

Church of

St Columbanus

Parish of Ballyholme



Apr 2010



M.U. Spring Sale
and Coffee Morning
Pictures on Page 6



The Parishioner

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

In This Issue

◆ Who is she?

She has Russian, Scottish and Norwegian ancestry. Find out who
Page 3

◆ Building Fund

Debt free in 3 years!

Page 4

◆ Batt's Wall

No obstacle to the walkers

Page 5

◆ A poet in the making

Darcy Larmour puts pen to paper
Page 8

◆ Front Cover

Good Friday

◆ Magazine Contact

email:
office@ballyholmeparish.co.uk

The Rambling Rector

By the time you read this an end of Lent sigh of relief will not be far away. Aside from its promise of sin and death destroyed, as you know for one person this year Easter also meant the promise of a pay cheque - albeit, not until the end of April! For many in North Down the credit crunch has actually meant lower interest rates, smaller monthly mortgage payments and more disposable income. But not so for everyone and as the financial uncertainty looks set to continue I'm conscious that for me at least there was light at the end of the tunnel. The prospect of living

without that light is not appealing and for the Christian that's where Easter brings such good news. It's not simply the gateway to the new life and growth of spring and summer. Take Christmas away, as one writer puts it, and, in biblical terms, you lose two chapters at the front of Matthew and Luke; nothing else. Take Easter away, and you won't have a New Testament; you won't have a Christianity; as Paul says, you will still be in your sins. Something else you won't have is any real reason for hope.



SED

David Cavan: Congratulations



As the Rector announced in Church on Sunday 28 February, after four years with us in Ballyholme our Youth and Children's Co-ordinator David Cavan has been appointed Youth Officer for the Diocese of Derry and Raphoe. There'll be plenty of time to thank David for all he has done for us in St Columbanus because he won't start until September.

For now though our best wishes to David and to Julie as they prepare to move on after four years, and more importantly, as

they prepare to become a family at the beginning of July. Our hearty congratulations to them both.

As a parish we want to assure them of our prayers for all that their last summer in Bangor will bring!

Our Father we thank you for your servant David
and all he has done for us in his time at St Columbanus.
Bless him we pray, and Julie too as they prepare
to become a family
and move to the north coast to begin
this new chapter in their lives.

Grant them Your strength, Your wisdom and above all Your peace
and guide us in Ballyholme as we seek to continue all that David
has overseen for us with such care and love.

We ask it in Jesus' name, Your Son. Amen

From Oz to Ballyholme - and other places in between!

A sense of humour and a down to earth attitude to life are attributes that have helped shape Nancy Baker's philosophy on life.

Although Nancy was born in Melbourne she was brought up in Belfast. Her parents married in 1926 and the following year emigrated to Australia where they lived for 6 years. She and her twin brother Frank were born there.

It was a family tragedy that precipitated their return to Northern Ireland. Her elder brother Colin went on a trip to the bush country and was brought home paralysed with polio when he was a young boy. Nancy says their twin pram was converted into a special carriage for him to be wheeled around in.

It was thought that the cold weather in Northern Ireland would be better for his health so the whole family packed up and sailed home. Although Nancy remembers coming home on the ship from Australia she doesn't really remember her brother being paralysed.

In an incredible twist of fate, they weren't home very long when Colin became ill with scarlet fever, was again hospitalised and was miraculously able to walk again when he was released. When he died at the age of 47 from cancer, Nancy was there to support her mother and sister-in-law even though she herself missed him very much as well. "I was supposed to be strong for them," she recalled. As a result, she says she is now very conscious of people who lose a sibling and is quick to contact them when she hears of a death.

Nancy cheerfully admits to being a bit of a "mongrel" when it comes to her family background, claiming Russian, Scottish and Norwegian ancestors. Her brother lives in Newtownabbey and has just celebrated 60 years as a church organist. Regular as clockwork, he visits her in Bangor every Tuesday. And she confirmed that there is that special twin bond between them - if she is unwell then Frank also feels ill. "When I got married, Frank told me never to have a baby as he couldn't stand the pain," she joked. Nancy recalled that, when they were at school, Frank was "lazy" and the twins had to be separated because she always

answered his questions! However, she added that he also shares her sense of humour!

Nancy attended Bloomfield Collegiate but her father died in 1948, leaving her mother to cope with three children on a meagre pension. Financial necessity meant that Colin had to leave his University course and Nancy herself left school earlier than she possibly might have. "I was absolutely devastated when my father died but when I look back now, my father died at a time

when we could change careers without any problem," she added. Although working in an office was the last thing she had thought of doing, Nancy joined the civil service in 1948. In 1955 she went to work in the accounts department of the Milk Marketing Board where she says she spent 34 "very happy" years. It was there she met her husband Arnold - a great man she says, and a smart move on her part as he also happened to be the payroll manager!

After their marriage they moved to Bangor some 40 years ago and joined St Columbanus, although Nancy was brought up as a Methodist.

However, Nancy was active for many years in the Girl Guides and through her involvement with the organisation, she attended church services in the Church of Ireland. Gradually, she began attending Evening Prayer services and says "I just fell in love with that."

While living in North Belfast, she came into contact with the Franciscans and says she found that they had "something" she didn't have. Nancy says they were not afraid to say that they doubted many things. For a long time she pondered about joining the Order of St Francis and when she eventually did, she found that it "liberated" her. She is a member of the 3rd Order of the Society of St Francis.

For many years, she and Arnold were familiar figures in the water at Ballyholme Bay where they swam regularly, and were affectionately referred to as "Tarzan and Jane" by a nearby resident who used to observe them from her window.

Nancy has also been bitten by the wanderlust bug, travelling to such far flung places as China, South Africa, Peru, Bolivia, New Zealand, Vietnam and Cambodia.



Around the Parish



**Mothers' Union
Spring Sale & Coffee Morning**



Table Tennis

Bitsa this and bitsa that and even Batt's Wall - The Walkers in March

Blue skies and a perfectly still day got our twelve strong group off to a good start for the six mile walk in the Tievedockdarragh area of the Mourne. We were delighted to welcome newcomer Maurice Mehaffey to the group (which now has forty members!)

The route in the Low Mourne took us from the Leitrim Lodge car park on the Rostrevor Road in a southerly direction across the ford on Shanky's River and on past Batt's Wood towards the Rostrevor Forest.



The said Mr Batt (first name Narcissus) was a wealthy Belfast merchant (whose family owned Purdysburn) and it was during his lifetime as landlord in Altataggart in the late 19th century that the Scots Pine wood was extensively planted. It's a lovely place, now with holly and the native rowan flourishing among the sheltering pines. The track was formerly used by stone-men to take granite from the small quarries near the path. We passed a huge Mass Rock used for secret worship during penal times, with an altar hewn on the surface and a wooden cross alongside. On then into Rostrevor Forest, upwards and then out again onto a section of

really boggy ground, with substantial snow patches hiding the terrain underneath. We eventually found Batt's Wall over and through which we climbed (twice), now heading across the Castle Bog with Pierce's Castle to the right and down the very steep Altataggart Mountain to the path leading back to the car park.

A truly lovely day out. Our next walk on 3rd April is the Ballyhornan coastal path and we meet at 9am in the Church car park. For details call Leslie on 9146 6689



'To See You Again' by Betty Schimmel with Joyce Gabriel

This is Betty Schimmel's true story, beginning in 1938 when as a young girl

she lived with her Jewish family in Czechoslovakia. With the persecution of the Jews increasing, Betty's parents moved to Budapest where they felt their young family would be safer. Here she met the Richie Kovacs and their friendship developed into a deep and enduring love. When the Nazis occupied Hungary and the tanks entered Budapest, their lives were changed forever. Betty and her beloved Richie were separated and she, her mother and siblings were taken to the concentration camp at Mauthausen.

It is a shocking story of cruelty and suffering and yet it is also inspirational. Despite all their suffering, her mother's unshakeable faith never faltered and her absolute belief that God was always with them sustained her. When liberation came in 1945, Betty tried to trace Richie and after much grieving had to accept

that he had not survived the war. The family moved to America and despite getting married to Otto, a fellow death camp survivor, and having three children, Betty was tortured by memories of Richie who had been the true love of her life and this had always cast a shadow over her marriage. Thirty years later, in an extraordinary twist of fate, she again meets Richie and has a terrible choice to make. Betty tells her story in such a moving and honest way. It is a powerful memoir of war, tragedy and love.



Irene Long

Published by Simon & Schuster rrp £12.49 (Hardback)



The Home Straight

Ballyholme Building Fund
Easter 2010 - Easter 2013

This article is a summary of a leaflet which has been issued by the Select Vestry to all our recorded financial contributors. If you have not received a leaflet but would like to respond to this appeal, please ask for forms in the Parish Office.

BACKGROUND

Since it was opened in 2005 it's fair to say that the new Parish Centre has achieved far more and in a shorter space of time than we ever hoped it would. The decision to replace the fondly remembered old church hall has been vindicated on every level. What the Rector said in his March magazine letter is absolutely true: for the congregation to have raised £624,000 so far has been a magnificent effort, but as with all fund raising projects it's the last lap that often proves the hardest. From your willingness to show support at the beginning of the project we know that you will be equally generous and open-hearted as we hit the home straight.

With the finishing line in sight, it seems right to the Vestry to re-launch the building fund and to set our sights on Easter 2013 as the date by which we make our final mortgage payment. In other words we are setting ourselves the challenge of becoming debt free in three years.



£10 PER MONTH

Altogether our total outstanding Parish debt is £174,000. This includes two smaller amounts owing on the Rectory and Beverley Gardens. This would seem a formidable figure for any one family but the fact is that we have over 500 'Giving' families in St Columbanus, which makes our goal perfectly attainable.

The debt equates to roughly £360 per family, which if split over three years works out at just £10 per month, which we hope will be completely manageable for most people, although no doubt many parishioners will opt to give a one-off donation.

RECTOR'S CHALLENGE

At the beginning of Lent Simon laid down a challenge for all of us by forgoing six weeks of his stipend. He did so in gratitude for all God's blessings in Christ and we must decide in turn how we wish to respond (1 Chronicles 29:1-9). As Christians we have the reassuring promise of God that he will provide for all our material needs, so long as we give him first place in our lives. This is particularly important to

remember given the present economic climate when the thing we all fear most is losing our jobs and our incomes.

We know that some people will be able to give more generously than others. We would, however, ask you to make this appeal a real matter for prayer. As always, there is no pressure on anyone to give.

KAJIADO LINK

As you know, from the start our Parish Centre was to be mirrored by a similar project in Kenya, the Diocesan Centre at Kajiado. It will be good to know that as we tie everything up at our end we will be

helping another branch of our Christian family to do the same. Therefore, to honour our original pledge 10% of all monies received will continue to be made over to Kajiado. Our contribution to Kenya to date has only paid for a proportion of their total building costs; the rest of their funding has

been raised by themselves - the Diocese of Kajiado. This has instilled an important sense of ownership and the African tradition is very different from our own: they only proceed to the next stage of building once the money is in.

PRAYING TOGETHER

Thank you in advance for your co-operation and for doing your part to pray us through this last stage. At the beginning the project felt like such a huge step of faith but God has blessed us with much more than we could ever have hoped for or imagined - and we know that he will do the same again.

*Lord Jesus,
you gave yourself for me upon the cross.
I now give myself to you:
all that I have, all that I am,
all that I ever hope to be.
Grant me in return your forgiveness,
your love and your courage
that I may open my heart to others
as you have opened your heart to me.
Amen*

The Select Vestry



The Wednesday Club

We were really pleased to see such a good turn out for this month's meeting. There were almost 50 ladies seated in the Kajiado room, waiting to go on a magical mystery tour. Alan Pinkerton, formerly a teacher at Ballyholme Primary School, kept us all thoroughly entertained with the history of Bangor, from the ice age to the present day. Memories were stirred watching the old photos, and all agreed, it was a very good afternoon.

Of course, the afternoon would not be complete without our cup of tea, scones and traybakes. See you next month!

Sue

Missionary Boxes

After many years of faithful service, Sheilagh Jebb has decided to hand the enjoyable task of collecting and counting the missionary boxes over to someone else.

They are now in the capable hands of Mrs. Ann Shaw - CMSI and Mrs Carole Caruth - Leprosy Mission. If you require a box, please get in touch with them.

Lessons life taught me

Written by 90 year old Regina Brett from Cleveland Ohio to celebrate getting older.

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone.
4. Your job won't take care of you when you are sick. Your friends and family will. Stay in touch.
5. Pay off your credit card each month.
6. You don't have to win every argument. Agree to disagree.
7. Cry with someone. It's more healing than crying alone.
8. Take a deep breath. It calms the mind.
9. Save for retirement starting with your first pay cheque.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past, so it won't screw you up in the present.
12. It's OK to let your children see you cry.
13. Don't compare your life to others. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn't be in it.
15. Everything can change in the blink of an eye. But don't worry, God never blinks.

There are 45 lessons in total, but we have run out of space. More to follow in a subsequent magazine.

Sent in by John Armstrong.

Third Order of Society of St. Francis Annual Retreat



Date: 14th -16th May 2010
 Venue, Emmaus Retreat Centre, Lissenhall, Swords
 Conductor: Dr. Dennis Robinson, Lecturer in Spirituality at Milltown Institute, Dublin
 Cost: 185 euro (approx £170)

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

Tea Dance



**Monday 26th April
 At 2.00 pm**

In
 The Parish Centre

Come along and join in the fun and fellowship of our second tea dance. The more the merrier!

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



WILLIAM McDERMOTT

My name is William McDermott. I am married to Lynsey and we have been blessed with two lovely daughters, Jasmine & Darcey. I have worked for 20 years in the building trade. I also work part-time as a reflexologist and recently have volunteered with Action MS.

Thank you all for the kind words of support, during my year as churchwarden, alongside David Stevenson. It was an honour to serve in our Father's house.

- | | |
|-------------------|---------------------------|
| 1 Take That | Beautiful World |
| 2 John Prine | You Got Gold |
| 3 Snow Patrol | Eyes Open |
| 4 Leona Lewis | Footprints in the Sand |
| 5 Summer Madness | This is the Air I Breathe |
| 6 Ken Davis | Inspiration |
| 7 Paolo Nutini | Candy |
| 8 Chris Rea | Tell Me There's a Heaven |
| 9 Alexandra Burke | Hallelujah |
| 10 Summer Madness | Search Me Know Me |

Our Church

(by Darcy Larmour aged 7)

Do you hear the bell ringing? Ding Dong Ding
Dong. Do you hear the people singing?
la la la la. Inside the minister says praise
the lord while the organists play a great
big chord.

The church The church
it's a great place to be it's

Happy and joyful and full of glee.

~~They~~ collect the money and prayer
leaves for people in need. say your prayers
Amen to god in heaven and all. go for coffee
and tea in the church hall eat your
biscuit and that's all.

Looking for a good book?



Julio Oliva has a great selection on display on the first Sunday of each month at the coffee break between services. It's worth having a look.

Donations of books are always welcome.

Can you help?

Help is needed to decorate the church for Easter.

**Saturday 3rd April
from 9.30 onwards**

No special flower arranging skills needed, just willing volunteers - the more the merrier.

Any donations of flowers or greenery gratefully accepted.



What about veggie for a change?

Roasted Butternut Squash (serves 4)

1 butternut squash, about 450g/1lb, 1 onion, chopped, 2-3 garlic cloves, crushed, 4 small tomatoes, chopped, 85g/3oz chestnut mushrooms, chopped, 85g/3oz canned butter beans, drained, rinsed and roughly chopped, 1 courgette, about 115g/4oz, trimmed and grated, 1tbsp chopped fresh oregano, plus extra to garnish, 2tbsp tomato puree, 300ml/10fl oz water, 4 spring onions, trimmed and chopped, 1tbsp Worcestershire or hot pepper sauce to taste, pepper



Preheat the oven to 190C/375F/Gas mark 5. Prick the squash all over with a metal skewer and then roast for 40 minutes or until tender. Remove from the oven and leave until

cool enough to handle. Cut the squash in half, scoop out and discard the seeds then scoop out some of the flesh, making hollows in both halves. Chop the cooked flesh and put in a bowl. Place two halves side by side in a large roasting tin. Add the onion, garlic, chopped tomatoes and mushrooms to the cooked squash flesh. Add the roughly chopped butter beans, grated courgette, chopped oregano and pepper to taste and mix well. Spoon the filling into the 2 halves of the squash, packing it down as firmly as possible.

Mix the tomato puree with the water, spring onions and Worcester sauce in a small bowl and pour around the squash.

Cover loosely with a large sheet of foil and put back for 30 minutes or until piping hot. Serve, divided equally between 4 warmed plates, garnished with extra chopped oregano.

(M & S Easy Healthy Recipes)



Upstage Downstage
proudly present

OKLAHOMA!

13th - 18th April 2010

In St. Comgalls
Parish Centre,
Brunswick Road
Tickets £8

Tickets available in the
Parish Office



A big **THANK YOU** to every one who supported our Spring Sale and Coffee Morning, we are delighted to have raised £1,100.

"Floppy", the name given to the Easter Bunny, was won by Irene McKay.

Ann and Janice have also raised the magnificent sum of £750 selling their Easter Chicks for Mothers' Union Overseas. Well Done!!

On **Monday 12th April** (2nd Monday) we will "Burst into Spring" with Ann Fitzsimons from the Uncommon Garden Company. Come along and get some new ideas for the garden.

I would like to thank Karen Baker, Margaret Magee and Ruth Ruttle for their loving kindness to me during my treatment, also to my family for their support. Thank you also for all prayers, phone calls, flowers and cards. They were all very much appreciated.



Thank you and
God Bless

Dorothy Smyth

This month, as I write to you, I am in Leeds this time around doing a mini uni tour of more of our university students. The students in Leeds here are special, as they are doing the youth work degree. So lots of notes to compare as I did a youth work degree in Jordanstown.

Then on to Manchester, to meet up with Amanda before me and Adam Bell head to see Man Utd vs AC Milan. Now being a die hard Liverpool fan, some of you might be asking, why are you going to see Man Utd? Well, you don't get many opportunities to go see Champions League football so thought it was an opportunity too good to miss, plus Adam is one of my heros, so spending sometime with him in Manchester sounded like a great idea! I am planning to stand up and sing 'You'll Never Walk Alone' and wear my Liverpool Scarf (ok, maybe just wear my scarf).

Then heading on down to Liverpool to hopefully bump into Graeme and Nini, although I got to see them a few weeks ago but would be good to see them again. Then home.

Other news this month is definitely the YF weekend to Castlewellan Castle last weekend. It was GREAT craic, lots of night walks, games, laughing and some great teaching from a friend of mine called Celeste Owens, who is a youth worker in St Albans. Will chat more next month about the highlights and lowlights, (not many lowlights, although nearly killing Sam Johnston was interesting!)



Night Walk

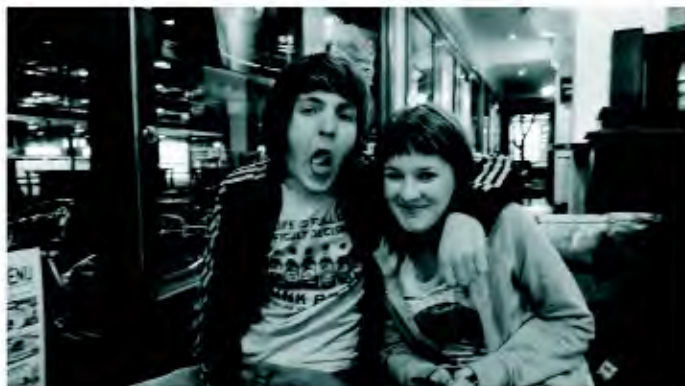
Much Love from Leeds,

Grace and Peace

Dc



Most of the group at Castlewellan!!



Stewart and Sophie out for tea, Stewart enjoying his tea!



Sam and Andy playing the part of Murtle and Bobby for our Saturday night entertainment



The Quiet Corner

I followed him

I followed him - not too close,
for I was afraid -
no, not afraid of him,
but afraid of getting drawn in.
I kept to the edge of the crowd,
and listened as he told them stories,
and watched as he healed their ills,
absorbed in my own loneliness.

I was there when he rode into Jerusalem.
The crowds were shouting and laughing,
cushioning his ride with their clothes
and waving their palm branches.
It was as if the kingdom had been restored,
as if the King was coming to claim his own.

And I was there a few short days later,
hiding in a doorway in the city.
The crowds were cat-calling and jeering -
'Crucify him'; 'We want Barabbas';
'He is not our king - nothing to do with us -
'We have no king but Caesar!'

I was there when they made him carry his cross -
he was weak, his back bloody from the scourge,
his head bleeding from the thorns in his crown.

And I was there when he was crucified -
Through the hours of suffering and darkness,
praying for an end to his agony.

And three long days later,
sitting in the garden at daybreak,
I saw him talk to Mary, and I knew
that though he died, he is alive,
and in his life I will live, as he lives in me.
And I will walk with him towards eternity.
Jill Boal



Parish Census

Some of you will have received with this edition of the magazine a census pro forma containing the information we currently hold about you and your family on our parish database. We issued our first set of response forms back in December but if you are getting a form this time it is simply because you haven't yet got back to us. We are in the process of transferring from one computer software programme to a new custom built parish package called *Omega* and it seemed like the ideal opportunity to revise and update our list of parish contacts.

We want to give everyone who has any links with our parish whatsoever the opportunity to verify their connection and have no desire to overlook or leave out anyone. We very much appreciate your co-operation and we thank all those who have already got back to us. A special thank you to those who graciously corrected our many mistakes - a huge number of you have given us new information about where you are living and how we can contact you as well as important updates about who is still at home with you and who has moved on to the next stage.

At so many levels this has already proved an extremely worthwhile exercise and for your information, at the time of writing, out of more than 1000 census forms sent out with the December/January magazine you returned 400.

New name and venue commencing 23rd March

The Mission prayer meeting will meet in the Choir Room of the Parish Centre on 2nd and 4th Tuesdays of each month at 10.30 for an hour. The meeting is "Prayer & Share" of news from people in Mission at home and overseas. It is not an hour of solid prayer but a fellowship together about the issues raised by the fresh information we have, - with a special interest for those we know personally from St. Columbanus. Prayer can be silent or aloud and people can feel comfortable with both. Regulars are welcome and so are those who are only occasionally available.

