

Church of

St Columbanus

Parish of Ballyholme



November 2009



Harvest Happenings

See the pictures
on pages 6 & 7



The Parishioner

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

In This Issue

◆ Wednesday Club

A very interesting story from last month's guest speaker.

Page 4

◆ Harvest Pics

Check out the photos from all the Harvest events.

Pages 6 & 7

◆ Parish Profile

This month the profile is of Robbie Jackson.

Page 9

◆ Youth News

Experiences of the JUMP Programme and further thoughts about Kenya.

Page 10

◆ Quiet Corner

Do you believe in angels? Jane Smyth does.

Page 11

◆ Front Cover

This month's front cover photo of Ballyholme is by Nicole Watson.

◆ Magazine Contact

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The Rambling Rector

'They just don't get it'. That phrase has variously been applied to Gordon Brown, bankers, moat-cleaning Tories, BBC fat cats and indeed so many others that one journalist has predicted there will soon come a time when the number of people who just don't get things far exceeds the number of people who do. 'They just don't get it' is now used anywhere and everywhere. I'm sure people of faith have said or thought it of people of no faith - and vice versa. Some of you have probably said or thought it of me! What about Christ Himself? Is there a hint of 'they

just don't get it' as He weeps over Jerusalem: if you had only recognised the things that make for peace? Could it be the reason God sent His Son among us in the first place? It would certainly help account for all that Jesus said about this life not being all there is to it. Of course at some point the penny still has to drop. Most of us would probably say that we only 'got' the stuff about eternity once we discovered how fleeting and fragile a thing life really is.



SED



'Secret Believers'

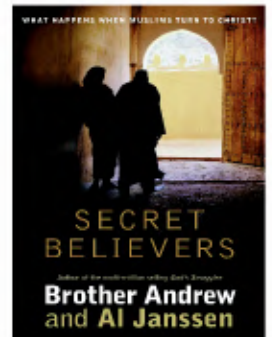
by Brother Andrew and Al Janssen

This is one of the most gripping 'faction' books I have read in a long time!

The story revolves around Muslim men and women who have chosen to convert to Christianity whilst still living in an Islamic state.

Although most Islamic countries claim to tolerate other religions, the true facts in this story reveal that Christian Muslims risk rejection by their families and friends, they are not allowed to share their faith and, in some cases, they suffer persecution and even death by extremist Muslims.

'Secret Believers' tells how Brother Andrew works tirelessly and keeps going to provide practical resources and spiritual encouragement that will aid these oppressed Christians to continue living faithfully against all human odds. This book is definitely worth buying - my husband and I found it a compelling read.



Margaret Parr



Invite you to our November night
4 Tables ... 4 Courses...
A traditional Thanksgiving dinner!!
Monday 9th November
8pm
in Kajiado Room

Welcoming all Gals!

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



TIMOTHY SMYTH

In order to de-stress from the busy day I enjoy listening to various artists. These are some of my most listened to Christian songs...

- | | | |
|----|-----------------|---------------------------------|
| 1 | Selah | Be still my soul |
| 2 | Fernando Ortega | Great is Thy Faithfulness |
| 3 | Chris Tomlin | All the way my Saviour leads me |
| 4 | Mercy Me | I can only imagine |
| 5 | Fernando Ortega | Pass me not |
| 6 | Selah | Sweet Jesus |
| 7 | Selah | Be Thou near to me |
| 8 | Fernando Ortega | Sing to Jesus |
| 9 | Selah | Faithful One |
| 10 | Selah | Bless the broken road |

Harvest Thanks

What a weekend of Harvest Thanksgiving!!

Our first thanks must go to the designers and crafters of that fine array of very friendly scarecrows: They certainly were a talking point around the Parish Centre.

Our second thanks must go to all involved in the Family Fun Night.

Harry Dorman was an enthusiastic "caller" - many budding "Come Dancing" stars took to the floor that night (Please keep those skills sharp for next year!)

Our third thanks must go to all involved in the Soup Lunch. Those favourite recipes taste better and better.

Our fourth thanks rests with every one of you who munched your way through that Smartie tube and then paid for the pleasure of it!

Our HARVEST brought together our Ballyholme Family for that we give you thanks.

TOGETHER we have raised **ALMOST £2,000**
TO SUPPORT OUR OVERSEAS PARTNERS
A VERY SPECIAL HARVEST OF THANKS
(Mission Support Team)



Would you like to do something to help people in prison this Christmas, who get no mail, presents or visitors?

Could you spare an hour or two each week to copy out letters between October and September 2010? Hand written letters are really welcomed by prisoners and their contents often get men and women and young offenders thinking about things that really matter.

Last year, over 14,000 were distributed in England and Wales; 900 in Scotland, 2000 in the Irish Republic and 720 in N. Ireland. Also 600 to English speaking people in Africa. It takes 3 months for letters to be sorted and distributed to hundreds of prisons, hence the need to start in October and continue to the following September.

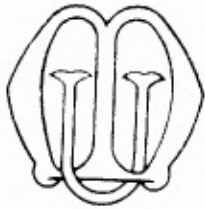
These number of letters do not meet the demands.

Decorated paper and letters to copy are provided, but not stamps, to send completed letters (in batches of a one or two dozen) to Christmas letters to Prisoners HQ in London. Samples, instructions and other literature can be obtained from Sheilagh Jebb, 27 Godfrey Avenue, Tel: 91459020

Weekly Holy Communion

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.





MU Notes

The "Crafty Stitchers" will be taking our meeting on Monday 2nd November to show us how to make some items for Christmas. This will be a hands on evening so please bring scissors. The MU Enterprise stall will also be available to purchase Christmas Cards and Diaries.

On Wednesday 9th December we will be going to the Carols by Candle Light evening in the Ulster Folk Museum followed by supper at Lorne House. Admission to the Museum is by ticket only. Anyone who would like to go should please give their names to Barbara or Janice by Friday 20th November.

Pat

The Wednesday Club

Before we started this month, one of our committee, Audrey, read out a letter from her daughter thanking us for our donation of bun money, to help out the orphans she works with. She said every little counts, as they have so little.



Our ladies this month were treated to a very interesting talk from Walter Hope on his trip to Swaziland on behalf of the charity Samaritan's Purse. He talked about his visit there and showed some slides. He also ran a video on children receiving their annual shoeboxes and the joy that these small gifts brought to so many. Below is a shortened version of his story.

"In July, as part of a Samaritan's Purse Team, I travelled to Hawane in Swaziland to work at the Hawane Zantsz Farm Complex.

The farm is split into two sides - the first is to look after approx 50 children, aged from just 2 years to 19 years that have either lost their parents or have been taken into care after suffering horrendous abuse from their families. The second is "Teen Challenge Ministry International" side which has approx. 40 boys and girls on site, aged between 15 years and 24 years that have been living on the streets and suffering from drug and alcohol abuse. TCMI are now teaching them basic Maths, English and Religious Studies as well as a trade or computer skills.

Hawane also has a pre-school which caters for around another 100 children, aged from 3 to 6 years, from the local community. Education means everything to these kids. They will try to go to school no matter how ill they are and, as a lot of the Orphans at the Farm are HIV positive, with a large number of them with full blown AIDS, the Centre has built one

"Home School" classroom, and are in the process of building two more.

So while the children were at school we worked. We cleaned out and painted in the new education areas. We also found some really old and dilapidated play equipment on the complex that the children were banned from using because of their dangerous condition, a jungle gym; some swings, and a see-saw, which we were able to repair. I made some sand pits and we were then able to form a play park for them to enjoy. On an afternoon after school we took the children for crafts, Jesus Discovery Time, and games.

This was altogether a different experience from my previous Samaritan's Purse Work Team Projects, where we worked in the rural communities of Mozambique, but no less rewarding or worthwhile."

We finished our afternoon with an enjoyable cup of tea and buns. The winner of our draw this month was Emily Weir.

Why don't YOU join us next month?

Sue





Golf Society

On a beautiful sunny afternoon at the end of September, 21 golfing parishioners met up at Mahee Island Golf Club for a friendly battle (there is no such thing as friendly!) of golf.

Stanley (2 birdie) Officer was narrowly pipped to the winning post by Martin Graham on the back nine, who carried off the men's prize. Gem (the hair do) Moran came out tops in the Ladies' game.

Craic and a good meal were enjoyed by all and we look forward to our next outing on the 30th December to Helen's Bay Golf Club. Tee off from 9.30 onwards.

For more details, contact me on 07790520916, or contact the Parish Office.
Harry

Handel's Messiah

A concert of Handel's Messiah by the Ards Choral Society will take place in St. Columbanus Church

on **Thursday 3rd December 2009**
at 7.45 pm.

The choral society is under the musical directorship of our own Mr. Ian Bell and the organist is Mr. Noel Williamson.

Guest Soloists:

- | | |
|-----------|-----------------|
| Soprano | Elizabeth Ross |
| Contralto | Anne Morrow |
| Tenor | John Porter |
| Bass | Nathan Morrison |



Tickets are on sale at £10 each, and can be purchased from the parish office or from any choir member.

Please support this fund raising venture as it is a very fitting way to prepare for the Christmas celebrations.

Stanley Officer

Dance the afternoon away with Ballyholme's answer to "Strictly Come Dancing!"



TEA DANCE

MONDAY 30th NOVEMBER
2.00 - 4.00 PM
IN THE PARISH CENTRE

Dust off your dancing shoes and join us for our **FIRST** tea dance.

For more information, contact Karen at the Parish Office

Parish Census

As of January our office computer system is changing, so as we alerted you in last month's *Parishioner*, our intention is to conduct a thoroughgoing update of our parish records.

Our thanks to those who volunteered to help with this mammoth administrative task and we would like to put that group of people - and any one else who wants to help - on notice for the week beginning 15 November.

The basic plan is to send the forms out with the December magazine. Please don't worry if you don't get a magazine delivered, we realise not everyone is part of our current contacts system.

There will of course be a form for everyone so if you haven't got one all you need to do is mention it to us in the parish office. We will give you all you need.

Once you have amended and completed your form please seal it in the envelope and pop it in the box in Church some Sunday (or give it to Sue in the office during the week). It would help us immensely if you could get your return back to us as quickly as possible.

Only to add that while we will make every effort to be correct and precise in what we send out, bear in mind that we are dealing with approximately 1,100 families. Mistakes and oversights will be made and we apologise for these here and now, in advance. Please forgive us!

Harvest Happenings





This month we have two tasty vegetarian meals for you to try.

Butter bean casserole with cider (serves 6)

500g butter beans, 400g onions, diced, 3 garlic cloves, crushed, 100ml olive oil, 250g carrots, cut into chunks, dash of soy sauce, 100ml cider, 250g courgettes, cut into chunks, 150g button mushrooms, 250g sweetcorn kernels, handful fresh basil, handful fresh coriander, salt and freshly ground black pepper

Boil the butter beans in plenty of water until they are tender but still intact. Meanwhile, sauté the onions and garlic in heated olive oil until pale golden. Add the chunks of carrot and continue to sauté for a minute or two, adding a little soy and some of the cider. Add the courgettes and sauté for a further minute. Add the mushrooms, sauté for a few minutes, adding a little more soy and a little more cider, together with salt and pepper to taste. Finally add sweetcorn and continue to stir.

Add cooked butterbeans with a little of the liquid they were cooked in, and simmer gently for a further 10 minutes, adding the remaining cider so that all the flavours come together.

Mix with plenty of chopped fresh basil and coriander and serve with chunky wholemeal bread.

Cauliflower curry (serves 4)

3tbs olive oil, 2 onions, finely chopped, 1cm piece ginger, peeled and grated, 3tbs curry paste, 400g tin coconut milk, 400g tin chopped tomatoes, 1 cauliflower, broken into pieces, 2 potatoes, peeled and cut into 2cm chunks, 3tbs freshly squeezed lemon juice, 200g spinach leaves, washed, salt to taste

Heat the oil in a large saucepan and fry the onions for 5 minutes over a medium heat until softened, stirring occasionally. Add the ginger and curry paste and continue to fry for 3 more minutes, stirring continuously.

Pour in the coconut milk and the chopped tomatoes and bring to a simmer. Add the cauliflower and the potatoes and cook for about 25 minutes or until the potatoes are softened. Season with salt and remove the saucepan from the heat.

Add lemon juice and spinach, cover and leave for 2 minutes. Serve hot.

(TV Chef
Gino D'Acampo's
recipe)



News from the Scouts

3rd Bangor Scout Troop spent the summer in Newcastle, Co. Down, where the Scouts spent a wet week camping under canvas. However we still fitted in an action packed week going deep river bouldering, climbing, swimming and a lot of water.

Since starting back we have been to the district camp up at Crawfordsburn Scout Centre and the Driving Range. We will be back at Crawfordsburn in November for the SCUB camp, where the Scouts join the Cubs in a weekend camp with a Super Hero theme.

If any boys or girls are thinking about joining us, come down and visit us.



WANTED

I am travelling out to spend Christmas in Uganda at Kiwoko Hospital with Rory and Denise. If anyone has extra calendars or diaries they would be very useful out there. I leave on 12 December so would need them no later than 10 December please. Thanks!



Christine Wilson 91465587

Robbie finds that “It’s good to talk”

As a long standing member of St Columbanus, Robbie Jackson is a familiar figure not only in the congregation but also at the front of the church as a lay reader.

He has been a member of St Columbanus since coming to Bangor when he was a boy. Prior to that the Jackson family had quite a peripatetic lifestyle as a result of his father’s career in the RAF. But they settled in Bangor when he was just 11 and Robbie became a pupil at Bangor Grammar School.



Robbie studied Maths at Cambridge and then went on to do a PhD in Theoretical Atomic Physics at Queens University in Belfast. Robbie jokes that this impressive sounding qualification was just a “way of staying a student” but it led him to a position with BT in their newly opened software centre in Belfast. It was just one of two or three new innovative centres being opened by the company throughout the UK in a bid to attract local talent to come and work for them.

As Robbie recalled “I was learning as I went along. I did not have a great deal of background in computers, they were like a black box to me.” Despite his initial inexperience, it was a job that Robbie very much enjoyed and the fact that he is still there, 27 years later, is testament to that.

Over those years, the company has evolved and changed a great deal, as has his role within it. Now, the Internet and Broadband are tremendously influential, sparking sweeping changes in the way computers are used. “In the days when I joined BT it was thought of as a phone company but now the emphasis is on the Internet,” said Robbie.

Robbie met his wife Fiona through his sister as they were friendly at school. They began dating in 1983 and married in 1984. They have three children - Emma who is now studying medicine at Edinburgh University, Andrew who is in his final year at school and Stephen, who is in third form. Within St Columbanus, Robbie explained that he went down this path of becoming a lay reader after participating in house groups where he was encouraged by feedback from people who told him that they found what he was saying “helpful”. “I thought that maybe this was some way that I could use something I have for God’s glory,” he recalled.

Robbie is no stranger to public speaking - often he is called upon to do presentations in work, something that does not “faze” him. But, he says it is a different matter when he has to stand up in the pulpit in front of a packed congregation - that can be quite a “challenge”. His preparation for the Sunday sermons is thorough - Robbie explained that there are set readings for each week and he looks at them to decide which might be the easiest to give a sermon on. Sometimes he has ideas at the back of his head and often he will look up articles on the Internet where there are lots of sermons and glance through those, a bit like “brainstorming”. Robbie estimated that it can take him a “few hours”, up to six, to prepare. But however much he enjoys his lay readership challenge he is adamant that he would not wish to go further and become a minister. “That is a whole different ball game - I think that is a very challenging job,” he says. Being able to help Simon and Stephen in their ministry is also rewarding for him.

By the time this article appears in the magazine, Robbie will have returned from his journey to Kajiado, a trip that was exciting him very much. “I have always had a hankering to go to Africa to see the wildlife,” he said. He was able to call on Emma for some valuable advice as she was part of a 22 strong group of young people who went out to Uganda during the summer. “This is an opportunity to meet people on a closer level when we go there. Often when you go on holiday you do not have that chance,” he added.

By Rosie Lawther

Jump Programme

My name is Katie Smyth and I have been coming to Ballyholme YF and helping in children's church for a few years now. After finishing school a year ago I decided to take a Gap year and joined the JUMP programme which was the same programme that Andrew Morrison joined who was at Ballyholme last year. I was placed in a church called St. Mary's which was in Ballybeen a housing estate in Dundonald. I was placed there with another JUMP intern called Sabrina and together we were part of everything in the church that involved the young people and children. We helped at GB, BB, Youth Club, Mums and tots, Cells groups and worked with the youth on Sunday mornings and nights. It was good to be part of so many organisations as we got to know a wide range of young people and people from the church, but it also was hard work and we were kept very busy. We also started up an SU group in Dundonald High School which was really worthwhile,

challenging but fun and on a few occasions led the assemblies in the school. One of my highlights from the year was the fact that the Church itself was so welcoming. I was not only welcomed into the church but into the families of those who went to the church. The people of the church were also very generous, not only with their time but with gifts of money and food! There were hard times and good times from my year. I learnt a lot about myself and about the importance of spending time with God and staying faithful to him. Before the year I had never really thought that much about youth work and whether I would like to do it in the future, but the year has given me more insight into what it's about and the value of it. Although next year I am going to Queens to study Physics, I know that I will do youth work at least on a voluntary level and maybe have a career in it in the future. Overall the year was very worthwhile doing; I met some great people and it gave me a good insight into what working in a church and what youth work involves.

Hello,

This summer I spent July in Kenya on a Mission Trip with CMS Ireland. We arrived in Nairobi after spending nearly a whole day travelling. Driving to Kajiado everyone on the roadside stared at us as we were white. On arriving at our new home we had a very warm welcome by the staff and felt right at home. In my opinion we had 2 main objectives for our trip:

1) To make repairs and improve conditions for learning at Kumpa Primary School;

Two days a weeks were spent at Kumpa; we smashed out the old wooden window frames and shutters and put in new bigger metal frames with glass in them. We filled holes in the walls then repainted everything. This helped create a far better learning environment for the pupils and the community really appreciated it.



2) To build relationships with the people;

We also did dramas and songs with classes in schools or went to churches.

One of the highlights of the trip was staying overnight with a local family. Daniel (from the team) and I stayed with a woman called Ann, and became her sons for a day.

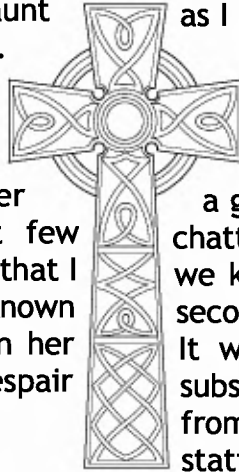
I could go on for a lot longer than this about all we did and saw but other people have things to put in the magazine so I'll leave it at this for now. Thanks for reading.

Andy

The Quiet Corner

Do you believe in angels? I do!

During the summer, just before my aunt passed away, I called in to see her. She had been having a bad day and was feeling quite low. Her face lit up when I came into the room, and the little things that had been worrying her were easily solved within the first few minutes. She repeatedly informed me that I 'must be an angel', that she hadn't known what she was going to do! The joy in her face as I left was so different to the despair at the start.



as I said goodbye to my Mum and Dad, was to hand it over to God, and exercise faith. Little did I know that three 'angels' were to be my saving grace!! The first 'angel' came in the form of a girl who was, like me, flying 'solo'. We chatted easily with each other and before we knew it we were landing in Paris. The second 'angel' tapped me on the shoulder! It was a good friend from Bangor, who subsequently carried my heavy rucksack from the airport terminal to the train station where I had to wait to board a train. The final 'angel' was a lovely old French lady who shared her 'petits gâteaux' with me as I waited for the train.

Many years ago when I was studying French at Uni, I had to spend 6 weeks as an au pair with a French family. I had to travel alone to a foreign country, and stay with a family I had never met, having only corresponded with them on paper. To make matters worse, I had just spent the previous month flat on my back with a slipped disc. It was a very daunting prospect! The only way I knew how to overcome this overwhelming feeling of fear,

If you feel prompted to do something for someone, don't hold back - you may just turn out to be somebody's 'angel' at a time when they need it most!

Jane Smyth

St Columbanus Walkers

From Killinchy Cross Roads and back via Florida (Manor)

Having decided not to attempt Croaghan in the forecast 50 mph gusts, our small group of five parked at the Muffler coffee house at Killinchy Cross Roads and after half an hour in the lovely conservatory there during which time the rain stopped, we headed off inland in bright sunshine on a eight mile circular walk which took in such interesting places as Florida Manor, Kilmoody Parish graveyard, the Old Post Office Tea Rooms at Lisbane and little used country roads. The walk came complete with an abundance of blackberries.

Soon we came upon an interesting restoration project - a mid 19th century flax and corn mill with two waterwheels, grindstones, mill ponds and race, and the bleach green. A neighbour told us it belonged to Robert Gordon of Florida Manor, (he loved flowers), a descendant of a Scottish plantation farmer also connected to Delamont Estate who was buried in Kilmoody churchyard. So off we went to check that out and found the massive Gordon family vault.

On then to Lisbane where we had lunch in the Tea Room garden and across the road to Ardmillan, from where we took a tiny back road which gave us beautiful views over Whiterock and Strangford Lough, returning to the Cross Roads completing the route (for our usual end of walk sustenance).

The next walk is on Nov 7th to Scawt Hill and Feystown on the Antrim Plateau. Meet at 8.30am at the Church car park.

Betty Armstrong



COFFEE TIME

November

1st Pauline Baird, Christine Wilson, Samantha Gouck
8th Anna Gullen, Sandra Hill, Grace McLaughlin
15th Ella Walker, Fiona Jackson, Susan Stockton
22th Pat Davidson, Lynsey McDermott, Maaike Waegemans
29th Julie Monaghan, Heather Glasgow, Fiona Oliva



November

1st: Family Service, no creche
8th: Trish McGrugan, Rosemary, Eleanor Mulholland.
15th: David & Deborah Johnston, Gillian & Jennifer McKnight
22nd: Geraldine Barnes, Debbie Calvert, Heather Johnston
29th: Lynsey McDermott, Susan Culbert, Jennifer Hatch

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



November:

1st: Audrey Irwin
8th: In memory of Dorothy Reid
15th: In memory of Joan Wright
22nd: Patricia Todd
29th: Jackie McCabe

Our Worship

Sunday 1st November All Saints Day

8.30 Holy Communion
 10.00 All Age Worship
 11.30 Morning Prayer
 6.30 Holy Communion

Wednesday 4th November

10.30 Holy Communion - Kajiado room

Sunday 8th November Remembrance Sunday

8:30 Holy Communion
 10:00 Morning Worship & Children's Church
 11:30 Parish Communion
 6.30 X-alt service

Wednesday 11th November

10.30 Holy Communion - Kajiado room

Sunday 15th November 2nd before Advent

8:30 Holy Communion
 10:00 Morning Worship & Children's Church
 11:30 Morning Prayer
 6.30 Holy Communion

Wednesday 18th November

10.30 Holy Communion - Kajiado room

**Sunday 22nd November
 Sunday next before Advent**

8:30 Holy Communion
 10:00 Parish Communion & Children's Church
 11:30 Morning Prayer
 6.30 School for Prayer

Wednesday 25th November

10.30 Holy Communion - Kajiado room

Sunday 29th November Advent Sunday

8.30 Holy Communion
 10.00 Morning Worship & Children's Church
 11.30 Morning Prayer
 6.30 Taize Service for Advent Sunday

FUNERAL	WEDDING
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7th October:
 Elaine Davis, late of
 199 Donaghadee Road

12th September
 Simon Mee, 63
 Hainault Court,
 London & Samantha
 Davidson, Ft 3, 193
 Sussex Gdns, London



Parish Office: 91274912
 Rectory: 91274901
 Curacy: 91271922
 Prayer Line: 91470438

Any articles for inclusion in the December/January magazine, should be left in the Parish Office by **9th November**

ballyholme youth

Sign up to regular emails about the goings on with our youth programme!

Fill it in at www.ballyholme.parish.co.uk/youth

e-zine

Name: _____
 Email: _____

Subscribe