

Church of

St Columbanus

Parish of Ballyholme



October 2009



Spot the Lion
Parish Profile
on page 3



The Parishioner

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



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The Tall Ship Europa-1 off the Co.Down coast.
Photo by Leo Murray Photography.
Small photo:
Dick Milliken and Ian McGeechan in action for the 1974 British Lions.
Photo courtesy Colorsport.

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The Rambling Rector

A summer holiday in Kent gave me a chance to catch up on my mother-in-law's back issues of *Country Life*. According to Carla Carlisle's grandmother "You can take a donkey travellin', but it won't come back a horse." I'm sure that will apply to my trip this month to Kajiado Diocese. Or will it? I've never been to Africa. Apart from the fact that I really love my own bed, I suppose I'm just an old-fashioned parson at heart. My time is best spent coming and going from the homes of my parishioners: the longer I'm at this caper the clearer I am about that. And yet you've

given me a real sense, since arriving in St Columbanus, that the 1,100 homes of Ballyholme are only part of the story. Apparently I have homes to visit in Kenya too, Christians who think of themselves as part of our extended family and who have a thing or two to teach us about the priority we give to basics like worship and prayer and giving. I'm confident it will be the same pleasure to receive their welcome as it is to receive yours. The question is, will it change my world view?



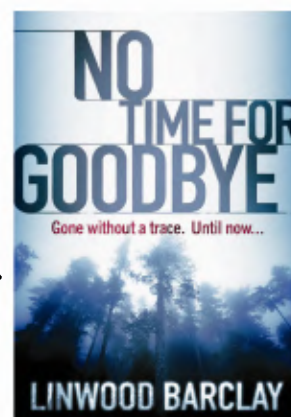
SED



No Time for Goodbye by Linwood Barclay

When 14-year old Cynthia Bigge awakens one morning after a heavy drinking session she discovers that her entire family is missing. Despite various theories as to their fate they are never located. Cynthia is brought up by her aunt and spends the next 25 years building a life for herself. She is now happily married to teacher Terry Archer, with an eight-year old daughter. However Cynthia cannot forget the past and when she decides to appear on a reality TV show re-enacting her family's disappearance she becomes increasingly anxious to find out the truth. Terry feels tremendous pressure to ensure Cynthia's well-being as she becomes un-nerved by odd events such as the appearance of a strange car in their street. He confides his fears to his friend, the school principal Rolly Caruthers.

As further 'clues' to the disappearance of her family turn up, Cynthia feels increasingly detached from reality. Tension builds and reaches a dramatic conclusion, but not before the private investigator she hires is found dead and several other characters have contributed to the mystery mix and provided some answers. This is a marvellous, well-written, compelling book which engages the reader from the start. It's a real page-turner and will keep the reader guessing right up to the last few pages. I resisted the temptation to turn to the end and find out 'who dunnit' and how - but only just!



Susan McNair

Published by Bantam Books. RRP £7.99

'Tackling' some important issues with Dick Milliken

It was a summer of memories and emotion for Ballyholme man Dick Milliken when he returned to South Africa to revisit the scenes of the triumphal British Lions tour of 1974.

Dick was an integral part of that team who will forever be known as The Invincibles because they were unbeaten in all 22 matches - a record that has yet to be equalled. Dick is a Ballyholme and St Columbanus man born and bred - in fact his father Alex was the first churchwarden with Canon Mercer. And, in an interesting twist, Dick was churchwarden during the 50th anniversary year of the church. His wife Heather has also been a lifelong member of St Columbanus and, in many ways, the church has been an integral part of their lives - Dick was baptised, confirmed and married there, his Mum and Dad were both buried from there, all four of their children were also baptised and confirmed and three of his children have also been married there. Dick went to Bangor Grammar School where he developed his enduring love of rugby, beginning his career by playing for the school. He was part of the Medallion winning side of 1966 where they lifted the trophy for the first time in 30 years. But for Dick, it was a day of wildly contrasting emotions - as he recalled, "My father died in the changing rooms after the match. That was a big shock for me." The triumph in the Medallion competition was followed by victory in the Schools Cup in 1969, the first time ever that the school won it. Dick then went to Queens, ostensibly to study Geography but, as he put it, principally to play rugby and he was picked for Ulster before going on to play for Ireland and then came that memorable Lions tour. It was a very different country then - apartheid was very much a way of life in SA and controversy raged around the decision to send the Lions team there. "It was very much a life experience for me but one

or two of the leading players decided not to go on the tour on principle, because of apartheid. There was a lot of soul searching for everyone," he recalled. Although Dick is modest about his role on



Photo Courtesy of Colorsport

the tour, one article published earlier this year, prior to this summer's tour by the Lions to SA, described him as "one of the unsung heroes" of 1974. The article went on, "Milliken played a crucial role on the only unbeaten Lions tour to date. On the hard grounds of South Africa, he demonstrated his attacking prowess and creative skills as the Lions won 21 of their 22 fixtures. "In 1974, the team was the first to play against non-white sides and they were widely supported by the blacks. We went into the townships and mixed with them." One fascinating story Dick tells involves his former

teammate, good friend and 2009 Lions coach Ian McGeechan who visited the country in 1997. While there he fell into conversation with the Minister for Sport, who had been imprisoned on Robben



Island with Nelson Mandela in 1974. He explained that their guards listened to the matches on radios and every Lions score was greeted by cheers from the prisoners. Dick went on to take his tally of Ireland caps to 14 in 1975 but a painful ankle injury put paid to his promising international career just 15 months after returning from South Africa.

Returning to SA this summer brought the memories flooding back and Dick said it was emotional for him when he visited the changing room at the ground where he had scored a try and saw his name on a plaque.

Although Dick retired several months ago he won't be twiddling his thumbs - his new game is golf and he intends to spend more time on it. However, he is still closely involved in rugby, a lifelong passion that still continues.



Where are they now?

The Rev. Canon Mervyn Dickson

When did you begin your ministry in Ballyholme?
In July 1966

First impression of the parish and people?

Warm and welcoming, generous and hospitable

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

Working with Jack Mercer - foundation of a lifetime of support and friendship.

When did you leave and what was your next move?

I left in September 1970 to become a curate at Knockbreda, Belfast.

Where are you now?

Retired to Dundrum, worshipping in Newcastle.

Hobbies

Walking, golf, using my bus pass, watching sport, and doing cryptic crosswords

Family details

Wife Ann, (we married in Ballyholme days!), one daughter, Penny, who is married and living in London. One granddaughter Emma, nearly a year old.

Favourite music to listen to in the car/home?

Classic FM, continuously

Leisure books found on your bookshelf.

Travel literature - Palin or Theroux, Crime novels, anything humorous and the daily papers.

The Wednesday Club



We started off our new season with a sing-along!

Freddie McNair, one of our parishioners brought a karaoke machine, and despite the initial gasps of "Oh, I couldn't do that", we all joined in together with the words on the screen. We had a mixture of Irish songs, Vera Lynn, Country & Western and the Birdie Song (complete with actions) to name a few.

We were very pleased to welcome two new ladies to our merry band, and hopefully they felt at home.

The afternoon tea proved to be up to its usual standard, which was enjoyed by all. Anna Hillen won the first draw of the season, and we look forward to seeing you (and your friends) all again on the 7th October.

Sue

Information Required.....

We try to keep the television screens in the Parish Centre up to date, but of late, this has not been the case, for which we apologise.

If you have something you would like promoted, please drop the details into the office, or email office@ballyholmeparish.co.uk and we will endeavour to amend our screens. This will only work with your help. Thanks

Childminder Needed

Part-time (approx. 20 hours a week)

5 morning drop-offs and 3 afternoon pick-ups from Ballyholme Primary School
Tel. Janet Boal 07729807933

A Date for your Diary

A Messiah Concert by the Ards Choral Society will be held in St. Columbanus on Thursday 3rd December 2009.

More details next month, or contact Stanley Officer.

Need a lift?

Lifts are available to church or the Parish centre by ringing Jim Shaw on

07599794968



Could you pray for one hour?

That idea is a daunting one for many of us but on Sunday 20th September, the Diocese of Down and Dromore will begin a 40 day season of continuous prayer and we are all invited to be part of it.

24-40 Prayer isn't, however, just a giant prayer meeting! We'll use a fresh pattern of prayer modelled on the 24-7

Prayer movement, something that will be new to many but which has roots in a much older tradition of praying around the clock. There will be a designated prayer space (in some cases the church) in each of the locations. These will be decorated with pictures, prayer ideas, and equipped with aids to help make prayer easier for you. If you feel you could join us, we're asking you to sign up for one hour of prayer.

Why do I need to sign up? you may ask. As far as the pattern of prayer goes, we want to have an unbroken, night and day prayer vigil with someone in the diocese praying every hour of the approximately 960. That's why we need to fill specific slots. In general the prayer will be solitary but there will be times when it will be appropriate to 'drop in' to pray or perhaps to join in a service of worship.

The most exciting thing is that the whole diocese will be involved. The 'baton' of prayer will be passed from one location to the next and so will a 'Big Prayer Book' in which prayer requests and answers will be written.

You can even make a prayer request online at www.24-40prayer.org.

24-40 Prayer

While it's the initiative of the Bishop and the Deans of Down and Dromore Cathedrals, we believe it's an exciting opportunity to pray for one another, our churches and our communities, so please get on board!

Ballyholme will pick up the gauntlet for 24 hours from **8pm Monday 19 October**. We hope to be joined by friends from Groomsport and Donaghadee Parishes.



Parish Census

One pressing need was identified early on: it's about time we conducted a comprehensive update of our parish records. We have decided to do this in conjunction with a long overdue upgrade of our office technology. Communication is such a critical part of parish life and we know our office system is badly in need of an update so the simplest way to go about this will be to start from scratch with a new software package. A number of tailor-made Church computer resources are now on the market and we are currently considering which package to choose. A draft copy of the census was presented at the second June discussion night and we hope it will be ready to go in December.

For now, if you would be willing to help in any way with this mammoth task please get in touch with Sue at the office.



have your say!

Taking the best of the past into the future

As you will know by now our aim with this parish consultation process is to set some goals for the run up to 2015 (the 1400th anniversary of the death of St Columbanus) and the years following. All the group and individual responses are now available for your perusal under the News section of the parish website. Where possible we have reproduced your contributions word for word and the vast majority of the responses you will see appear completely unedited.

To the five question response files the Rector has added his own reflection and some action points as agreed by the Select Vestry. Thank you for your involvement so far and for taking the interest to read and think further - and thank you to Joan Dales who saw through the laborious task of typing up all the responses.

St. Columbanus' On Tour 2009

The Far Travelled Parishioner around the world



- 1. Clive and Elanor Mulholland at the Grand Canyon.
- 2. Flying with the Earls at Rathmullam, courtesy Rob Armstrong.
- 3. Sue Bleakley at the crossroads of Europe, Colmar in France.
- 4. Heather and Conor Johnston in Cape Cod.
- 5. Anonymous and The Parishioner in Glenarm Marina.
- 6. The Parishioner in Piazza de Ferrari in Genoa, courtesy of Leslie Adams.



Summer Activities of our Young People - Home and Abroad

As most parishioners know, our Youth were scattered far and wide this summer. As so much was happening, the magazine has expanded by 4 extra pages, so all their goings on can be shared with you.

Home

Ballysillan 2009

From the 11th to the 17th July a team of the young people from our church led by Dave went on our annual trip up to Ballysillan in North Belfast to help volunteer in the Blue Houses, a YFC run drop-in centre. This was our third year of going up to Ballysillan, but this year was very different to the previous years as we were up over the Twelfth holiday. For many of the people from the community, this time is the most important part of their year, some value it even more so than Christmas so to recognise this, our team went with the people from Ballysillan to the bonfire in the local area and then to the parades on the Lisburn Road. For many of our team it was their first experience of going to a bonfire or parades. Although it pushed the team out of their comfort zones, the people from Ballysillan really appreciated the fact we were showing an interest in the most important part of their year. For the rest of the week we were in and around the drop-in centre, building relationships with young people and adults from the local community; we helped at fun days and did a bit of gardening and cleaning local houses. During the evenings the Ballyholme team took charge of the drop-in, we mingled and got to know the young people that came into the Blue Houses and then we all got together and played some games, had some interviews and each night a different person from our team shared their experience of God. Miriam, Pete and Laura the full time youth workers in the Blue Houses, do a great job all year of showing God's love to the community in Ballysillan through the drop in centre and once again it was a privilege for our team to be a small part of that for a week this summer.

Katie Smyth

Ballyholme at home

We had two action packed weeks at the end of July with our programme for Jumpin' and X-cess. Jumpin' was as popular as ever with many children coming through the doors to be involved in many activities, including a Teddy Bears' picnic, Sports Day, biscuit making and Railway Riots. Back again due to popular demand in the Wallabies section was the Wallabies' Formal with the highly esteemed Wallaby Awards and a 'rave' which gave leave, for leaders and children alike, to showcase their moves to the tunes of DJ Robbie.

The children were entertained each morning with an epic drama series 'Indiana Jesus' directed and filmed by the critically acclaimed Andy Payne. The drama followed the theme of the temptations of Jesus and starred Matty Girvan as an all too convincing devil. Indiana Jesus was a resounding success among the children and a welcome change from 'Veggie Tales'.

This year's team was relatively young and many of those who were leading for only their second time and even their first, stepped up and proved invaluable, establishing themselves as key leaders in the future. The team morale was incredibly positive and this was reflected in the time spent with the children, creating an exciting and high spirited atmosphere.

Sadly the end of Jumpin' saw the end of Andrew Morrison's time with us in Ballyholme. We marked the occasion with a time to share our favourite memories of Andrew's leadership and friendship through a video diary composed by Dave. Andrew (Morri) took on the responsibility of leading the youngest section at Jumpin, the Tiggers and he proved a very able and organised leader. Morri will be sorely missed in Ballyholme especially at Y.F.

While one busy and fast paced week of Jumpin' came to a close, another began. X-cess, in only its second year of running, attracted many teenagers. The doors were open in the afternoon for young people to get involved in various activities of their choice including table tennis, guitar

hero and rounders.

The evening sessions brought much humour with 'youtube video of the day' and 'i-pod idol'. This was followed by a talk delivered by one of the leaders. Each night the speaker focused on an aspect of Jesus' life which were; humility, service, prayer and glory. The night ended with live music from some well established up and coming musicians including 'Six Star Hotel', 'The Good Fight', Craig McConkey, and a personal favourite, our very own Adam Bradley.

The two weeks ended with many children and young people, leaders included, looking forward to Easter Jumpin' and X-cess already! This reflects two very enjoyable weeks had by all. A huge thanks goes to David Cavan who, in the middle of a very busy summer, committed himself to making Jumpin' and X-cess happen, and put up with, and got involved in, the late night 'banter' the leaders had.

Andy Hamilton

Greystones CSSM

CSSM stands for Children's Special Service Mission. They happen worldwide, you've probably heard of Ballyholme CSSM. Greystones CSSM is the only CSSM in the whole of the Republic of Ireland, and because of this it's a really big event! Many people across Greystones pitch in and help prepare for CSSM by creating props, printing leaflets, and even opening up their houses so that people who come from far away have somewhere dry that they can eat their lunch!

It's similar in some ways to Ballyholme CSSM; three sessions a day filled with games, talks, Bible studies and fun! However, it's a beach mission, so instead of a morning session for the children there is a very informal service on the beach - we build and decorate a pulpit out of sand, put up banners and generally have a good laugh!

The purpose of CSSM is to communicate God's Word to children in a fun and interesting way, to give them a chance to learn about God, and also to provide an environment where they feel comfortable about asking questions - Greystones CSSM definitely accomplishes this.

I've thoroughly enjoyed doing Greystones CSSM, I can't wait until next summer's! If anyone's interested in helping out please get in touch!

Emma Jackson (Tel: 07743 214 593)

Away

Trip to Albany USA

We arrived at camp to rain and lightning, just like back home!! Week 1, I was assigned to work with two very special blind children. Nick, age 6 and Nattie, age 7. Being blind didn't stop them doing anything. Swimming lessons in the lake, alongside the snakes and leeches! High ropes, so no excuse for me not to do it! After nap time, we had RE, incorporated with a craft session.

Week 2, I was working at over night camp. Surprisingly, after a day full of activities, worship and team games the "happy campers" did sleep.

The trip has left me with so many new friendships, wonderful experiences, a visit to the ER room for a CAT Scan, but sadly no Dr McDreamy in attendance! I learnt so much about the challenges some of the kids are facing and could see that the opportunity to come to camp and leave behind some of their troubles is a key part of what makes Beaver Cross such a unique and special place.

Thank you to everyone that helped me raise the funds to go and prayed for us while we were out there. There is so much more I could say!



Tara Osborough

Uganda Ekisa Team

It was now all the planning became reality!!!!.....That's how I and 22 other people felt on the 9th August at 10.30am arriving at Belfast City Airport, getting ready to set off on our first of three flights to Uganda - the Ekisa Team. The excitement of the early morning had worn off a little by the time we boarded the Kenya Airways night flight to Nairobi.

After not much sleep, but a lot of excitement, we landed at 6.30am There was a short wait until we undertook our final flight to Entebbe in Uganda . Not surprisingly, we all slept on that flight!!

It was indeed a feat of organisation that, having finally reached our destination, our luggage had arrived also, apart from poor Laura's, (who very quickly acquired a borrowed wardrobe!!) Meeting our link in Uganda, Alison, re-lit our enthusiasm which was tested by the last part of the journey to Kiwoko Hospital --a 3 hour bus journey. This journey was a real eye-opener to the country, its people and the challenges this country meets on a daily basis. So very different in the flesh - from what we even see on a TV screen. Despite our fatigue, many of us toured our temporary home, the Hospital and the surrounds. Our purpose for being here now became



real. We were out here for two weeks sharing something of what our faith means with children belonging to staff from the Hospital, local schools and those suffering from HIV. How humbling is that? What a great privilege!

On the first week we were busy with 4 different kids' clubs and for 3 of these, we had to go out to the schools. How these children value their education. How much they appreciated us. How happy and content they were with their lot! And yet, the sight of young children watching us from afar -those who could not afford to go to school -that is the stark reality.

All the children were so happy to see us, holding on to our hands and jumping up on us. Our preparation at home was now paying off as we worked with the children in different age groups. Our theme for these first clubs was "acceptance". The second week brought even bigger challenges working with the same children for 3 days, children with HIV/Aids. Everyday we had a different theme , the first was "love", second was "sin and forgiveness" and finally "acceptance". It was incredibly hard to say goodbye to all these children as we had formed strong bonds with them.

Exhausting days were often lifted by crazy evenings with the Ministry of Fun. For legal reasons I cannot disclose the exact shenanigans that went on, but no doubt, the secrets will all be revealed in good time (including Dave's keenness to wear Britney Spears look-a-like clothing !!! Whoops ! That's that secret out !! How do I explain what we experienced - the thought-provoking challenges of our morning prayers (Yes ! Morning !! 23 of us in the morning is indeed a sight to behold)- the sheer joy on the faces of the young children and their contentment with their lot - the excitement of their worship - their thankfulness to us . Our final days on Safari were amazing and we all loved being out there. I really want to go back and do this sort of thing again.

Dave was a real star, as were Sam and Suzanne for looking after us all for 2 weeks. Such an awesome experience -life changing it certainly was !



Another side to the same story

In August 22 young people travelled out to Kiwoko hospital in Uganda. We were there for two and a half weeks working with two different Ugandan teams running kids' clubs in the hospital and the surrounding area. The name of the team was Ekisa, which means Grace in Luganda.

Kiwoko hospital was set up in 1988 by Dr Ian Clarke from Bangor. It was originally set up as a small health clinic under a tree and it has gradually grown into an impressive complex with many wards and departments. It serves a population of roughly half a million people.

During the first week we went to three different schools in the area surrounding Kiwoko. We ran an afternoon programme about how God accepts each and every one of us. At the end of the first week we also ran the same programme in the hospital itself for 'staff kids'; children and relatives of anyone who works at the hospital.

The second week was slightly different; we ran a three-day programme in the hospital's HIV/AIDS Rehab department for children from 5 to 18 yrs of age. All of the children taking part in this were HIV positive. The programme was called Afaayo, meaning 'He cares'.

At the end of the two weeks we all went on a two and a half day safari to a place called Murchison in the North of Uganda. We got the chance to see elephants, hippos, rhinos, crocodiles, giraffes, monkeys and even lions!

All who went on the team found it extremely challenging. It was humbling to see how little they live on, yet their lives are so full of joy, while we spend a lot of our time complaining, despite having far more. How often have we complained about the rain? How many times in life have we complained about the service provided by the NHS?

This trip to Uganda has really helped me to see things in a different light, it's enabled me to compare my life to someone else's, someone who has very little, yet is strong in faith in God and is full of joy and praise just because they're still alive.

We would like to say thank you to anyone who supported us in any way; financially, through prayer or by commenting on the blog, it was extremely cheering to hear the comments read out each evening!

Emma Jackson

For more information have a look at our online blog:
<http://www.cmsireland.org/blog/ekisa2009>

Or at the Friends of Kiwoko Hospital site: www.fokh.org.uk

Our other team, as you know headed off to Kajiado, but unfortunately, due to lack of space this month, that article will have to be included in the Youth News next month.



Cup cakes are very popular at the moment. The Hummingbird bakery in London is becoming renowned for its delicious cakes and the following recipes are taken from their own cookbook. (The recipe for green tea cupcakes is especially included for those of us who have bought green tea and discovered that they really don't like it as a drink!)



Green Tea Cupcakes (Makes 12)

120ml whole milk, 3 green tea bags, 100g plain flour, 20g cocoa powder, 140g caster sugar, 1½ tsp baking powder, pinch salt, 40g unsalted butter at room temperature, 1 egg, ¼ tsp vanilla extract

Green tea frosting: *250g icing sugar, 80g unsalted butter at room temp, 20g Matcha green tea powder plus extra to decorate, 25ml whole milk*

Put milk and green tea bags in a jug, cover and refrigerate for a few hours or overnight if possible.

Pre-heat oven to 170C (325F or Gas 3).

Put flour, cocoa powder, sugar, baking powder, salt and butter in an electric mixer and beat on slow speed until you get a sandy consistency and everything is combined.

Remove the green tea bags from infused milk and combine with the egg and vanilla extract.

Slowly pour half into flour mixture, beating well until all the ingredients are well mixed.

Turn mixer up to high speed and beat well.

Turn speed back down and slowly pour in remaining milk mixture. Continue mixing for a couple more minutes until mixture is smooth.

Spoon mixture into the paper cases until 2/3 full and bake in oven for 20-25 minutes or until sponge bounces back when touched.

Leave to cool slightly before turning out onto a wire cooling rack to cool completely.

Green tea frosting

Beat together icing sugar, butter and Matcha powder in an electric mixer on a medium to slow speed until mixture comes together. Slowly pour in milk and then turn up to high speed. Continue beating until the frosting is light and fluffy, at least 5 minutes. When cupcakes are cold, spoon the frosting on top and decorate with light sprinkling of Matcha powder.

Pumpkin Cupcakes (Makes 12)

These are popular at Halloween.

120g plain flour, 140g caster sugar, 1tbs baking powder, 1½ tsp ground cinnamon plus extra to decorate, pinch of salt, 40g unsalted butter at room temp, 120ml whole milk, 2 eggs, 200g tinned pumpkin puree

Cream Cheese Frosting: *300g icing sugar, 50g unsalted butter at room temp, 125g cream cheese*

Preheat oven to 170C (325F or Gas 3)

Put flour, sugar, baking powder, cinnamon, salt and butter in an electric mixer and beat on slow speed until you get a sandy consistency and everything is combined. Gradually pour in half milk and beat until well mixed.

Add eggs to mix and beat well. Stir in pumpkin by hand until evenly dispersed.

Spoon mixture into paper cases until 2/3 full and bake in oven for about 20 minutes or until light golden and sponge bounces back when touched. Leave to cool slightly in tray before turning out onto a wire cooling rack.

Cream Cheese Frosting

Beat icing sugar and butter together in an electric mixer, on medium speed until mixture comes together. Add cream cheese in one go and beat until completely incorporated. Turn mixer up to medium-high speed. Continue beating until frosting is light and fluffy, at least 5 minutes. Do not overbeat as it can become too runny.

When cup cakes are cold, spoon the cream cheese frosting on top and finish with a light sprinkling of cinnamon.

HARVEST FAMILY FUN**FRIDAY 2nd OCTOBER****THE PARISH CENTRE****7.00 - 9.30 pm****Entertainment &
Scarecrow
parade****£5.00 per adult
Children Free
*Includes light supper****Limited amount of tickets available***Available at the back of the church
or in the Parish Office****HARVEST SUNDAY****Services**

8.30 am	HOLY COMMUNION
10.00 am	FAMILY WORSHIP
11.30 am	MORNING PRAYER
6.30 pm	SONGS OF PRAISE

The Dedication of the new Kajiado window for the Parish Centre will take place between the two morning services

Mission Fundraising

Coffee & Scone only £1 -
Parish Centre between services

Harvest Lunch - Soup & Roll followed by
Apple Tart and Ice Cream
12.30 approx.
All donations welcome!

All monies received will be distributed
by the Mission Committee.

*If you are hoping to attend the
Harvest Lunch, please sign the list
at the back of the church -
numbers are needed for soup
making purposes!*

**Where in the Church is it?**

Sorry, last month we forgot to publish the answer to the previous magazine puzzle. Anyhow, better late than never.

How many of you knew what it was?



What's on your iPod (or MP3 Player)?



HEIDI THOMAS

Heidi is looking forward to going back to college in October, after a gap of 15 years! She enjoys walks on the beach and sampling various coffee shops in Bangor.

- | | |
|-------------------------|--------------------|
| 1 You give me something | James Morrison |
| 2 Cannonball | Damien Rice |
| 3 Leave right now | Will Young |
| 4 Naive | The Kooks |
| 5 Broken Strings | James Morrison |
| 6 When loves takes over | David Guetta |
| 7 The Show | Girls Aloud |
| 8 My immortal | Evanesence |
| 9 Left outside alone | Anastacia |
| 10 Voice within | Christina Aguilera |

MOTHERS'



As we begin a new season of Mothers' Union, the committee and I extend a warm invitation to all ladies in the Parish to join us for any of our Branch evenings or events. We aim to provide a varied programme which is spiritually challenging, informative and uplifting and should contain something of interest to everyone.

Our first meeting on Monday 5th October at 8pm is a "Table Quiz"

Just drop in and enjoy the fellowship and fun. We would really love to see you.

Pat

OPERATION CHRISTMAS CHILD SHOE BOX APPEAL 2009



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

Wrapping and filling a shoe box can be great fun, especially when you know how much these gifts will be used and treasured and may be the first Christmas gifts that these children have ever received in their lives. All you have to do is follow the instructions on the leaflet. Cover your box in some brightly coloured Christmas paper and then fill it with items from each category on the list.

Deliver your shoebox to me at 132 Donaghadee Rd by the 15th November at the latest together with £2.50 per box for carriage.

Your shoe boxes will be processed by volunteers and delivered to needy children regardless of nationality, political background or religious beliefs. (Our boxes usually go to countries in Eastern Europe)

For further information and a leaflet please contact me on 91460050 Many thanks

Carole Caruth

Wednesday Communion & Prayers for the Sick

A Holy Communion service is held each Wednesday morning in the Parish Centre. If you are free sometimes through the week, why not come and join us? Fellowship is continued after the service with a cup of tea, biscuit and the all important chat.



Brownie Pack Holiday 2009

After arriving at Lorne house and all the excitement of finding out what rooms we were in, the Brownies settled down for some great craft, led by Ann and Sue. Then it was down to the domestic side of things, when Margaret (Brown Owl), Heather and I guided the children through making sandwiches for their lunch and peeling potatoes for dinner. That was good fun - there



Cutting the cake

were potatoes going everywhere! We had more fun and games (and juice and biscuits), then it was off to bed where there was plenty of giggles and midnight feasting going on!

Bright and early next morning we took part in the activities to celebrate 100 years of Guiding. Over 500 Rainbows, Brownies and Guides from all over North Down came to participate in craft, treasure hunts, games and challenges and thankfully the weather was kind - warm and sunny. Finally we congregated together on the lawn to cut the cake and sing some songs.

After a beautiful dinner came the highlight of the evening: the 'Hannah Montana' themed talent show. We had Irish dancers, comedians and singers among us and even some of the shy girls braved the limelight. Off to bed early after such a tiring day and

there wasn't a peep to be heard!

Sunday was not so kind: it was on with the raincoats and trainers as we made our way to the Cube course (a very large climbing frame). After getting all geared up with helmets and harnesses, the brave Brownies were climbing up like monkeys while we leaders cheered them on in admiration. On to the Abseiling we went and again there was no shortage of enthusiasm, "Can we have another go, please?"

Bringing our muddy shoes, we made it back to the house for hot dogs and salads before Eva

was presented with the award for 'Brownie of the Year.' All packed up, parents arrived and there were happy reunions all around.

On behalf of everyone, thanks go to Margaret, Ann and Sue without whom this brilliant event could not have taken place. A fantastic camp which each girl will have lovely memories to look back on!

Sarah Jackson



Eva - Best Brownie



Two brave girls on the Cube

The Parishioner enters the electronic age

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