

St Columbanus

Ballyholme



Baptisms and Confirmations
Walkers' Anniversary
Vestry Reports



..On the way
together..

The Parishioner

July / August 2019

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

Summer Madness, Kilbroney, Jumpin and Xcess: I hope there is something exciting for all our young people this summer. Of course none of these just magically happen and 2019 will be our Youth Worker Andrew Watson's first experience of the whirlwind that is July and August in Ballyholme. At least our Children's Worker Paula Lown knows the ropes but this is the time when these two key St Columbanus staff members should be at the forefront of our prayers. They also depend on willing teams of volunteers and parents and it's by no means too late to get involved. Lifelong spiritual lessons are learned every summer indeed I've heard many believers date their formative encounter with Christ to residential and holiday clubs in their younger years so it's not just about high-jinks and high-spirits! Often a time for hellos and farewells, we must also prepare this summer for the end of two faithful clergy ministries. Maithrie's deacon internship and Mercia's part-time assistantship both draw to a close in August. I'm sure you will agree that they have given the Lord more than sterling service and deserve far more than the simple thank-you which is all I have room for here.



SED

Rectory Gate Pillars and Patio Clearance

If you've been driving or walking along Ward Avenue recently your eye may have been caught by two handsome new gate pillars at the Rectory.

Replacing the wrought iron originals which were rusted beyond repair, they are red brick to match the chimneys. Their slimness and positioning makes for a marginally wider driveway aperture and slightly easier reversing! There are no current plans to add gates, though should any future Rectory tenants arrive with children or pets, provision would need to be made. The work was conducted by a house surround contractor in liaison with our Glebewarden Geoff Hewitt.

Also undertaken was a clearance of the shed/patio area which is located out of sight from the road behind the garage. Like the gateposts, the shed had seen better days and was starting to come apart at the seams so the opportunity was seized to reclaim the site which once properly revealed turned out to be quite expansive. Landscaping included new steps up to the Rectory back door and a small raised flower bed against the garage wall where the old oil tank surround used to be.

As well as looking extremely smart, the whole area has been left low maintenance and, in terms of access and surface, infinitely safer than it had been for some years.



The girls who helped out at the reception after Yvonne's wedding



Just Older Youth

A Poem for Senior Citizens

A row of bottles on my shelf
 Caused me to analyse myself.
 One yellow pill I have to pop
 Goes to my heart so it won't stop.
 A little white one that I take
 Goes to my hands so they won't shake.
 The blue ones that I use a lot
 Tell me I'm happy when I'm not.
 The purple pill goes to my brain
 And tells me that I'm not in pain.
 The capsules tell me not to wheeze
 or cough or choke or even sneeze.
 The red ones, smallest of them all
 Go to my blood so it won't fall.
 The orange ones, very big and bright
 Prevent my leg cramps in the night.
 Such an array of brilliant pills
 Helping to cure all kinds of ills
 But what I'd really like to know.....
 Is what tells each one where to go!!



The Wednesday Club



Our last meeting of the year was an afternoon tea at the Starfish Café on the Seacliff Road. The rain had stopped after a terrible couple of days and the sun was doing its best to shine.

Our ladies (and 2 gentlemen) didn't even notice, as they tucked in to a lovely choice of scones, and an even bigger choice of traybakes!

All thoroughly enjoyed, along with the craic and banter. Simon joined us to make sure everyone behaved properly, (which we did) and he thanked the committee for organising the outing.

We will all meet again in September on the first Wednesday, so come along and bring a friend and make new ones. Enjoy your Summer break, and join us on the 4th.

Sue





Children's Church September 2018 to June 2019

We have had a great year at Children's Church this year, and I hope you all enjoyed seeing our children receive certificates, prizes and contributing to our service on Children's Day in June.

Let's take a look at some of the fun times we had together this year...



Although Children's Church is over, there is still plenty happening for our children during the summer, and we hope to see you there! Don't forget...



JUMPIN' – 22nd - 26th JULY

X-CESS – 19th AUGUST – 23rd AUGUST
(children going into Year 8 may attend)



DVD MORNINGS – SUNDAY 21st JULY & SUNDAY 18th AUGUST



At the end of our Easter break this year we had a Sunday lunchtime flight home to catch from Stansted. After extensive albeit last-minute smartphone research, the best we could do was make it to the local parish for half a morning service. Though we had got to Evensong at King's College during the week, Christ Church, Cambridge bore all the hallmarks of a lively, busy family congregation. The fact that we slipped out quietly mid-sermon was certainly no reflection on the welcome we received nor on the quality

of the preaching. Granted, it was a Passiontide theme rather than an Easter one and there wasn't so much as a robe in sight. Yet I was keen to hear and receive that precious holiday Sunday and good chunks of a poignant reflection on Judas' kiss have stayed with me. Which is my way of encouraging all of you this summer: wherever you find yourself, sniff out a Church the way you might sniff out a restaurant or a gallery or a theatre. What will really make the difference though, is if you tell yourself that God is waiting for you there and that He's got something important to say to you. He is and He does, so wherever you go, go somewhere!

SED



8.30am Holy Communion Order One

traditional said Prayer Book Service every Sunday

10.30am Sunday Worship

a mixture of Good News at Ten and 11.30 styles with praise led by our choir and 10 o'clock singers and a children's programme on Communion Sundays

7.30pm United Epilogue Service

hosted in turn by Ballyholme Methodist, Ballyholme Presbyterian, the Most Holy Redeemer and St Columbanus

July and August... a time to be together!

I am Paulina Yang, a Korean Sister of the Missionary Sisters of St. Columbanus. After I graduated from university, I worked in an HR department and participated in community service for the special needs of children and elderly people living alone. During that time, I began to discern my vocation and I decided to respond to God's calling "Share your life with the poor."

After my first vows, I worked at the nursing home for dementia patients and terminal cancer patients with Irish Columbanus sisters in Korea. When I worked there, I was impressed with our foreign sisters' love and devotion to Korean people. At that time my eagerness for the mission was getting stronger.

After my years in Korea, I went to the Philippines to prepare for our order's China mission. I worked with our sisters. They worked for the people who lived in the seminary and special needs people and indigenous people. Because of poverty, Filipinos have suffered a lot. However they know how to appreciate things and ironically, it enriches their lives.

China and South Korea are so close, yet so far. It is widely known, China does not allow foreign missionaries to work in their country and Chinese also have limited freedom of religion. That is true. However Chinese Christians really want to keep their faith and preach the Gospel. I was surprised that there are many churchgoers in rural areas. Although people are living in appalling conditions, they gather and pray together in church before and after their daily work. I was impressed that even though they are under persecution, they still have deep faith in God.

In Bangor, I felt our patron St. Columbanus' spirit. "We are all fellow members of one body, whether Franks or Britons or Irish or whatever our race. ... In Him let us love one another, praise one another, correct one another, encourage one another, pray for one another." (Letter2, to the French bishops) Through my journey, I realized that God's calling is still in my mind. "Share your life with people."

Paulina Yang



Volunteers at the Christian Aid Week Count



Through Tuesday mornings and Wednesday evenings, from the end of April until the last week in May, two fluctuating groups met for this challenging course, based on a Lent book by Hilary Brand. She used ideas from Lewis' children's novel, 'The Lion, the Witch and the Wardrobe' and the story of Lewis' late romance and marriage to Joy Gresham to explore issues of faith and life appropriate at any time of the year.

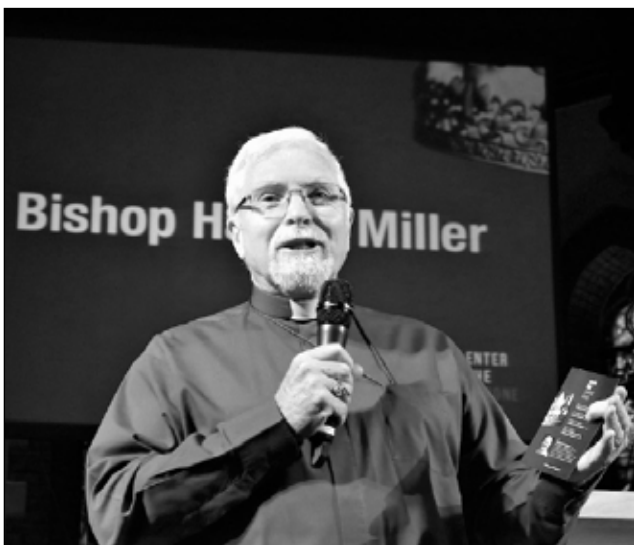
In Ballyholme, around 25 people over the two sessions reflected together on living in a fallen world, becoming aware of God in the midst of that, finding our gifts and living with purpose, and dealing with suffering and loss. These are not easy topics but the use of clips from two films, 'The Lion, the Witch and the Wardrobe' and 'Shadowlands' proved a creative way to stimulate discussion and reflection. There was a lot of active participation and even laughter and enjoyment as we explored together how God works with us in the mess of this world and even through the painful areas of life.

The title of the course comes from the comment of Mr Tumnus towards the end of 'The Lion, the Witch and the Wardrobe', as Aslan the great lion pads away. 'Don't worry, you'll see him again. But you won't know when. After all, he's not a tame lion, you know.' Aslan represents Christ and Lewis is in this expressing a truth about faith that we all must learn. We can't control or even understand the ways of God but we are called to know and to trust him whether we are aware of his presence or not. Reflecting on such things together can help all of us to deepen that faith and be prepared for whatever may come. It was a pleasure to share the course with all who came.

Mercia Flanagan.



Bible Week 2019



Our own Rt Revd Harold Miller, Bishop of Down and Dromore, is the speaker at Bible Week 2019.

We will be celebrating Mission and Ministry in the diocese and Bishop Harold will teach around these themes with a different emphasis each evening.

It's our 13th Bible Week and only the second time that Bishop Harold has been the speaker. In 2012 he gave a series of teachings on the Seven Letters to the Churches in Revelation 2 & 3 and proved a very popular speaker.

Please put the dates in your diary and join us in Shankill Parish Church, Lurgan, for four nights of worship, teaching fellowship and ministry.

When: **Tuesday 27–Friday 30 August 2019 beginning at 7.45 pm.**

More details to follow...

Ballymacconnell beach car park was filled with cars on the evening of Wednesday 15th May, as the sun set over Ballyholme bay for the Baptism of Ben Cavan and Josh Reddy. In spite of a gloomy afternoon, a beach bathed in evening sunshine was the perfect setting. Both Ben and Josh grew up in Ballyholme and the shore represented the natural location for their Baptism – as well as being the closest thing Bangor has to the river Jordan!

A large number of parishioners joined family and friends of Ben and Josh in what, for many, was the first open-air full immersion Baptism they had witnessed. With the Rector, Andrew Watson, Rory Wilson and Robbie Jackson wetsuit-ed and on hand to lower and raise, there was spontaneous applause when each man resurfaced followed by a celebratory glass of Shloer for everyone on the beach afterwards.



The water in the church font was a little bit warmer on the Sunday morning following (19th May)! Two adult Confirmation candidates, Trudi McBurney and Andrea Kelly, opted for the more traditional Church of Ireland 'wetting of the head initiation'. It was a big step for both ladies to stand up in a church full of people and make their promises but again they were surrounded by family, friends and fellow church members.



As Bishop Harold reminded the congregation on Sunday evening, Baptism does not come without cost and for many Christians in the world it is a dangerous step to take, and one which takes true courage and faith. Our thanks to Ben, Josh, Andrea and Trudi for stepping out in faith and sharing the sacrament with us in such a memorable and moving way.

Mother's UNION
Christian care for families

MU Summer Supper

A lovely way to conclude our MU before the Summer Break, scrumptious desserts and treats enjoyed by all, certainly ensuring our figures will not be "beach ready" for Summer!!

Diary date: Sunday 15th September 10am service to include MU opening, details in Sept mag, and first night Mon 7th October.

Enjoy the light lazy days of Summer, many Blessings from
Yvonne & the MU committee.





Sunday the 19th of May marked a high point in the year and will be remembered by everyone as an occasion of real joy and celebration.

Ten Ballyholme candidates were joined by two from Bangor Parish to make a public declaration of their Christian faith, to confirm what they believe and to be confirmed by the Holy Spirit as disciples of Jesus for a life of worship and service as His followers. In energetic form, Bishop Harold took the Psalm of all Psalms - number 23 – as his text. While the words of Psalm 23 are becoming less familiar and starting to disappear from public consciousness, they are words which hold truths and encouragement for every generation.

To refresh your memories, Bishop Harold showed us five road signs: a one-way arrow to show that the Good Shepherd will guide, lead and direct us in the right way; a ‘U-Turn’ sign to signify the refreshment which God gives us when he turns our lives around; a ‘danger’ sign alerting us to the “valley of the shadow of

death” and God’s promise to be with us there too; a ‘five star hotel’ sign to signify the joy in Heaven when even one person gives their life to Jesus; and, finally, a ‘viewpoint’ sign to show how God’s goodness and love both follow behind us and go ahead of us.

We also heard moving testimonies from two candidates. Our own Ben Cavan relayed the story of the last 12 months in his life and the significant spiritual experiences he had at Summer Madness, Scripture Union camp and church over the last year. Linda Kirkwood from St Comgall’s shared the story of how through the ups and downs of her life God has been faithful to her.

How lovely it was to see our communion rail full, with 12 people shoulder-to-shoulder publicly committing their lives to God! With worship led by the choir and our former youth worker Billy Fyffe, alongside 10am singers, the praise was wonderful – especially the singing of ‘He Will Hold Me Fast’.

A celebration supper awaited the congregation and Bishop Harold – rod and staff in hand – led the candidates out to have the first share of the



table that was prepared before them! The smell of popcorn and chocolate, which wafted throughout the halls, lingered for some days after! The popcorn maker and chocolate fountain were overflowing!

For anyone interested in pursuing Confirmation themselves in the years ahead, why not talk to the candidates. No one is better equipped right now to share something of what a special blessing Confirmation is.



The traditional Easter General Vestry agenda of reports, accounts and elections also included the following remarks by the Chair, Canon Simon Doogan:

Easter 2018 brought the arrival to St Columbanus of the Reverend Mercia Flanagan. Having stepped back from full-time service in Carnmoney Parish on getting married the previous summer, Mercia moved to Ballycrochan and promptly made herself available part-time just when our need could not have been more pressing. Preaching at a broadcast service on her first Sunday was something of a baptism of fire but it has been lovely to get to know Mercia, and her husband Colm on those occasions when Silverbirch Evangelical Church can spare him.



All was set for an uneventful summer 2018 and then Billy Fyffe announced his departure! After two years in post as our Youth Pastor, Billy decided marrying a mid-Ulster girl that August called for a re-location. Billy left for a YMCA job in Portadown with a heavy heart. Having worked hard to build up a strong network of young people and leaders and to give a fresh musical steer to our worship at Good News at Ten, everyone understood Billy's reasoning and sent him and his wife Jane on their way with love, prayers and gratitude for a job well done.



A recruitment process was quickly set in motion. Parents and Vestry members joined the Rector on the appointment panel and recommended Moira parishioner and new Queen's theology graduate Andrew Watson for the post. Since beginning in September, Andrew has concentrated on making new connections and devising a new youth strategy. In one respect at least Andrew has already broken the mould for Ballyholme Youth Workers: he has bought a house in Bangor. We pray that this reflects his intention to put down roots in Ballyholme long-term!

September saw the dedication of our two new north-transept windows. On a poignant day for the Bell and Manogue families, Bishop Harold shared our delight at both the striking atonement symbolism of the Pelican and the enduring Celtic Christian witness of St Bronagh. The local press picked up the story from our Down and Dromore publicity office with not just The Spectator carrying pictures but large colour photographs on page 3 of The News Letter. A timely prelude indeed to the week of services and activities which was our Festival of Faith.



Retirement has given my Welsh friends Canon Stuart and Pru Bell freedom to accept all sorts of invitations. They leapt at our Missions Committee's approach to lead us in something fresh and imaginative. The Festival was full of opportunities to share hospitality and fellowship and to respond to the love, grace and truth of Christ. Stuart exemplifies what the New Testament describes as an Evangelist. Under God, many felt that Stuart was just the man with just the message at just the right time for St Columbanus.

Christianity Explored seemed a natural follow-up and brought together a lovely mix of people from across the Church family. A new resource for Ballyholme, everyone found the blend of videos and small group work engaging and it stimulated lots of good discussion and personal sharing. The away day in Glencraig ushered in the final few sessions and a number of those involved went out of their way to say how valuable an experience it had been and how good a sequel it was to the Festival of Faith.



Similarly glowing reports were received for Bible Comes to Life. Six CMJ UK members donned costumes to deliver talks and dramas to several hundred children and young people. The public sessions welcomed all sorts of guests and visitors from all sorts of far-flung places. Having cleared the Church of chairs, the exhibition made the most of our new flexible worship space. It also reinforced the need for our Phase Two link building as some guests struggled to make it 'up the hill' to the toilets and others headed straight home rather than stop for refreshments.

The end of January saw the departure and safe return of Team Kiwoko: nine parishioners on a whistle-stop tour of the Ugandan Christian hospital dear to so many Ballyholme hearts. Aside from the relief of seeing the team back in one piece, the joy of hearing them report back in Church on their experiences and the waiting-list of others who couldn't go this time, from a Rector's point of view the truly wonderful thing about this endeavour was that I had absolutely nothing to do with it! In St Paul's words, God has begun a good work within us.

Three resignations take effect this Easter which mark of the end of a Vestry era. Standing down as Rector's Glebewarden is Stephen Baker and as People's Glebewarden is Geoff Hewitt. Having worked on the new Parish Centre project with Harry Browne, Geoff stood down briefly in 2011/2012 but when Harry retired Stephen Baker became Rector's Glebewarden and persuaded Geoff back for a second, extremely fruitful term. Alongside Stephen, Geoff shared oversight of Restoration 2016. Remedial rectory repairs came next, then new Parish Centre boilers and (with Ivan Humphreys) floodlighting for the car park.

Saying thank-you to Stephen and Geoff doesn't begin to cover it but someone else who has given us more than sterling service for no fewer than nine years is our Honorary Secretary Leslie Adams. Taking notes at the Easter Vestry for the last time Leslie has made a valuable input on both our



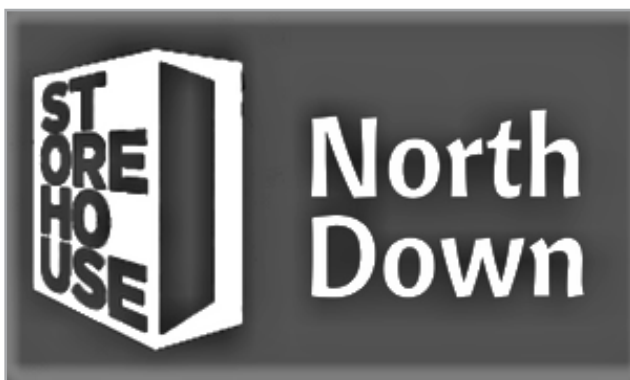
Missions Committee and our Health and Safety Sub-Committee which we hope will continue but it's in his administrative role at Vestry that he has been so quietly faithful. At times called upon to represent the parish, we could have asked for no better ambassador, someone whose faith, vision and heart for the kingdom really do shine through.

Financially, your shift towards electronic giving continues to make a very real difference. One positive thing to come out of our burglary on Palm Sunday would be if more people 'transfer over'. It is so much more convenient for you, especially parishioners who simply cannot make it regularly to Church any more. Likewise, it is transforming our cash-flow and Gift Aid returns, particularly as people keep an eye on inflation and adjust their giving accordingly. Our aim remains today's church paying for today's church, but we would also love to reach the point where we give proportionally to missions from our general giving, as many other parishes do.

In all of this our Honorary Treasurer Roy Lawther (and his team) continues to steer us but after nine years Roy deserves a break. Could I ask you to make it a matter of prayer that the Lord will raise us up a new Honorary Treasurer to take over this time next year? Our situation has been made slightly easier by some very generous legacies. Windfalls from some much-missed parishioners covered a number of our Glebe works but they also enabled us to clear the Restoration 2016 debt and start saving for Phase Two. Praise God for His goodness to us.

We are preparing to lose the Reverend Maithrie White-Dundas after two years as our student deacon. Maithrie has enjoyed her time and she (and her husband Paul) will be widely missed, not least for their warmth and sense of fun. With the Lent Course, Holy Week and Easter now behind us and Confirmation still to come, one way and another the Lord has kept us out of mischief this year! A full time curate would still be welcome and while I need to admit to feeling over-busy and over-tired on occasion, 2018-2019 has been a year of blessing upon blessing.

Summer Appeal for Storehouse



The trolley will be at the back of Church during the Summer for your donations. Items that are needed include:

Tins: Tuna, custard, sweetcorn, beans, rice pudding, soup

Jars: Baby food, jam, pasta sauce

Drinks: Diluted juice, breakfast juice, long life milk

Boxes: Cereals, biscuits, sugar, pasta, tea bags & coffee

Bottles: Washing-up liquid, cleaning products

Other Items: Male & Female toiletries, nappies, wipes



Rector's Churchwarden

People's Churchwarden

Rector's Glebewarden

People's Glebewarden

Honorary Secretary

Honorary Treasurer (Co-opted)

Vestry Members

Jacqui Devlin

Trevor Smyth

Steven Nickell

Ivan Humphreys

Christine Johnstone

Roy Lawther

Leslie Adams

Stephen Baker

Suzanne Beech

Ann Browne

David Crooks

Billy Davidson

Paula Lown

Gareth McCullough

Yvonne Manogue

Rory Wilson

Freda Woods



A Few Wee Thank You's!!!

Just a little nod to all the special friends in Ballyholme Parish who helped make Saturday 11th May such a joyous day for David & me.

Firstly the bunting boys - Harry, Marty, Stephen.

Next the catering gals, Karen, Ann, Sue, Kelly, Janice and so on and on and on - yummy eats, daisies galore!

Thirdly the Welcome music - Andrew!

The flower arrangers Vicki and Anna - fantastic creations again daisies galore!

Ushers Don, Billy & Geoffrey

Sound and screens Rory and Stephen.

Music Ian himself, Rob and Roger, again daisies galore!

Rev Simon & Rev Stephen for a very very memorable service.

A huge thankyou from David & me, our happiest family day ever!

Yvonne XXX



Financial Review

The following is a summary of the report given at the Easter Vestry on Sunday 19th May 2019. It is in addition to the management accounts required by The Charities (Accounts and Reports) Regulations (Northern Ireland) 2015.

Because, overall Parish income was more than £500,000 the Parish must:

- * Prepare accruals accounts.
- * Have accounts audited and this must be in compliance with Section 65(2) of the Charities Act NI.
- * Complete a trustees' annual report that also reports on how your charity has met the public benefit requirement.
- * Complete an annual monitoring return.

The Parish accounts, Auditors report and Trustee Annual Statement will be submitted online to the Charities Commission NI this year.

Unrestricted Funds

Overall the Parish income this year was £204,015 down by £7,727 (from £211,742). Expenditure also increased from £190,441 to £201,049. This gave the Parish a closing capital balance of £10,365.

General Fund Income

General income is from the following sources:

- * General giving rose from £155,089 to £171,833.
- * Property related income, which includes renting the Curatage and the Bay was slightly down from £8,735 to £8,340.
- * General Parish income from sources such as hall rental, magazine donations and catering was down from £26,279 to £23,492.
- * The Parish did not receive any unrestricted legacies.

Expenditure

Overall expenditure was up from £190,441 to £201,049. The main areas of expenditure are:

- * Clergy staffing costs increased from £53,835 to £62,130; this was as a result of employing a Part-time clergy person.
- * Staff costs were up from £60,235 to £62,801.
- * Repairs and maintenance decreased from £13,724 to £8,609. In addition, £13,390 was spent on essential repairs to the Rectory.
- * Premises costs, including heating, lighting, rates etc. increased slightly from £20,101 to £20,771.
- * General Parish expenses e.g. consumables, postage and printing reduced from £21,098 to £20,584.
- * The Diocesan levy remains much the same at £21,283, £21,339 in 2017.

Restricted Funds**Development Funds**

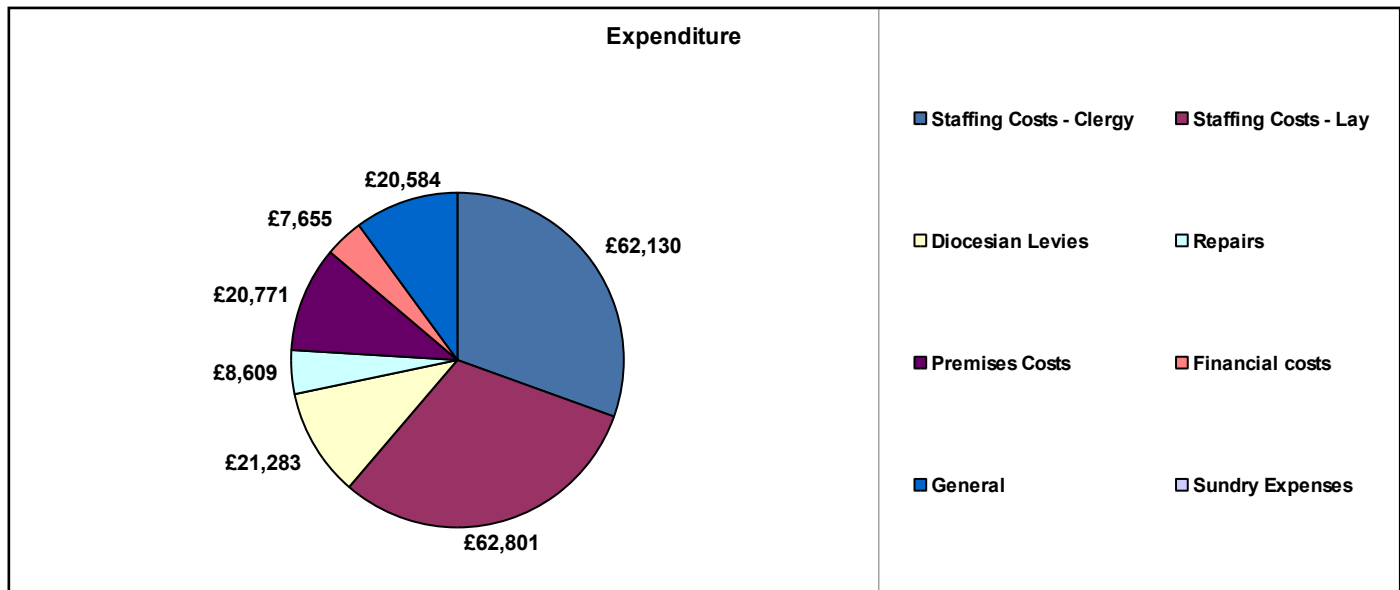
The Development fund started in 2016 and throughout the year voluntary giving to the restoration project by way of monthly standing orders, donations or fund-raising events came to £74,653. The Parish also received legacies amounting to £260,283. On average

there is £3,600 of monthly standing orders going into the Development Fund, amounting to just over £43,000 per year.

Expenditure on the refurbishment of the Church last year was £13,455. We borrowed £200,000 from the Danske Bank to finance the restoration project and this loan was paid off in full in November 2018.

Since 2013, when the Parish started the restoration project it has cost a total of £659,268:

- * 2013 £4,900
- * 2015 £109,535
- * 2016 £493,987
- * 2017 £37,391
- * 2018 £13,455
- * **Total £659,268**



Missions

Income into the Missions fund was £5,202 and £11,913 was given to charitable causes.

Youth Fellowship

Income into the Youth fund was £7,813 and £9,209 was used for activities relating to youth.

Look Ahead

The following are financial priorities for the Select Vestry and Parish in the coming year:

- * Continue to push the generous giving initiative with the aim of having sufficient funds to enable us to employ a full-time Curate.
- * Continue to move away from Free Will Offering envelopes to electronic giving.
- * Continue to plan for the next phase of the development plan to build the link between Church and Halls.
- * Update the Parish Website and other means of communication.

Rev Canon Simon Doogan
Rector
19th May 2019

Roy Lawther
Treasurer





The Walkers' 15th Anniversary

It hardly seems 15 years since I met Leslie at a Lent Course run by the now Bishop of Connor, Rt Rev Alan Abernethy. Out of that chance encounter grew the St Columbanus Walkers, a group of like-minded men and women who love exploring new places and revisiting old, with occasional challenges. The group consists of people from all walks of life, from different churches and none, but who all have made lasting friendships. We are fortunate to have beautiful scenery and destinations on our doorstep and have learned much about the Northern Ireland countryside.

So over with the sentiment and on to our Anniversary weekend in Fermanagh based in the friendly Mahons Hotel in Irvinestown. The party of seventeen became nineteen on Saturday when Sean and Annette joined us and became 21 on Saturday night for dinner when Joy and Colin turned up unexpectedly!

Off to Lough Navar

Saturday's outing in warm sunny weather, led by Brian, took us first by car to the Cliffs of Magho Viewpoint on the southern side of Lower Lough Erne. We could see as far as the Atlantic and Slieve League, 36 miles to the west and the Sperrins to the east. Notable was the poignant war grave to the crew of an RAF Catalina which crashed into the Lough in 1941. These flying boats were based at what is now Lough Erne Yacht Club at Killadeas. On then back to Lough Meenamen for the start of the seven-mile trail through Lough Navar Forest which is part of the Marble Arch Global Geopark. This spectacular forest extends across 2600 hectares of bog, heath, open water, native woodland and coniferous forest. We met fishermen but few others until we reached the section which is also the Ulster Way and the Fermanagh Lakeland Way where we did our bit for Discover Northern Ireland having encountered a couple of American tourists. It was steep in places as we made our way back up to the finish. A worthwhile rewarding venture! Some went to Beleek Pottery coffee shop and others made their way back to Nora's in Irvinestown.



The Garden of the Celtic Saints

In need of a walk after another generous dinner, some headed off to the Garden of the Celtic Saints just a quarter mile from the hotel. Not knowing what to expect we got a real surprise at how big and detailed the display was. This beautifully designed garden beside the Catholic church was filled with intricately carved statues of the Saints of the Golden Age of the Irish Church.

The names of Patrick, Birgid, Columcille, Gall, Killian, Molaise and our own Columbanus were beautifully presented in stone

beehive type houses, sensitively lit and all with the stories on display boards.

Most atmospheric was the church music played quietly in every one of the five houses depicting different stories such as St Patrick and the Legends and Mysteries, the Monasteries and the European Journeys. Also in the Garden was a Clachan made up of several stone buildings telling the story of the Irish Famine and across the road was a memorial Famine Graveyard.

The figures of the Saints are the work of Lithuanian sculptor Jonas Raiskas who came to Irvinestown in 2007. Devenish Parish commissioned him to carve the figures from native Irish oak and they took nearly five years to complete.

Sunday in Castle Archdale

Sunday's walk was in the Castle Archdale Country Park. Peter Gibson led this one and told us some of the history of the place. It was once owned by the Archdale family who arrived in 1614 during the Plantation of Ulster and the castle was built in 1615 by John Archdale, an Englishman. There are a variety of walks and cycle trails along the lough shore passing the deer park enclosure, wildfowl ponds, wildflower meadow and butterfly garden. Evidence of the 1939-45 War can be found throughout the park in flying-boat docks, ammunition dumps, Slit trenches, etc. This is because Lough Erne played an important role as the most westerly flying-boat station, from which aircraft protected the allied convoys from the U-Boat threat in the North Atlantic. One of the places is named 'Skunk Hollow', once the sleeping quarters of Canadian aircrews. We walked past the marina and the White Island Ferry Service base.



How many can you squeeze into a Bird Hide?

The answer is 13! Sunday's weather wasn't quite as kind as Saturday's so with a couple of heavy downpours during our walk, we resorted to the Bird Hide solution. After lunch we visited the 'Castle Archdale at War' exhibition which explains the role it played during the war. There was also the 'Our Limestone Landscapes' exhibition promoting the value of the Limestone Landscapes.

Mahons was an ideal centre, with excellent food, accommodation and very friendly staff. Altogether a very enjoyable weekend and thankfully we escaped the very torrential rain which was worst on the drive home.

Betty Armstrong

Parish Mission Giving

In recent months the mission committee on behalf of the Parish has sent cheques to several organisations we support. This included Church Mission Society (CMSIreland), Churches Ministry among Jewish People (CMJ), South American Mission Society (SAMS), Leprosy Mission, Store House, Bible Society, Open Doors, support for Ronnie and Maggie Briggs and the Diocese of Kajiado.

Letters of appreciation have been received from everyone, however one is highlighted from Dr Peter at Kiwoko Hospital who received the tithe of our restoration project this year. Their anaesthetic machine had broken down and performing surgery had become extremely dangerous with hobbled together old pieces of obsolete equipment. The letter is printed at the bottom of page 18. The picture shows the two hospital surgeons, Dr Peter and Dr James.



We're all different.

Some of us get our car serviced exactly as it says in the manual, booking in to the dealer every 10,000 miles or so as directed. Others of us don't quite get round to that, waiting until warning lights come on in the dashboard, funny noises start appearing, or the car grinds to a halt at a particularly awkward moment!

This autumn the Parish is running *The Marriage Course* for the first time.

It's in the realm of servicing your marriage rather than waiting for it to break down and should be of benefit to all us whether married for 1 or 70 years.

What is *The Marriage Course*?

The Marriage Course is a series of seven sessions, designed to help couples invest in their relationship and build a strong marriage.

Nicky and Sila Lee, developed *The Marriage Course* to help couples build strong foundations, learn to communicate more effectively and resolve differences well.

Who is it for?

The Marriage Course is for couples who are seeking to strengthen their relationship. Some couples do the course to intentionally invest in and enrich their relationship, others are looking to address more specific challenges. Either way, the course offers essential tools and practical ideas to help you build a relationship that lasts a lifetime.

The Marriage Course is based on Christian principles but designed for all couples, married or not, with or without a church background.

What can we expect?

On *The Marriage Course* you will be seated as a couple in the church where you can both easily see the screens and sit suitably separated from the other couples.

Each session will include a cup of tea and bun, a practical talk and a time for private discussion between you and your partner.

You never share anything about your relationship with anyone other than your partner. Background music ensures that you can chat in complete privacy.

Over seven sessions you will explore:

1. Building Strong Foundations – learning to understand each other's needs
2. The Art of Communication – how to listen and communicate effectively
3. Resolving Conflict – develop methods to resolve conflict and disagreements
4. The Power of Forgiveness – learn how to apologise and forgive as a couple
5. The Impact of Family – Past and Present – explore the impact of your own family on your relationship
6. Pillow Talk – find ways to develop greater sexual intimacy
7. Love in Action – learn your partner's 'love language' and how to love them well

The course has been run in several Bangor churches in recent years, so this Autumn St Columbanus will be running our own course on Sunday evenings starting late September.

For more information check out their website <https://themarriagecourses.org/try/the-marriage-course> or talk to Rory or Denise (who have enjoyed attending a course in both Bangor and Kiwoko.)

Letter of Appreciation from Kiwoko Hospital

Dear Ballyholme Parish Church,

On behalf of Kiwoko Hospital Board and Management, we would like to thank you for your incredible support towards the purchase of the new Universal Anaesthetic Machine. Your donation came through at a time when the hospital needed it the most. With your generous gift, the hospital will be in position to carry out safe and affordable surgeries hence saving more lives. We are now in a better position to serve the community.

Thank you for considering Kiwoko Hospital. Thank you for supporting our work.

Yours,

Dr Peter Serwadda
(Medical Director)

July**7th Trinity 3**

8.30 Holy Communion
 10.30 All Age Service
 7.30 United Service Ballyholme Parish

14th Trinity 4

8.30 Holy Communion
 10.30 Summer Sunday Service
 7.30 United Service Ballyholme Methodist

21st Trinity 5

8.30 Holy Communion
 10.30 Parish Communion
 7.30 United Service Ballyholme Presbyterian

28th Trinity 6

8.30 Holy Communion
 10.30 Summer Sunday Service
 7.30 United Service Ballyholme Parish

August**4th Trinity 7**

8.30 Holy Communion
 10.30 All Age Service
 7.30 United Service Most Holy Redeemer

11th Trinity 8

8.30 Holy Communion
 10.30 Summer Sunday Service
 7.30 United Service Ballyholme Methodist

18th Trinity 9

8.30 Holy Communion
 10.30 Parish Communion
 7.30 United Service Ballyholme Presbyterian

25th Trinity 10

8.30 Holy Communion
 10.30 Summer Sunday Service
 7.30 United Service Ballyholme Parish

**July**

7th Muriel Ryan
 14th Janice Hewitt
 21st Robin Jones
 28th Maureen Johnston

August

4th Mary Moore
 11th Anon
 18th Pamela McNutt
 25th Edna Rosbotham

BAPTISM**May**

15th: Josh Reddy
15th: Ben Cavan
19th: Andrea Kelly
19th: Trudi McBurney

**WEDDING****May**

11th: Yvonne Manogue of 23 Springwell Road, Groomspport and David Carson of 21 Hazeldene Gardens, Bangor

FUNERALS**June**

3rd: Joan McDowell, formerly of Dorothy Avenue
6th: Jackie McCabe, formerly of Fernmore Avenue
7th: Eileen Butler, formerly of Seaview Nursing Home



Please note during July & August there will be no coffee in the Parish Centre



Parish Office: 91274912
 Rectory: 91274901
 Prayer Line: 07531806167
 Transport: 07599794968
 Church Readers Rota:

Freda (11.30)
 91467624
 Thelma (10.00)
 91453602
 Web Site

www.Ballyholmeparish.co.uk

