and join the MOB.

We will be meeting on the second Wednesday of each month starting on **9 September at 7:45 pm** in the Columbanus Room.

If you'd like to chat about the group or coming along please get in touch with Charlie Robinson, Leslie Adams or Alistair.



## Restoration Project - Update Relocation of NIE Sub-station

As you will have read in the July/August edition of the Parish Magazine an existing NIE Sub-station currently located between the Church and Parish Centre needs to be relocated before building work commences on our new annex. The Sub-station requires to be moved because electrical cables which supply the homes along the Groomsport Road run right across the site where our new building is being erected. The cabling will be redirected between the Parish Centre and the existing boundary wall and up the slope to the lower carpark where a new location for the Sub-station will be made in the first two parking bays below the gates and flower bank (see photos below).

Some parishioners may remember that many years ago the “box” was situated adjacent to the church gates on the Groomsport Road. This was unsightly for us, and agreement was reached with NIE to relocate it to its current position. Although that home for the “box” was reached by legal agreement and in good faith by the then Select Vestry, because it now needs to be moved at our request, the unavoidable expense falls to us.

The total NIE bill comes to £40,884.61 (plus VAT). Included in the amount is a new green coloured casing unit. While this is obviously a huge amount of money, it is not as large as it would have been without the helpful assistance of our local MP, Lady Sylvia Hermon. It is hoped, subject to legal agreement, that the relocation will take place in October 2015, during the half-term school break.



Existing NIE Sub-station



New location for “green box”

## Step back in time with the new Bangor Christian Heritage Trail and Mobile App

Ards and North Down Borough Council, with support and funding from the Heritage Lottery Fund, are delighted to promote the recently established “Bangor Christian Heritage Walking Trail and Mobile App”.

The trail, approximately 5km in distance, though it can be completed in shorter sections or individual sites visits, takes the user on a journey to key locations within the town that showcase the history and importance Bangor has played in the development of Christianity, not just domestically but throughout Europe, including the influence of Columbanus and Gall, Saints who left Bangor and made their mark in countries such as France, Switzerland and Italy by establishing monastic settlements.

There are nine sites in total on the trail starting at North Down Museum and including stops at Bangor Abbey, North Down Coastal Path and Castle Park Victorian Walled Garden to name a few. A key feature of the trail is the accompanying mobile App that guides the user along the route via an offline map. At each stop along the trail the user can read about the specific site, view images past and present and listen to audio about the history of the location as they journey through over 1000 years of history and heritage. From the foundation of Bangor Abbey in 558 through to the role of the Ulster-Scots and the spread of Presbyterianism in the 1600’s. The App is available to download for free from both Google Play and iTunes.



Also accompanying the trail is interpretational signage at each stop and for those who prefer a “traditional map” there is a booklet with map, available from local information points and Visitor Information Offices and downloaded from websites including [ardsandnorthdowntourism.com](http://ardsandnorthdowntourism.com).

Also utilizing the Heritage Lottery Funding guides have been trained to offer guided tours of the trail and these can be arranged directly through the Friends of Columbanus Bangor via their website, [friendsofcolumbanusbangor.co.uk](http://friendsofcolumbanusbangor.co.uk) For further information contact Bangor Visitor Information Centre (028 9127 0069) or the Friends of Columbanus, Bangor.



What is MOTHERS' UNION or MU for short? MU is an international Christian charity which seeks to help families worldwide, and is the largest mission organisation in the Anglican Communion, with 4 million members in 83 countries. As a worldwide fellowship, Mothers' Union is well placed to deliver a global expression of Christian care for families right where it matters - in the heart of local communities. We pray for relationships to be flourishing and loving, campaign for social justice for those on the margins and for greater recognition of the value of stable family life. Working with some of the most marginalised communities in the world, volunteers and trainers help people lift themselves out of poverty, improve health and hygiene and support parents in doing what we see as the most difficult and the most rewarding job in the world - safely raising children. We are primarily a movement



of volunteers who partake in worship, prayer and fellowship and who work in or contribute to projects and programmes to help, encourage and support families and marriages.

Mothers' Union was founded in 1876 by Mary Sumner, a Rector's wife in the village of Winchester. Becoming a mother made her aware of how little preparation and support women received for motherhood. She invited local mothers from all backgrounds to her home to offer them the opportunity to learn together, to develop their faith and to support each other. Hence the beginning of this wonderful organisation. The MU in Ballyholme

was founded in 1955, very soon after the church was opened. The Rector's wife, the late Mrs Jo Mercer was very involved in MU at Diocesan and All Ireland level, so there was no delay in starting a new branch in the area. Many of the parishioners living in the locality had previously been members of Bangor Parish MU and they then automatically transferred to their new church at Ballyholme. Mrs Mercer was Enrolling Member for an outstanding 26 years. Some present members still remember celebrating the 40th and 50th anniversaries of the opening of the branch here at Ballyholme and now look forward to celebrating the 60th anniversary on Sunday 20th September 2015.

We are inviting back some past members together with representatives from the local branches of MU. Diocesan President Joy Silcock, Diocesan Secretary Margaret Conn, and Area Secretary Elaine Lester have also been invited. Following afternoon tea at 4.30pm, the preacher at the special evening service at 6.30pm will be the MU Chaplin, The Rev. Canon Robert Howard and we hope many parishioners will join us at this service. Please remember our branch in your prayers as we endeavour to uphold the aims and objects of this special worldwide organisation.



Perhaps now is the time to rejoin us if, for some reason or other you have been unable to come along to the meetings or, if you haven't already joined you might consider doing so. Perhaps you could come along with your friends during October, November and December next and see whether this organisation might be for you. Why not try it. You would be very welcome. We meet on the first Monday of each month at 8.00pm in the Parish Centre.

(Branch Leader Ruth Ruttle)



### Standing Order Mandate Form for Restoration Appeal

To: The Manager, Bank of Ireland, 82a Main Street, Bangor, BT20 4AL

Your Name: \_\_\_\_\_

Account Name: \_\_\_\_\_

Your Bank: \_\_\_\_\_

Branch Address: \_\_\_\_\_

**Please make payments in accordance with the following details:**

Debit my Account:      Sort Code      Account Number

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Credit Account:      Sort Code      Account Number

9	0	2	0	7	1	9	2	4	2	8	7	2	4
---	---	---	---	---	---	---	---	---	---	---	---	---	---

Beneficiary A/C Name:      Ballyholme Parish Church

First Payment Date:      d d m m y y

--	--	--	--	--	--

Usual Monthly Date Thereafter:      d d

--	--

Monthly Amount:    £20     £25     £30     £35     £40     £50

Other £.....

I wish to donate the above amount until further notice.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

For Gift Aid Purposes please tick the box to confirm you are a UK Tax payer.

**Please return this mandate, when completed to:  
The Treasurer, Ballyholme Parish Church, 68 Groomsport Road, Bangor, BT20 5NE**

*This information will only be held by the Bank of Ireland. Further copies of this form are available from the Parish Office.*



### It's that time of year again!

#### SMARTIE TUBE TIME

Collect your tube at church on 6th September  
Enjoy the Smarties!

Fill the tube with 20p's or any suitable coins\*  
Bring back the filled tube on 18th October  
to any Harvest Service

*\* All the money goes towards the support of our Mission Work*



## STAYING SAFE NIGHT

Thurs 17<sup>th</sup> September 2015

7.30pm – 9pm Parish Centre



A practical information evening for the start of the new Church year. An overview and refresher of all Health & Safety and related matters.

If you are involved in any way with leading or running an organisation or group, or if you help in any way with our Lifts team, Visits team, or in the kitchen please come along for this important information evening.

Even if you have already attended our previous event, it is important that you are made aware of all developments occurring, and changes made, during the last year.

Our staff team will be there and look forward to seeing you.

### My Favourite Place

My favourite place is fairly small but just big enough for me. It's not a fancy place and you don't need to get dressed up to go there but you can if you like.

It is generally quiet and peaceful and it is open 24 hours a day, 365 days a year. It attracts a variety of visitors both during the day and at night. Sometimes the daytime visitors come to have a drink or a bite to eat and sometimes they also bring their families with them. When the families come that's when it can get a bit noisy! The night time visitors are very quiet and much more reserved. In fact sometimes you don't even know they are there and you might stumble upon them unexpectedly in the darkness!



My favourite place changes with the season consequently there is always something different to do or look at. I find it a good place to go to be alone with my thoughts, to relax or even to take a bit of gentle exercise. However it can also be a good place to do a bit of entertaining provided the conditions are suitable.

I'm sure most of you reading this will have a favourite place just like mine. Well perhaps not exactly like mine but something similar.

I wonder if you have guessed the name of my favourite place? It is of course my garden! Some of the more clever readers will have picked up the clues along the way.

The daytime visitors are the many birds and insects that come into the garden. When the birds, particularly the starlings bring their young to be fed, that's when it gets very noisy. At night a hedgehog sometimes makes an appearance and, if I am lucky enough, sets off the security light and I am able to see him (or her!).

When I get a chance, and when the weather is good, I like to relax in the garden on the sun lounger, enjoy the warmth of the sun and escape into a book that doesn't require much thought. I find a big Penny Vincenzi novel is particularly addictive and will keep me occupied for days!

Christine Johnstone

### Ballyholme Golf Society

When: **Friday 4<sup>th</sup> September**

Where: Helen's Bay Golf Club



Tee off at 2.30pm followed by meal in the clubhouse. Interested? Please ring Harry Browne 07790520916 for more details.

### Indoor Bowling Club

The Indoor Bowling Club restarts its new season on **Wednesday 2<sup>nd</sup> September** at 7.30pm with the AGM, followed by the usual bowling.



Come along, join us and have some fun

## 30 September to 8 October



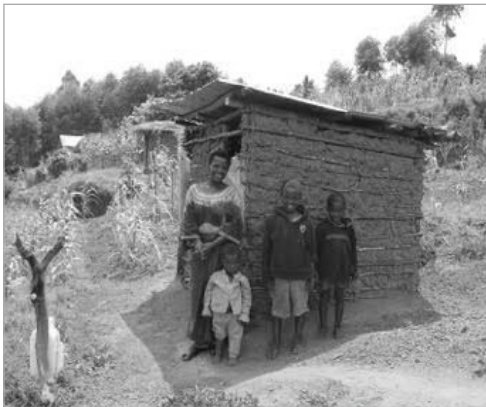
Please remember in your prayers our five-strong, self-financing team from Ballyholme travelling both to Kenya and Uganda at the end of this

month to visit our CMSI mission partners. Making the journey with the Rector will be Harry and Ann Browne (their second visit to Kajiado), Ruth Ruttle (Branch Leader of our Mothers' Union) and Vicky Hayes whose clergyman father was born in Uganda, himself the son of CMS missionaries.



First stop will be Ronnie and Maggie Briggs in Kajiado. Our group will be present for the commissioning of the recently completed Diocesan Centre – financed by the 10% gift from the building of our own Ballyholme Parish Centre. The act of commissioning is due to take place during the annual Harambee service on Sunday 4 October. At the end of that day's festivities it's an evening flight to Uganda and Rory, Denise and Gideon Wilson. Three days at Kiwoko will include a full tour of the hospital and a chance to spend time as guests of the new Bishop of Luwero.

### Toilet Twinning



Loo, Wharepaku, Powder Room, Little House, Privvy, Dunny, The Throne, Bog, Drop Zone, Water Closet, Lavatory, Rest Room, Long Drop, Toilet - whatever we call it we assume it is an essential part of our life. But for many people this is not so.

2.5 Billion people - 40% of the world's population - don't have access to somewhere safe, private or hygienic to go to the toilet. Every minute a child dies from diarrhoeal diseases and 60% of all rural diseases are caused by poor hygiene and sanitation.

Many young girls who drop out of school do so because they need to collect water – often from many miles away – or because the school hasn't got separate toilets for boys and girls. Not having a loo puts people at risk of being bitten by snakes as they

squat in the grass and makes women and girls a target for sexual assault as they go to the toilet in the open. The toilets in our church hall have now been twinned with three toilets, one each in Uganda, Nepal and Kenya. Look out for the photos showing the toilets with which ours have been twinned. These toilet have been recently built and are already being used by a family or community to do their business – and to stay safe and well. By helping pay for latrines, hygiene education and clean water projects the donation we made when twinning our toilets helps bring safe, clean and hygienic sanitation to another family or community.

Investing in sanitation is one of the most cost effective forms of aid. For every £1 spent on water and sanitation programmes, £8 is returned through saved time, reduced health costs and increased productivity.

Find out more at :-

Toilet Twinning - [www.toilttwinning.org](http://www.toilttwinning.org) and Tear Fund - [www.tearfund.org](http://www.tearfund.org)

### Gardener's Delight in Ballyholme

Once again the hard work of Marty, Harry and Ann was reflected in the wonderful display of Azaleas we had in June.

All we have now is the memory of the glorious colours, but look forward to the daffodils in the Spring!

Happy gardening to all

Pat Williamson



## Xcess and Freedom



Xcess this summer was a definite highlight for me as well as for the team who I have the privilege of serving alongside, and of course the young people who attended. The many young people brought their energy and great attitudes which made for a truly enjoyable week.

The programme was jam-packed, with graffiti art and DJ workshops, trips to the North Coast and 'We Are Vertigo' trampoline park, game shows, beach days with donuting on the sea, raves and a personal favourite



of mine; 'Xcess Has Got Talent' where lots of the young people and

even some team members gave many memorable performances, with feedback from our very own Simon (Doogan) Cowell!

The theme for the week was freedom which was adopted and explored in a number of ways. The team created a safe and affirming space where the young people were free to be themselves and express their thoughts and perspectives. Everybody was freely and joyfully welcomed who came along. The speakers for the week spoke beautifully about freedom in Christ, and the freedom to live in the fullness of life, hope and joy thanks to the love of God expressed so definitely in Jesus.

The prayer room provided a creative and reflective space for the young people and team alike to respond to what they were hearing in the talks and through conversations with leaders. It was evident that many who attended were moved by the love of God during the week of Xcess, and we pray that they would continue to be joyfully overwhelmed by this unconditional love and grace throughout their lives.

In Christ we are free from the holds of fear and the sting of death. We can love well because we are loved well. When He is our foundation, we cannot be shaken. Nothing in all creation can separate us from the love of God, that is in Christ Jesus, our Lord.



# The Quiet Corner



A while ago during one of his sermons Simon told us how he remembered his father singing the hymn “Jesus Tender Shepherd Hear Me” as a bedtime lullaby.

It made me think of a hymn my father used to sing to me. Sadly my father died over forty years ago but I vividly remember him singing “Onward Christian Soldiers” in an attempt to encourage me to go to sleep. It may seem an odd choice for a bedtime lullaby but I found the tune strangely comforting, even if my father did have to sing the hymn to me several times before it had the desired effect!

I did a bit of on-line research and discovered that this hymn was written in 1865 by the Rev Sabine Baring-Gould, the curate of a parish in the north of England. He wrote it as a processional hymn for children who were walking from Horbury Bridge, where Baring-Gould was curate, to Horbury St Peter’s Church near Wakefield, Yorkshire, at Whitsuntide (or Pentecost as we know it).

“Onward Christian Soldiers” does not seem to be sung in churches so much nowadays. Perhaps it is due to the words of the hymn and their perceived association with battles and war that has made this hymn fall out of favour. In Paul’s letter to the Ephesians chapter 6 verses 11 & 12 we are told to “Put on all the armour that God gives you, so that you will be able to stand up against the Devil’s evil tricks. For we are not fighting against human beings but against the wicked spiritual forces...of this dark world”.

*(Source - Good News Bible)*

The theme of “Onward Christian Soldiers” is the ongoing daily battle we have against the Devil and the words tell us of “Christ, the royal master, leads against the foe” and remind us “We have Christ’s own promise and that cannot fail”.

With those reassuring words ringing in our ears we should all be able to sleep in our beds more easily!

Christine Johnstone

## Festival of the Columbanus Way



As part of the Columbanus 1400 anniversary year, more than 260 Italian pilgrims paid a visit to Bangor on Saturday 20 June.

The day began with Morning Prayer at Bangor Abbey. Our own Bishop Harold and Bishop Noel Treanor, the Roman Catholic Bishop of Down and Connor attended and in the congregation were the Roman Catholic bishops of Bobbio and Pavia – both dioceses proud of their ancient Columbanus heritage. As a gift to Ballyholme the Rector received the gift of a Commemorative Chalice, one of a small number specially fired as a memento of the anniversary year.

Throughout the morning and evening the guests were offered a choice of guided walks, lectures and local documentary films at First Presbyterian and St Comgall’s Brunswick Road. Others paid a visit to the North Down Museum’s ‘The Bell Tolls for Thee’ exhibition before

an evening Mass at St Comgall’s Brunswick Road and a concert of traditional Irish music and dance.

For the Sunday, the Italian pilgrims journeyed on to the ecclesiastical capital of Ireland: Armagh. That morning a special Columbanus-themed service was broadcast on BBC Radio Ulster from the Most Holy Redeemer Ballyholme with our own Rector as the guest preacher.

As the finale to the programme, Simon also represented us on Sunday afternoon at an Ecumenical Service of Choral Evensong at St Patrick’s Church of Ireland Cathedral Armagh. The Dean and Archbishop of Armagh welcomed a host of special guests including Archbishop Charles Brown the Papal Nuncio, Eamonn Martin the Roman Catholic Archbishop of Armagh, the Abbott of Glenstall and Dom Ephrem Nolan from Rostrevor.

## OUR WORSHIP

### Wednesday 2nd September

10.30 Holy Communion - Kajiado Room

### Sunday 6th September 14 after Trinity

8.30 Holy Communion

10.00 All Age Service

11.30 Morning Prayer

6.30 Evening Worship led by CMJ  
Kajiado Room

### Wednesday 9th September

10.30 Holy Communion - Kajiado Room

### Sunday 13th September 15 after Trinity

8.30 Holy Communion

10.00 Morning Worship & Children's Church

11.30 Parish Communion

6.30 Evening Prayer

### Wednesday 16th September

10.30 Holy Communion - Kajiado Room

### Sunday 20th September 16 after Trinity

8.30 Holy Communion

10.00 Morning Worship & Children's Church

11.30 Morning Prayer

6.30 60th M U Anniversary service

### Wednesday 23rd September

10.30 Holy Communion - Kajiado Room

### Sunday 27th September 17 after Trinity

8.30 Holy Communion

10.00 Parish Communion & Children's Church

11.30 Morning Prayer

6.30 Compline

### FUNERALS

**2nd July:** Albert Dickson, late of Ardmillan Gdns

**23rd July:** Maureen McCrum, formerly of Gavin Park

**27th July:** Agnes Watson, late of Bangor Care Home

**4th Aug:** Mrs Irene Vining, late of Ruby Street.

### WEDDINGS

**31st July:** Suzanne Beech & Carl Griffin of 26 Grange Crescent

**13th August:** Kylie Wilson & Stephen Baker of 51 Rosedale Road



#### September

**6th:** Tracie Andreasson

**13th:** Mandy King

**20th:** Mothers' Union

**27th:** Pat Williamson

### Children's Church Helpers



#### September

**13th:**

Gareth Boal, Paula Foye, Janice McDonagh, Trish McGuigan

**20th:** Amanda Thompson, Sarah Tweedie, Geoff & Gillian Young

**27th:** Tracie Andresson, Sarah Benton, Emma Darragh, Deborah Galbraith

#### September

**6th:** no crèche

**13th:** Heather Glasgow, Ruth Toy, Rachel Brittain

**20th:** Katherine Newman, Aileen Smyth, Collette Pike

**27th:** Violet Davidson, Ann Browne, Rosemary Thompson



Parish Office:

91274912

Rectory:

91274901

Curatage: 91271922

Prayer Line: 07531806167

Transport: 07599794968

Church Readers Rota:

John 91467243 or

Freda 91467624



#### September

**6th:** Ann Reynolds, Susan & Jonnie Stockton

**13th:** Tony & Jan Carver, Glynis McSorley, Peter Robinson

**20th:** Gillian & Geoff Young, Ann Shaw

**27th:** Michael & Sharon Hatch, Pat Davidson

### Request from Denise Wilson in Kiwoko

Would anyone have any 10" or more cake tins that they no longer use? We would be grateful to get them. The team visiting us in October have kindly offered to bring any that you have. All tins should be left in the Parish Office before 22<sup>nd</sup> September. Thank you so much.

