

Church of

St Columbanus

Parish of Ballyholme



October 2010



Emma in Kiwoko

Full story
on page 8



The Parishioner

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

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◆ *Front Cover: Airbourne at Ballymacconnell; Photo: Don Todd*

◆ **Magazine Contact email:**
office@ballyholmeparish.co.uk

The Rambling Rector

"I like the fact that the weather forecast is always wrong. In a world of Blackberry insta-connection, Google research and Hadron Colliders, it is a daily reminder of the ultimate ignorance of man. It is a signpost towards all the enormous things we cannot understand. This is healthy. It's humbling. We watch the news, up-to-the-minute developments beamed right into our living rooms, and we take for granted that we see digital images of everything that's happening in Korea RIGHT THIS SECOND. Aren't we the cat's pyjamas? Then the weather comes on and a man in an odd jumper tells you that it's going to rain when

it probably isn't. This is good for us." So wrote *The Observer's* Victoria Coren.

Harvest teaches us so much about our place in the world but we still find it uncomfortable to acknowledge our own basic insignificance. Until we do so, unfortunately, we will never discover how significant we are to God. Columbanus put it beautifully: "High is the heaven, broad the earth, deep the sea and long the ages; but higher and broader and deeper and longer is the knowledge of Him who is not diminished by nature, who created it of nought."



SED

Parish Census

Some of you will have received with this 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 and a second set in April. If you are getting a form this time it is simply because you haven't yet got back to us. In case you haven't heard, 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. To make it as easy as possible for as many as possible to respond, our simple approach has been to contact people at this year's three main festivals: Christmas, Easter and Harvest. Accordingly this is our third and final time of asking. We very much appreciate your co-operation and are extremely grateful to 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. At so many levels this has 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 and April magazines you have returned approx 500.

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



SARAH FERRIS

Sarah returned to Northern Ireland in 2008 after 23 years in Newcastle upon Tyne, where she was a researcher in English Literature at Newcastle University. Sarah does the prayer and reading rota for the Sunday 10 o'clock service and updates the parish website.

- | | |
|------------------------------------|--------------------------------|
| 1 Andrea Bocelli | Ave Maria |
| 2 Arvo Pärt | Spiegel im Spiegel |
| 3 Bette Midler | Wind beneath my wings |
| 4 Cat Stevens | Morning has Broken |
| 5 Dire Straits | Brothers In Arms |
| 6 Elgar | Cello Concerto in E minor |
| 7 Elton John | All Quiet on the Western Front |
| 8 Enya | Watermark |
| 9 Geoffrey Gurrumul Yunupingu | Wiathul |
| 10 Grimethorpe Colliery Brass Band | The Old Rugged Cross |

HARVEST HOOLIE on FRIDAY 1st OCTOBER in THE PARISH CENTRE

7.00 - 9.00 pm



Fancy dress
optional
Scarecrow fancy
dress parade

£5.00 per adult
Children Free

Includes light supper

*Limited amount of tickets
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 AND
CHILDREN'S CHURCH |
| 11.30 am | MORNING PRAYER |
| 6.30 pm | SONGS OF PRAISE |

Coffee/Tea £1 - available in Parish Centre
between services



Harvest Lunch - Soup & Roll
followed by Apple Tart and
Ice Cream

12.45 approx.

All donations welcome.

All monies received will be
used to support our Mission partners

*All those hoping to attend the Harvest Lunch,
please sign the list at the back of church - numbers
are needed for catering*



Things I love by Mila Whitelaw-Jones (aged 6)

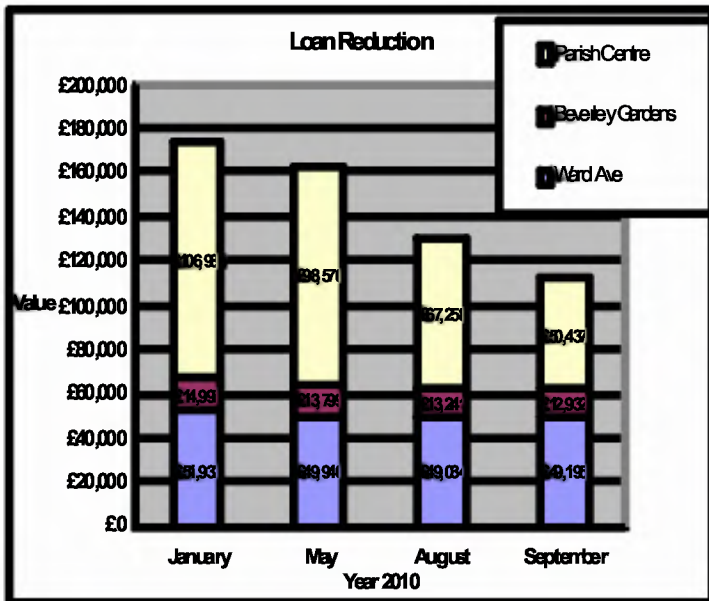
- | | |
|---|---|
| 1. Playing on our slide. | 6. My Daddy |
| 2. Spaghetti bolognaise | 7. My brother Comhan |
| 3. My mummy | 8. Going out for dinner |
| 4. The baby in my mummy's tummy | 9. Drawing pictures |
| 5. Animals - I love all of them except
spiders and wasps | 10. Dolly Mixtures and chocolate eggs |
| | 11. Glasses - everyone one else in my
family has a pair except me. |
| | 12. My toys - all of them |
| | 13. My bedroom |

Home-Straight Update

The Home-Straight appeal, which was launched at the beginning of Lent this year, has been hugely successful. The congregation has responded with incredible generosity.

To date £41,422 has been received by way of cash donations and special fund raising events, a further £8,900 has been received via gift aid and £34,980 has been promised to us over the next three years by way of standing orders.

The graph below shows how we have applied actual monies received, and together with pre-existing standing orders, this means that we have been able to reduce Parish Debt by £61,323 in nine months.



Well done St Columbanus and thank you to all those individuals and groups who have raised money, organised and supported events and given so generously. The Parish owes an enormous debt of gratitude especially to the brave souls who knocked on doors this summer. Thank you one and all.

If you have any questions regarding the above please speak to me, Roy Lawther, or give me a call on 9145 6722.

Need a lift?

Lifts are available to church or the Parish centre, Just ring Jim Shaw on

07599794968



The Wednesday Club



Our first meeting of the year saw 40 ladies listening to our guest speaker, Aine Dolan, telling us the history of the Grand Opera House.

She took us through the talk with the aid of slides and a very interesting commentary which we all enjoyed.

It was great to see so many of the ladies fit and well after the summer break, and we would like to extend an invitation to all in the Parish who would like to come and give the monthly Wednesday club a try.

We finished our afternoon with a welcome cup of tea and the winner of draw was Vi Sheppard.



“Strictly Come Dancing”

Pre-Christmas supper dance on Friday 19th November in the Parish Centre at 7.45 pm

Limited places available so please book your ticket now!
£5 per ticket

Harvest Thankgiving Help Needed!



If you could spare a little time on Saturday 2nd October to help decorate the church for Harvest, it would be very much appreciated.

The Church will be open from 9.15am and donations of flowers, greenery or fruit and vegetables are all welcome.

Say again?

Three elderly church ministers, all hard of hearing, were playing golf one sunny spring morning.



The Methodist minister observed, “Windy, isn’t it?” “No,” the Baptist pastor said, “it’s Thursday.” The Anglican vicar agreed: “So am I! Let’s go get a pint.”

Riding the crest of the waves during a life at sea

“I must down to the seas again, to the lonely sea and the sky. And all I ask is a tall ship and a star to steer her by.”

Those words probably have a unique resonance for Peter Robinson, (Capt RFA ret'd) evoking many stirring memories of his 34 years spent in the Royal Fleet Auxiliary Service.

Looking back through the mists of time Peter says he found it “traumatic” at first going from his rather prestigious position in the Upper Sixth to Deck Cadet, the “lowest form of life at sea” as he put it.

Born in Bristol, there was no history of seafaring in his family background, and in fact the nearest he came to going to sea was playing a game called “pirates” in PE at school. He had a “vague notion of going to Art College”, he said

Beginning at the very bottom, as an indentured apprentice in 1961, he recalled that his first annual salary was the princely sum of £144-00. All his worldly goods were carried around in a huge trunk, mainly uniforms and text books, which he used throughout his early years at sea and now resides in his front room.

Peter worked his way steadily up through the ranks. As a cadet, his training covered time at sea as well as studying at college where subjects such as thesis writing, public speaking, sport, marching and sea-boat training, culminating in exams which he needed to pass to qualify as a Junior Deck Officer.

Many and exotic, as well as humdrum and dreary, were the places Peter saw during his long career, but for him the highlights remain the Royal tours. At one stage, as Chief Officer, he completed a world tour on an escort ship, in company with the Queen aboard the Royal Yacht Britannia.

Later, he also worked on board RFA Engadine with HRH Prince Andrew, simply known as “H” to his colleagues. Peter recalled that H “fitted in with ship life” although one noticeable difference was that his private detective signed for drinks in the Mess and his laundry was never on display!

Peter was promoted to Captain in 1988, but he added that there is no formal training for carrying out this role - nobody actually tells you what you are supposed to do with £50 million worth of ship, but “the buck stops here” as they say. Departing from the jetty for the first time in command of 10,000 tons of steel was, he recalls quite simply “scary!” As captain, his ships were mainly military vehicles and troop carriers - Sir Galahad and Sir Tristram are quite well known from the Falklands War, though Peter commanded them both after the conflict, to



other world trouble spots. He commanded five ships as captain, often finding the role “lonely”, such was the nature of the job.

Unromantically, he described his time at sea as “probably like going to prison with the added risk of drowning because you are confined in a box with lots of other people for long periods of time.” However there are advantages - no traffic problems getting to work each day, and the view is constantly changing.

Peter “dropped anchor” in Bangor in 1994, a move that is mostly due to his partner Glynis, who he met in Karachi, Pakistan - as he said, if it hadn’t been for her he may well have not ended up

here. Living only a stone’s throw away from Ballyholme beach has partly assuaged the huge gap left by giving up his Navy career in 1995 due to medical problems. “It was a big wrench for me,” he admitted, as going to sea is a way of life. He will be a familiar figure to many, striding along the beach with his two Golden Retrievers in tow, taking in, what he calls, his “daily injection of salt water”. However, he confessed that the “wanderlust” never quite goes away, “It is hard to settle in one place,” he added.

Peter currently runs nautical training courses for yachtsmen at SERC in Bangor and he also trains the fishing industry at Kilkeel, Portavogie and Ardglass in Navigation and Safety awareness. “Running courses has helped fill a void for me,” he explained, adding, “It is obviously not the same as being at sea, but it has kept my interest in the maritime world and I feel I am giving something back”.

When the couple moved to the Ballyholme area they joined St Columbanus seven years ago when Alan Abernethy was Rector and they’ve been regular attenders ever since.

He was brought up as a regular church goer, was confirmed, and says he maintained his belief throughout his seagoing years. “At sea you have more time to reflect”. A group ship chaplain normally held services on board, in whatever space was available. At times, when the weather was particularly atrocious, especially in places like the South Atlantic, and with the responsibility of command, Peter recalled that he was very glad to have someone to “call on” and to know that there was someone looking over him in those loneliest parts of the world.

Peter is also an enthusiastic watercolour painter, with the sea a feature in much of his work.

Favourite time/place - At sea, on watch, dawn breaking - the purity of a new day.

The Walkers do Battle

Our September outing was somewhat different in character, with a visit to the Battle of the Boyne Visitor Centre on the cards. Now in the six years of our meetings, you could probably count the rainy days on one hand, and this was one of them! But the hardy bunch of 22, (including for the first time, Brenda, and returning members Adrian, Sheena, Thomas and Silke) needn't have worried for the centre supplied enormous golf umbrellas for the outdoor bits of the visit.

The Battle of the Boyne between King William III and his father-in-law, King James II, was fought on 1 July 1690 (by the Julian calendar). It is seen as the decisive encounter in a war that was primarily about James' attempt to regain the thrones of England and Scotland, resulting from Parliament's invitation to William and James' daughter, Mary, to take the throne. Both kings commanded their armies in



person. William had 36,000 men and James had 25,000, the largest number of troops ever deployed on an Irish battlefield. At stake were the British throne, French dominance in Europe and religious power in Ireland.

After morning coffee, tea and enormous scones in the Visitor Centre café in the renovated Oldbridge House we had an excellent guided tour on the background and history of the Battle of the Boyne, featuring weaponry, art, scale models of

the battlefield and an audio visual show. Lunch was for the first time ever, eaten in the cars after which we took one of the five walks, visited the River Boyne where we watched the fish jumping the rapids, and returned via the Canal and the fields on which the Battle was fought.

A grand day out - and not too strenuous!

Confirmation Call-up:

Deanery Confirmation Celebration Easter 2011

first meeting for young people: January 2011

first meeting for adults: March 2011

When we advertised Confirmation classes for our young people last year, the small number who came forward (and their parents) agreed they would be happy to wait for a year and be part of a larger group. This is simply to let everyone know that the first meeting for young people thinking about Confirmation will be held at the start of January. This coming year, rather than make a tour of the parishes the bishop will be conducting a series of large deanery Confirmation Celebrations. The date and venue for the local service has yet to be agreed.

As you may remember, when he was last in Ballyholme for a Confirmation in 2008 Bishop Harold remarked on a tendency towards younger and younger candidates, some perhaps a little too young fully to appreciate the spiritual commitments they were undertaking.

In consultation with the Bishop, it was felt that we should adopt a slightly different policy whereby a Confirmation service would not necessarily take place every year and whereby a new minimum age would be established. It goes without saying that everyone matures spiritually at different stages. Setting any fixed age limit is always going to be artificial so the best we feel we can do is to say that candidates coming for preparation must be at least in their third year at secondary school.

A number of readers have said how lovely it was to read the stories of the three adults who were confirmed recently in the September *Parishioner*. As per last year the Rector will be pleased to offer preparation for any adults wishing to be Confirmed on the Monday nights through Lent.

If you'd like to add any names to the list please contact Sue in the Parish Office on 9127 4912.

Stilton, Fruit and Nut Crumble

450g/1lb cooking apples, peeled, cored and chopped, 450g/1lb ripe pears, peeled, cored and chopped, sugar to taste (approx 3 tbsp)

50g/2oz rolled oats, 50g/2oz butter, 175g/6oz plain flour, 50g/2oz walnuts, 75g/3oz white Stilton cheese, 50g/2oz sugar

Preheat the oven to 180C, 350F, Gas Mark 4. Place the fruit in a deep ovenproof dish and sprinkle with sugar to taste. Place remaining ingredients in a food processor and process briefly until mixture resembles fresh breadcrumbs.

Pour most of the crumble mixture evenly over the fruit and press down gently. Sprinkle the remaining crumble evenly over the top and bake for 40 minutes until golden brown and crisp. Serve hot. Serves 6

White chocolate and raspberry cheesecake

For the biscuit base

75g digestive biscuits, crushed, 75g ginger nut biscuits, crushed, 75g butter, melted

For the filling

400-600g white chocolate, broken into pieces 65g butter, ½ vanilla pod, 500g cream cheese, 50g caster sugar, 180 ml whipping cream, 1 punnet raspberries, plus a few more to decorate

For the biscuit base: combine the biscuits and butter and press onto the base of a 23cm springform tin.

For the filling: place the chocolate, butter and vanilla pod in a heatproof bowl set over a pan of simmering (not boiling) water until melted. Allow to cool slightly.

In another bowl mix together the cream cheese, sugar and whipping cream to a smooth consistency.

Remove the vanilla pod from the melted chocolate mixture and stir into the cream mixture. Gently stir in the raspberries, being careful not to release the juice.

Spoon the mixture on top of the biscuit base and place in the fridge to set for 8-24 hours.

To serve: remove from the tin and place on a serving plate. Decorate with a few whole raspberries. Serves 6

Pastor's Business Card

A new pastor was visiting in the homes of his parishioners. At one house it seemed obvious that someone was at home, but no answer came to his repeated knocks at the door.

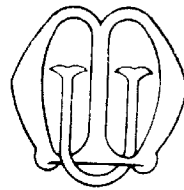


Therefore, he took out a business card and wrote 'Revelation 3:20' on the back of it and stuck it in the door.

When the offering was processed the following Sunday, he found that his card had been returned. Added to it was this cryptic message, 'Genesis 3:10..'

Reaching for his Bible to check out the citation, he broke up in gales of laughter. Revelation 3:20 begins 'Behold, I stand at the door and knock.' Genesis 3:10 reads, 'I heard your voice in the garden and I was afraid for I was naked.'

'A cheerful heart is good medicine' (Prov. 17:22)



Many of you reading the magazine may wonder what do MU members actually do! (Besides making tea and running the annual cake stall.)

It may surprise you to learn that Mothers' Union is the largest

worldwide Christian organisation with just over 3.6 million members in over 78 countries.

In Down and Dromore Diocese alone there are over 2,000 members who are committed to supporting marriage and family life and give their time generously to help others in many different ways.

Members in our own Branch are involved in helping others through initiatives such as

- Providing emergency soap bags to the Accident and Emergency unit of local hospitals
- Knitting baby clothes for premature babies for the neo natal unit
- Providing equipment for the local Women's Aid centre
- Fund raising for work overseas and at home

Our meetings are also a time for fellowship and fun. The first meeting after the summer break is on **Monday 4th October**. We will have a short Branch Review followed by a "Beetle Drive" and Supper.

If you haven't thought about MU before why not come along and give it a try?

All new and existing members will be very welcome.

Pat Davidson

Ben's story

*one little boy growing up
in Uganda*



EMMA IN KIWOKO

Ben is eleven. In 2009 he was diagnosed with Diabetes but his mother could only afford to buy a month's insulin. He was brought to Kiwoko Hospital ten months later, seriously ill, very underweight and blind with cataracts caused by his consistently high blood sugar.

With treatment his condition was stabilised but just as he about to leave, he broke his leg! His future was bleak. Because of Ben's lack of sight, he couldn't go to school or help his mother in their 'garden', the plot where the family's food is grown. A boy or man unable to dig in the 'garden' is a burden - no help to their family.

The good news is that due to a St. Columbanus parishioner's donation, Ben can, at present, be supplied with insulin. He lives some distance from the hospital but comes monthly for tests and insulin. Without our help this would not be possible. Once his health had been stabilised another donation enabled Ben to have his sight restored. Later, when visiting Kiwoko, Ben looked into every nook and cranny, using his eyes to explore for the first time the Hospital where he had spent so long. A new world has opened up to him. As Ben can now see, he has learned to administer his own insulin and is doing well!

If Ben lived here he would be suffering from a bothersome condition, but it could easily be managed to enable him

to live a good life. Without Kiwoko Hospital and those donations to support its work, Ben would probably not have survived.



I spent two and a half weeks of my summer at Kiwoko hospital in Uganda - and I thoroughly enjoyed it! A team of 15 of us was sent out by CMS Ireland.

We ran two separate children's clubs, working with two separate teams of approximately 20 Ugandans. The first week was known as 'Ekisa', which is Luganda for 'Grace', and the second week was known as Afaayo, meaning 'He (God) cares'. Afaayo is run for HIV positive children registered with the hospital. We used the same programme each week, spending four hours with the children each day.

The first half was spent all together and then we split into age groups. Each day included dancing competitions, drama, singing, games, and during group time; crafts, Bible stories and memory verses. However, despite completing the same activities, the two weeks were very

different: Ekisa involved around 360 children, while there were only 80 children at Afaayo. Also, during the Afaayo week, three team members left us to go on a two night residential with 20 of the older children, an experience which the teenagers found really enjoyable, and the team members found extremely humbling.

There were many challenges. Working with the Afaayo children was especially hard, as was seeing the poverty all around us. However I learnt a lot while there, and was deeply humbled by their sincere worship and praise in the face of hunger and hardship. I want to say a huge thank you to those who have been praying for me, and also to the Church Missions Committee, who presented me with a sizeable cheque to help me on my way. Also, many of the Ugandans have asked us to pass on their gratitude to everyone who made it possible for our team to go. Thanks!



RORY WILSON

Emma Jackson

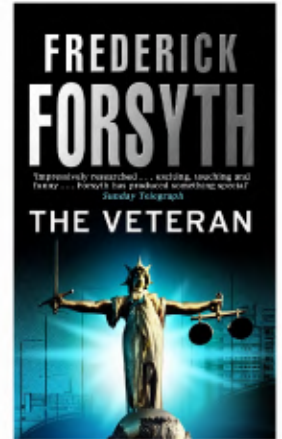


BOOK REVIEW

The Veteran: by Frederick Forsythe

When my middle son was home on holiday he decided to cull his bookshelves and offered me first refusal. There was one book which particularly interested me. It was a book of short stories by Frederick Forsyth - The Veteran: And Other Stories. Frederick Forsyth is more usually associated with full length stories such as The Odessa File and The Day of the Jackal, both made into well known films. Some years ago however, I had read and enjoyed another book of short stories by Forsyth called No Comebacks, which includes a short story set in Bangor about an immigrant worker living in digs in Dufferin Avenue, and how he dealt with racist abuse.

As the book cover for The Veteran says, "nothing is quite what it seems in Frederick Forsyth's short fictions, each one a tour de force". The five stories are totally different but in each the plot has an ingenious twist in the tail. The Veteran deals with the brutal murder of an unknown elderly man and the defence in court of his killers. The second, The Art of the Matter, tells of an art fraud and how it is avenged by those affected. The Miracle is the strange tale told to two American tourists in Sienna of a ghostly nun and a miracle there in the midst of the Second World War. The Citizen concerns drug smuggling from Bangkok to London and a coup by HM Customs and Excise. The final and longest tale, Whispering Wind, is a tender love story set in the Wild West in which the survivor of a massacre returns to claim the love of his life.



LAURA GILBERT

The Veteran is published by Transworld rrp £7.99 paperback



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.

OPERATION CHRISTMAS CHILD SHOE BOX APPEAL 2010



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 14th 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 contact me on 91460050
Many thanks
Carole Caruth

Fresh Start

It really has been a season of fresh starts and new beginnings here over the last few months. Firstly, David has left us to begin a new job, with a new baby, in a new home. Next we have Tori joining us in her new job as Children's Ministry Coordinator. Tori has just returned from honeymoon, into her new home, with her new husband. Finally there's me. I have started a new job as Youth Ministry Coordinator, not to mention, of course, that there have been two new additions to my household. Leeroy Jenkins and Sir Francis Drake are two new friends who we hope will soon be able to provide us with some eggs for breakfast!



Leeroy in the garden

With the beginning of a new academic year, many of us who are studying are getting a fresh start. Some have changed classes or schools, some have left home for study and some have even left studying to begin the step into the full time work.

I still remember the excitement of the start of a new term. New classes, new teachers, and best of all a new pencil case, pens and rulers. Going to the shop and picking out all the new items I needed was really exciting.

Every year I was determined to keep all my new things nice and fresh. I would keep all my pens and pencils in order, my files would remain pristine, and this year I wouldn't lose any of my precious felt tip pens. These good intentions would of course come to an abrupt end, after I had chewed the end of my pens, lost my sharpener, and used up my pencils in making an elaborate catapult.



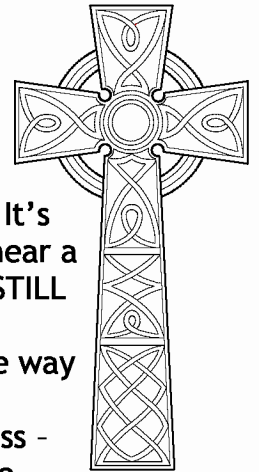
I wonder how you feel things have gone since the start of term. You may be feeling that a fresh start has been a great chance to get things in order. You may also be feeling that your plans have begun to crumble and you wish you could start over again.

The Bible is full of people making fresh starts, from Moses the murderer being called by God from the burning bush, to Zacchaeus the social outcast turning his life around after spending time with Jesus. Zacchaeus (Luke 19:1-10) was hated by most of his people, but he made the effort to see Jesus. Jesus was ready and able to give him a fresh start.

It can sometimes feel like we're waiting for something to happen before we can make a fresh start with God. If we feel we've messed things up, and if we feel a failure, then we've somehow missed the boat, but God waits for us like a father. His forgiveness is complete and he is waiting for us to look to him. We don't have to wait till the time is just right. We don't even have to wait for the start of next term.

The Quiet Corner

GOD LOVES YOU



When I first considered writing this, I naturally thought it would focus on my journey this year with cancer, how good God's grace has been, and how His unfailing love has carried me through the storm to the safe harbour of remission. Of course all of this is true, but there is an even greater truth that I want to share with you.

God Loves ME

This was brought home to me very clearly at a Healing Streams ministry weekend. The first thing that the leader wrote on the board was:

**God could not love you
any more than He does
God could not love you
any less than He does**

You have to think about it for a while to get it! You see God loves me so much and with such depth and has done so for such an infinite amount of time that He could not possibly love me any more than he does right now. But because of his great love for me He also cannot love me any less than He does.

This can be a hard truth to take on board. We can see it on an intellectual level. God is all-powerful; enduring for all time therefore His love is limitless so it figures that He would have enough love to go round everyone in the world and then some. But we can find it very hard to take this truth deep down into our own hearts.

Do I truly believe that God could love me, knowing all He does about me, my critical nature, the shameful or stupid things that I did in the past or continue to do every day? How could God love me when I am so pathetic? No sooner have I confessed my sins in church and prayed for forgiveness than another unworthy thought pops into my head.

The stress of trying to be good is unbelievable and the more I try the worse it gets! It's then, if I am listening that I hear a voice in my head saying "BE STILL and KNOW that I am God." Yes, God loves me exactly the way I am, short, overweight, self critical, impatient, thoughtless - well; you get the picture. He made me in His own image, but my sinful nature has caused him great hurt. Not because He is keeping a record and will reward me based on my good behaviour, but because He still holds the original blue-print for the person He designed me to be and he wants me to become that person and enjoy to the fullest extent possible my relationship with Him.

He wants that for all of us; that means you, your husband, son, next door neighbour, the postman who keeps shredding your letters in the letter-box, the white van driver who cut you up last week and the woman with the enormous basket who jumped ahead of you in the queue at the Co-op. God could not love each one of us any more than He does.

Paul tells us that nothing can separate us from the love of God. It is only when we take this treasure deep down into our hearts and learn to forgive ourselves as God has already done, that we can be still in His presence and KNOW that He is God.

*How deep the Father's love for us,
How vast beyond all measure,
That He should give his only Son
To make a wretch His treasure!*

Susan McNair

Rota for helpers at Children's Church October

Sunday 10th October
Kathryn Taylor
Deborah Galbraith
Margaret Moorhead

Sunday 17th October
Sarah Benton
Paula Foye
Heather Dickey

Sunday 24th October
Heather Johnston
Tracie Andresson
Jim Murdock

Our Worship

Sunday 3rd October Harvest

8.30 Holy Communion
10.00 All Age Worship
11.30 Morning Prayer
6.30 Songs of Praise

Wednesday 7th October

10.30 Holy Communion - Kajiado room

Sunday 10th October 19th after Trinity

8:30 Holy Communion
10:00 Morning Worship & Children's Church
11:30 Parish Communion
6.30 6-8 (service at 6.30pm)

Wednesday 13th October

10.30 Holy Communion - Kajiado room

Sunday 17th October 20th after Trinity

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

11:30 Morning Prayer

6.30 Taizé

Wednesday 20th October

10.30 Holy Communion - Kajiado room

Sunday 24th October

5th Sunday before Advent

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

Wednesday 27th October

10.30 Holy Communion - Kajiado room

Sunday 31st October 4th before Advent

8.30 Holy Communion
10.00 Wholeness and Healing
11.30 Wholeness and Healing
6.30 Compline



October

3rd: Harvest - no creche
10th: Violet Davidson, Kathy Taylor, Trish McGrugan
17th: Julie Monaghan, Rosemary Thompson, Eleanor Mulholland
24th: Katherine Newman, Deborah Johnston, Angela Skaramoutos
31st: No creche

BAPTISMS

5th September: GUY WILLIAM JOHN CAMPBELL, son of Piers & Julie
19th September: MEGAN FRANCES STRANAGHAN, daughter of Glenn & Kerry

Any articles for the November magazine, should be left in the Parish Office by **9th October**



October

3rd: Heather Johnston, Maureen Aiken, Ann Shaw
10th: Vicky Hayes, Dawn McFerran, Janice Hewitt
17th: Yvonne Manogue, Michael & Sharon Hatch
24th: Neil Devlin, Jean Law, Pat Adair
31st: Jill Owen, Mark & Carolyn Larmour

WEDDINGS

20th August; ANDREW SEAY & ANDREA CROZIER, 11 Lynne Crescent, Bangor
25th August: DONAL RANKIN & CHRISTINE HAGAN, 73 Stonebridge Rd, Bangor
30th August: STUART GREEN & ROSE HAMILTON, 55/4 Bryson Rd Edinburgh



October:

3rd: Harvest Festival
10th: Esther McKee
17th: Lilian Ward
24th: Irene Long
31st: Audrey Irwin

FUNERAL

6th September: Roland Blennerhassett, late of 32 Tonic Fold



Parish Office: 91274912
Rectory: 91274901
Curacy: 91271922
Prayer Line: 07531806167
Transport: 07599794968
Web Site:
www.ballyholmeparish.co.uk