

Church of

St Columbanus

Parish of Ballyholme



April 2009



Special Wednesdays

Focus on the Wednesday
Club on Page 7



The Parishioner

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

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✦ Pge 8: Where are they now? A new series featuring former curates and clergy!

✦ **Cover**
"Cross Trees" by Betty Armstrong

✦ **Magazine Contact email:**
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The Rambling Rector

The preacher at my first institution in 2004 looked me right in the eye from the pulpit and said: "whenever you get it wrong Simon, tell the people of God you're sorry and then tell God". This is the month then when I make my annual, catch-all public apology for the things I have said and done or not said and not done as your Rector which were less than worthy. Is it just me or does the awful picture of Jesus bleeding and dying on Good Friday bring to your mind all the things you've done to hang Him there? I mean the crucifixion is not a sight surely to make you indignant or argumentative: 'right Lord - I've got a bone to pick with you'. Nor would anyone go to Calvary

to make excuses: 'look Lord, I know I've not given you much time lately but I can explain...' Not forgetting the increasingly fashionable spiritual get-out clauses: 'The Lord and I aren't speaking to one another at the moment', or, 'I've fallen out with God' - because of this disappointment or that injustice: would people genuinely feel they could say things like that at Golgotha?

For me the cross depicts in brutal technicolour the full and terrible cost of the things I know I've got wrong and will probably continue to get wrong. That's why I'll be so glad of your company at Church this Easter. Call me selfish, but I'd rather not feel it was all my fault.

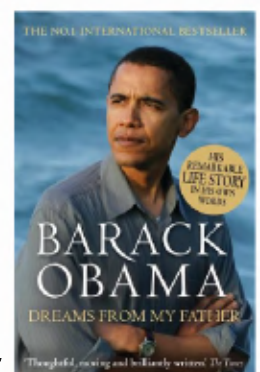
SED



Dreams from my father: A story of Race and Inheritance

By Barack Obama

Obama's father walked out when he was only two years old and he met him once at the age of ten. Many years later he receives a phone call from Nairobi: his father is dead. This sudden news inspires an emotional odyssey for Obama, determined to learn the truth of his father's life and reconcile his divided inheritance. It tells of his childhood, adolescence and young adulthood as a child of both black and white worlds in Hawaii, Indonesia, New York, Chicago and then a visit to his father's Luo tribe relatives in Kenya to trace his background. This is a wonderful, inspiring read for anyone who wants insight into what shapes the values and ideas of this fascinating man. (Published by Canongate, £8.99 Paperback)



Margaret Butler

Family pride

Yes, boasted the woman to the visiting American priest, "my family can trace its ancestry back to William the Conqueror." "I suppose," said the American, "You'll be telling me next that your ancestors were in the Ark with Noah." "Certainly not. My people had a boat of their own."

The day Daphne had an armed guard to school - and other stories!

A “just get on with it” attitude helped parishioner Daphne Hamill as a child to cope with life in war-torn Palestine, living as an evacuee in South Africa and deal with the threat of German Doodlebugs. Daphne’s background is fascinating although she rattles off the details in a very matter of fact manner.

She was born in India as the daughter of a British Army soldier, and was just three months when the family returned to England. In 1938 the family, complete with her young brother, were on the move again, this time to the then Palestine. During those turbulent times in that area Daphne was aware of what was going on but it didn’t seem to perturb her at all.

The family lived in precarious times yet, in Daphne’s words you ‘just got on with it’. At that time they lived not far from Tel Aviv. She vividly recalls one day when she was dispatched to school. The other ranks had decided not to send their children because of the trouble but Daphne said her transport to school arrived in the form of an Army truck.

“I was sent off to school and I sat there like the Queen of Sheba with my two armed guards beside me” she laughed, recalling the incident.

“We were aware of the dangers but it did not bother us. Children are very resilient,” she went on. The next day, all the children returned to school, their parents having decided that if it was ok for Daphne to go, it must be ok for their offspring as well. Daphne also recalled vividly one time when she was ill in hospital and there were soldiers there who had been shot or blown up but they just carried on with life.

Just last year Daphne went back to Israel on holiday but decided against going back to Jerusalem or Bethlehem as she did not want to spoil her childhood memories of those places. Instead, she went to the Sea of Galilee where she had a very memorable holiday. In 1940, such was the danger in Palestine, the family, minus her father, were evacuated to Durban in South Africa, which proved to be a huge contrast for them all. Daphne recalled that they lived in a hotel run by Germans who were not very friendly towards the English children. After 18 months, when her mother found out that her

husband was being posted back to the UK, she decided that they were going to up sticks and join him.

It was a perilous trip back - two boats sailing before them were sunk and one following them was also sunk. But the family made it safely back to the UK in 1942, settling in Esher in Surrey. There was still the ever present threat of the German Doodlebugs to contend with but the family quickly settled back into life in England.

A chance holiday meeting with Bangor man Ian Hamill on the Isle of Wight led to romance, marriage and Daphne moving to live in Bangor West

where she and her husband were founder members of Bangor West church.

However, in the late sixties the couple and their two children Sarah and Peter moved to the Ballyholme area and joined St Columbanus where she has been a faithful churchgoer for over 40 years now. The whole family were active members of the church - both Daphne and Ian were church wardens, the children were members of the Sunday School and later became teachers while Daphne was also an enrolling member of the Mothers’ Union.

Both children were also married from St Columbanus.

Now resident in Northern Ireland for 48 years, Daphne feels very much at home here. Her husband died 14 years ago but her family and grandchildren keep her busy

Now in her 79th year, Daphne obviously has no intention of slowing up. Responsible for the flower rota in the church, she ensures that the church is always beautifully decorated with eye-catching displays each week. She is still very closely involved with the Mothers’ Union, which is going strong and is always well attended.

Many and varied are her interests - she is a regular at the Friday lunches in the church hall, attends the Wednesday club and is a member of Probus. In addition, Daphne was a founder member of the North Down Athletics Club and still takes a keen interest in it although she admits that she doesn’t do so much now as she used to. She is also President of Bangor Historical Society.

Rosie Lawther





**Jai Masihi!
Praise the Lord!**

I have been on Step programme now since January and since then I have been based in Kathmandu, Nepal. My time began with two weeks of orientation; getting to grips with new culture, new tastes and smells, a new language and lots of other new things! I was blessed to have the company of the CMSI META team during this time and to share many wonderful experiences with them. God was very gracious to me during those first days and I really felt enfolded by his love and protected by his mighty hands.

I have now begun my placement with HDCS and Sundar Dhoka. My work with them will use my skills in new and different ways, but I am thankful for this challenge and looking forward to it!

On Saturdays, I attend Sundar Dhoka Church, and while my Nepali (at the moment!) doesn't let me follow the sermons or understand the hymns, my heart knows that it is a vibrant and passionate community where God is exalted and love and joy overflow.

On Sundays I join with many other members of the ex-pat community at KICC international church. It is amazing to share worship and fellowship with people from all over the world.

Two families have kindly taken me under their wing, and I share a flat in Kathmandu with another Sarah!

Thank you for your support and prayers. You can keep up to date with my stay in Nepal on my blog on the CMS Ireland website - www.cmsireland.org And you can email me at sarah@cmsireland.org.

Sarah Hutchinson

Gethsemane - Thursday evening

Lord God I am afraid!
Is there no other way?
I trusted Thee - I was so sure.

The Devil said "Turn stones to bread
Cast yourself from the Temple
Worship me and all things shall be yours"

I answered "No!
Men must live by God's Word only.
You shall not tempt the Lord your God
But worship and serve Him always"

I was so sure, but now I am afraid.

I feel alone; my Mother and my friends.....
How can I leave them?
They need my strength.

My strength? I have none!

I fear - not death but this death;
I dread the pain, men's hatred
The betrayal.

Father, I am afraid - help me!
Is there no other way?
Take this cup from me if it is possible.

But if not, if I must drink it,
Then Thy will be done.

"And an angel came and strengthened Him."

Joyce K. Stock

Bowling at Ballyholme

It was all square at 53 - 53 in the match against Ballygrainey Presbyterian. One of three held throughout the season (the others are against St Gall's and Bangor Parish), the meet was well attended with the opposition sporting several competitors of a distinctly younger age group! Secretary Derek Coates tells me plans are afoot for the club's 50th anniversary and hopefully that with the half century will come an influx of younger players. Many friendships have been forged over the years, so if you fancy some gentle exercise ring him on 91455471. The season runs from September till Easter.

Betty Armstrong



Need a lift / Give a Lift?

07599794968

Jim Shaw has volunteered to be our new Transport Manager, who is organising a new Lift Rota. Jim is keen to build up a list of volunteers who would be able to give lifts to Parishioners, either to church on Sunday or various church organisations in the Parish Centre through the week on a rota basis. The more names he has, the less often you will be called upon, so please phone Jim on the above number. Likewise, if you need a lift, this is the number to call. He looks forward to hearing from you all.

ST COLUMBANUS WALKERS on the Sallagh Braes

Had our party of eighteen walked this section of the Ulster Way on a good day we would have seen the Scottish Coast and maybe even the Isle of Man but low cloud and light rain meant bad visibility for the first half of the walk along the Linford River valley behind Ballygally and round the back of Knockdhu. But not bad enough for us not to see herons, kites and ravens circling above.

A ruined cottage was our sheltered lunch spot after which we took the path along the high cliffs which form a spectacular basalt amphitheatre. Miraculously the cloud cleared and we had some magnificent views down to Ballygally and the North Channel. Then on to, with some courage, the Ballygally Castle Hotel for coffee and scones, where we tried to make ourselves presentable amongst the wedding guests!

The next walk is on April 4th on the Carnatogher History Trail (near Maghera); country roads/off road tracks. 8 miles. (Meet at 8.30am)

Betty Armstrong



One of our parishioners, Philip Kennedy, won the Philip F Walsh Memorial Prize awarded annually by the ABRSM to a candidate resident in Ireland gaining the highest mark at Grade 8 (in Ireland) across all instruments. He received 144/150. Philip is currently finishing A-level study at Bangor Grammar School and will, at the end of August 2009, move to Norwich to take up a place as a gap-year Choral Scholar at the Cathedral. This will entail singing the daily services (Evensong six days a week and a Sunday Eucharist) and hopefully some work in the Choir School which is in the cathedral grounds. In addition, the choral scholars are fortunate to be given accommodation in the cathedral close (circa 15th Century). Over the last 18 months he has been fortunate to receive singing tuition from David Lowe, former Professor of Singing at the Royal Academy of Music, now Director of Music at Norwich and will continue to study with him next year.



Brownie News

On a windy weekend in March, North Down Guiding celebrated their 50th anniversary with a training weekend at Lorne. As well as learning the new thinking on Safe from Harm and Citizenship, we also had some fun times and a celebration meal at Clandeboye Lodge on the Saturday night. The leaders from our Brownie Pack were there, along with their two young leaders, Heather and Charlotte. As can be seen from the photo, they were a great asset when we were learning how to Boom Whack!





1. Our newly created lift rota started.
2. Who did it? At the fortnightly cinema club.
3. Stephen's official welcome to the Church of Ireland.
4. An enthralling match in progress.
5. Our Brownies making pancakes - yum yum!





The Wednesday Club

The Wednesday Club came into existence over seven years ago after a chance remark by a parishioner.

Her mother had just moved to Bangor after being widowed, and wanted to know if there was anything in the church for people of her age. There wasn't, so four of us got together and decided to try a monthly meeting. Two others joined our committee, and we organised our first meeting in November 2001. We had absolutely no idea who would come, how many would come (if indeed, anyone), so we waited with baited breath.



To our utmost surprise and relief, thirty six people turned up for our first meeting which started off with a Beetle Drive and a getting to know you, and we have gone from strength

to strength since then. Most months we have an invited speaker on some topic, our speakers ranging from the Fold Association, Old Belfast Bakeries, Sentry Hill House, to name but a few. We have also had demonstrations of reflexology, cooking and armchair aerobics, which we all join in with. Sometimes we organise our own entertainment, quizzes, bingo and once we had an afternoon tea dance. This is followed by afternoon tea and a lucky draw. As we wanted to make it accessible for everyone, we organised a lift rota, which still operates today, thanks to a willing band of volunteer drivers. Every month our members can borrow as many books as they wish from our small library of donated books and in December, we have a Christmas lunch, with some singing of carols to round off an enjoyable meal.

As we do not meet over the summer months, our June meeting is usually "an away afternoon", with trips as varied as Hillsborough Castle, Portaferry Aquarium, Glenada in Newcastle to name but a few.

As I write this, we have over 70 ladies on our register, and most months at least 50 of them attend. The committee is a bit mean though, as we do not publish our programme for the year, so everyone comes, not knowing what to expect!

This month, for example, we had Tony Fleck from Groomsport, who gave a very interesting talk on the old cinemas of Belfast and Bangor, and recounted many stories from his youth, mentioning old films that we could all relate to. This was followed by our monthly draw, which was won this month by Julia Quayle and Mina Gibson. We finished with our much appreciated refreshments.



See you next month - why not come along and give us a try?

Some of our regular helpers!

Third Order of Society of St. Francis Annual Retreat



Date: 22nd-24th May 2009
Venue, Druhalls, Larne

Conductor: The Rt. Rev.
Alan Abernethy
Cost: £105

*For further details,
please contact Nancy Baker
91473513*

THE PARISHIONER

Many thanks to all of the parishioners who have contributed towards the cost of printing the parish magazine.

Many of you, however, have yet to return your envelopes with your donation, and we do hope that you will do so soon - it's never too late! We try to make the magazine as interesting and up to date as possible, and so, if you have any ideas that you would like to see included, please do not hesitate to contact us via the Parish Office.

Thanks
The Magazine
Committee



MOTHERS' UNION



There will be no MU meeting in April to enable members to attend the Holy Week Service in the Methodist Church. Our next meeting will take place on Monday 11th May at 8.00pm in the Parish Centre.

Wishing you all a Happy and Blessed Easter
Pat

Where are they now?

? This month, we are starting a series (we hope) bringing you up to date with curates and clergy associated with our parish in the past.

Our first is **The Rev. John Scott**, who was with us in the 1990's

When did you begin your ministry in Ballyholme?

Um... Can't remember! Feels like just a few years ago, but it was probably back in the Dark Ages. If I start counting back it will make me feel incredibly old... so I won't. But Alan Abernethy was Rector.

First impression of the parish and people?

Same as the last impressions - Basically, some of the best and happiest memories of my time in any parish, ever. Great parish, great people.

What are the highlights (pleasant or otherwise) of your time here in St Columbanus?

Easily the trip to Israel with a group of parishioners - still one of my lifetime 'highlights'.

When did you leave and what was your next move?

Back into full-time ministry in the Bright/Ballee/Killough group just outside Downpatrick, until I had to retire due to a health problem (But now, thankfully, I'm all better again!)

Where are you now?

Living out in the wilds just outside Castlewellan, close to the Mournes, and part of the ministry team in the Downpatrick group of parishes.

Hobbies: Far too many! Computers; the Linux operating system (quick plug for www.ubuntu.com <http://www.ubuntu.com/>); The Free Software Movement (quick plug for www.fsf.org <http://www.fsf.org/>); 3D artwork modelling and animation (www.blender.org); Ancient Greek and Hebrew, Guitar and Lute... and too many others to mention.

Family details: Myself and my wife Rosemary, and a variable number of four-legged pals, some tame, some wild, and some who drop in occasionally for a meal.

Favourite music to listen to in the car/home?: Bob Dylan; U2; Ol' time Blues; Montiverdi; Movie Soundtracks; but just about anything, really.

Leisure books found on your bookshelf? Always changing, but currently: The Annotated Hunting of the Snark; 2 Commentaries on Phillipians; a couple of whodunnits; The complete Grimms' Fairytales; A couple of software manuals; Saint Augustine's Confessions (not as racy as it sounds, honest!); a couple of graphic novels (which people my age still call 'comic books!').



**Wednesday Morning
Holy Communion**
Weekly from 15 April

Following the wonderful uptake of The Shepherd's Pie Lent course and feedback from last month's Away Day we have decided to begin a regular mid-week service of Holy Communion and Prayers for the Sick.

Wednesday mornings at 10.30 would seem to be the ideal time and we will meet in the Kajiado Room and stop for a quick coffee or tea immediately afterwards.

We hope this service will become a fixed point during the week for the parish to come together and that those who find themselves working and unable to get out to Church on Sundays will also be able to make it.

Hospital and Sick Calls

Please always get in touch with us when a family member or friend is taken unwell and would be glad of a visit - especially if they have been admitted to hospital. We would rather be told several times than not know at all. Equally, so no one has a wasted trip, it's extremely helpful to hear from you when your loved ones have been safely discharged home.



This month we have three simple recipes so you can enjoy some very traditional home baking this Easter.

Simnel Cake

5oz(150g) butter, 4oz(120g) muscovado sugar, 3 eggs, beaten, 8oz(240g) plain white flour, 12oz(360g) mixed dried fruit, ½ teasp mixed spice, ½ teasp ground cinnamon, ¼ teasp ground cloves, 1lb (1/3 kg) marzipan

Pre-heat oven to 300F, 170C, gas mark 3. Grease and line a 10inch(25cm) round loose bottomed cake tin with baking parchment. Beat together butter and sugar, gradually add beaten eggs and stir well. Mix dry ingredients together and fold into mixture. Use a small amount of milk to blend, if necessary.

Cut 200g of the marzipan into smallish cubes and fold into the mixture. Spoon mixture into prepared cake tin and level the top. Bake for approximately 2½ hours or until well risen and firm and an inserted skewer comes out clean. Leave in tin to cool completely.

To decorate, remove the baking parchment. Roll out the remaining marzipan into a round that fits the top of the cake, press and trim off the extra marzipan. Shape the rest of the marzipan into eleven balls and place around the edge of the cake. Place under pre-heated high grill until slightly browned - about two minutes.

Hot Cross Buns

2½ cups flour, ½ teasp salt, 4 teasp baking powder, ¼ teasp nutmeg, ¾ teasp cinnamon, 2 tbsp brown sugar, ½ cup currants or small seedless raisins, 2 tbsp peel, 1 egg, ½ to 2/3 cup milk or water, 2 tbsp melted butter



Heat oven to 375F

Mix dry ingredients, make a well in centre and add melted butter and liquid. Divide dough into small rolls and put on greased sheet. Put cross on top using a little bit of rolled dough and brush on butter and sugar.

Bake for 25-30 minutes in a moderate oven.

Easter Biscuits

2 cups flour, 4 tbsp caster sugar, 8 tbsp butter, ½ teasp baking powder, 2 tbsp currants, 1 large free range egg, a little lemon peel

Rub butter into flour with fingertips. Add lemon peel, sugar, baking powder and currants. Beat the egg and add enough to the dry mixture to form a dough.

Roll out to approx ¼ inch thickness and cut into biscuit shapes with a suitable cutter.

Bake on a greased, floured tin for 20 minutes at 180C, 350C Gas mark 4.

The Motorist's Prayer

Grant me O Lord
a steady hand and watchful eye.
That no one shall be hurt
as I pass by.

Thou gavest life, I pray
no act of mine may take away
or mar that gift of Thine.

Shelter those, dear Lord,
who bear me company,
From the evils of fire

Teach me to use my car
for others' need;
Nor miss through
love of undue speed

The beauty of the world;
that thus I may with joy
and courtesy go on my way.

Geraldine Binnall

Holy Week Services 2009

6-10 April

8.00 pm

Ballyholme Methodist Church
Brooklyn Avenue

Theme:

Speaking Personally

What Easter means to me...

Monday	Trevor Kennedy
Tuesday	Francis Rutledge
Wednesday	Janet Unsworth
+Maundy Thursday	David Kerr
*Good Friday	Peter Murray
+Holy Communion	
*Youth event	

Easter Sunday

Dawn service on Ballyholme beach at 6.30 am, followed by breakfast in Ballyholme Parish Centre at 7.00.



april 15th - 17th

ballyholme parish

games, bible stories etc

p1-p7

easter jumpin '09

£2.50 per day

form 1+

easter x-cess

09

bands, speakers, cba cafe

ballyholme parish

sat 16th april 2-4pm + 7-11pm

with 11th

♻️

The Quiet Corner

'At the heart of it all rests the revelation of God in Jesus Christ. Through Jesus we come to know the God who shares. Through Jesus Christ we come to know the God who loves. Where can we go to make sense of the suffering of the world? Ultimately, there is only one place: the cross of Jesus Christ. The story of the cross - the terrible story of one who is falsely accused, abandoned by his friends, stripped and humiliated, who cries out in pain, who experiences desolation and loss, who dies a ghastly death, parched and thirsty - is also the beautiful story of the God who comes to earth to share our humanity, who dies to share our dying, and who rises again to show us death is not the end and to create a new communion between earth and

heaven. It is a story where we discover how completely God shares what it is to be human. It is a story where we discover how completely God loves us. This is a completely unexpected God: not all-powerful, but self-emptying and self-sacrificing; not in control, but handed over. It is the story of Love. Only by exploring the remarkable love of this nailed-to-a-cross God can we begin to understand our own mortality and suffering. Only by following him can we become the people we long to be, achieve the fulfilment we crave, discover our full potential as his sons and daughters.'

Bishop Stephen Cottrell / *thirst*



JUST WHEN YOU COULDN'T TAKE ANY MORE EXCITEMENT !!!
UPSTAGE DOWNSTAGE MUSICAL COMPANY is back
 Alive and kicking !!!

with the spectacular DISNEY stage production of
HIGH SCHOOL MUSICAL

featuring a cast of 50 young, enthusiastic performers

CHECK OUT THE NOTICE BOARDS in THE CHURCH and
 LOOK OUT FOR DETAILS IN THE LOCAL PRESS.

Tickets price £10 on sale soon.

Make it your post Easter treat to come along and see EAST HIGH
 come alive in Bangor.

Featuring all your favourite songs from the original video.



Kids Church Helpers Needed!

Kids' Church is FUN! And, we are getting bigger. To make sure we comply with all sorts of rules we need some more helpers! We have a programme for our kids, and our lessons are already planned. What we need is simply more 'bodies', to help with clearing up, craft activities, or just being present to help some of our younger ones. If you feel you can commit to one Sunday a term or one Sunday a year, please could you email me -janet@grape.ie

Thanks! Janet

Help!



"It comes to something when the state of the pound is such that we *hope* to find lots of foreign coins!"

Our Worship

Sunday 5th April Palm Sunday

8.30 Holy Communion
 10.00 All Age worship
 11.30 Morning Prayer
 6.30 Music and readings for Palm Sunday

Wednesday 6th - 10th April see article inside.

Good Friday - 12 noon Family Service (30 mins) meet at the cross in the Church grounds for a service in our church.

Sunday 12th April - Easter Day

6.30 Service on the beach followed by breakfast
 8.30 Holy Communion
 11.00 Holy Communion combined service

Wednesday 15th April (Kajiado room)

10.30 Holy Communion

Sunday 19th April

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

Wednesday 22nd April

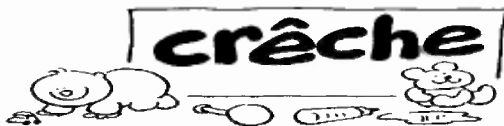
10.30 Holy Communion - Kajiado room

Sunday 26th April

8.30 Holy Communion
 10.00. Parish Communion & Children's Church
 11.30 Morning Prayer
 6.30 Space on Four - School for Prayer

Wednesday 29th April

10.30 Holy Communion - Kajiado room



5th April NO CRECHE

12th April Easter Day, no creche

19th April

Julie Monaghan 91453582
 Carolyn Larmour 91467979
 Heather Johnston 91465607

26th April

Patricia Robinson
 Rachel Robinson 91270477
 Jennifer Hatch 91472565
 Fiona Oliva 91461306

If you are unable to make your date please arrange a swap with another helper using telephone numbers provided.



April:

5th: Tracie Andreasson, Lorraine Campbell, Sandra Hill
12th: Ella Walker, Fiona Jackson, Susan Stockton
19th: Pat Davidson, Lynsey McDermott, Maaïke Waegemans
26th: Caroline & Nigel Mansley

FUNERALS

26th February: Howard Paul Robinson, late of 18 Ballyholme Esplanade.
11th March: Olive McGowan, late of 8 Grove Park



April

5th: Irene Long
12th: Easter Sunday
19th: Margaret Magee
26th: Eleanor Bell

HELP NEEDED PLEASE

Can you help to decorate the church for Easter services? All help welcomed, in any form. Donations of flowers and greenery are also very welcome.

Meet at church on Saturday 11th April at 9.30 am

Any articles for inclusion in the June magazine, should be left in the Parish Office by **6th April**

