

ST Finnian's

NOVEMBER 2021

The Importance of Remembering



Dear Friends

One of the key aspects of November in our parish life is remembering.

On the first Sunday in November we remember with thanksgiving those who were connected with our parish in some way and have died over the course of the past year. On the second Sunday in November we remember those who gave their life in times of war or in times of conflict since then. These are solemn and important occasions. It's important particularly for those who have perhaps had to endure funeral services with many restrictions. As we continue to journey through this time of pandemic, the news reminds us of rising figures through the Delta variant of Coronavirus. It's important to stay vigilant especially as restrictions begin to ease, it's important to pause to remember. Last year we asked the congregation to give priority to those who have been bereaved in the past year and to stay at home and watch the service on YouTube or to listen in through the dial-in service. Even as social distancing has been reduced to one metre, our

capacity, depending on the make up of the groups who come to church, will remain less than 90. We have written to families and as this magazine goes to print, we are awaiting their response. We are now delighted to have welcomed back our Sunday School and we seek to give them, also with their families, priority on that Sunday. For this reason you may find the number of available spaces on the first Sunday in November greatly reduced as we have allocated preference to those who have been bereaved and wish to attend the Service of Thanksgiving and Remembrance as well as our Sunday School families. The Service of Thanksgiving and Remembrance will be repeated on Sunday evening and some families who were bereaved have expressed a preference to come to that service. I would suggest that there will be more spaces available at the evening service than the morning service and encourage those who love to come in person to worship, to consider attending in the evening on that Sunday if they are able to do so.

At our Service of Remembrance on the second Sunday in November when we remember those who died in times of war and subsequent conflicts, there will be an Act of Remembrance at the morning service only. This service too will be livestreamed as all our morning services are and there will be the opportunity for people to book in as normal. I mention it because these are often occasions when people who are not regular church attenders like to come to church and we are still operating in a situation of restrictions with regards to numbers as we do all in our power to keep everyone safe. As we think about remembrance this month, it's important to bring our organisations to people's thoughts and consideration. The St. Finnian's Toddlers, the Boys' Brigade and the Anchor Boys have all resumed their activities. The leaders have put a huge amount of work into putting safety measures in place to keep us all safe and help us adhere to the current guidelines and restrictions.

While we recognise that many people are understandably cautious about returning to activities, we do need people to support them to make them viable and so we remember our organisations and leaders this month in our prayers asking for God's protection and wisdom as we cautiously reopen these groups.

In these times of remembering we are grateful for the technology team and the audio visual system in church that enables people to stay connected virtually and which enables people overseas and continents to share our services and events in church with us. These are not things we should take for granted and they reflect a huge amount of investment and effort on the part of many people behind the scenes and we are very grateful.

As we think about remembrance, one of the important things for all of us to do as a church community is to remember each other. The parish prayer meeting is a way to do that as we meet each Thursday over Zoom to pray for

situations in the world, in our country and in the church. We also have an opportunity to pray for people either from the parish or beyond who have asked for our prayers.

If you have never come along and would like to try it from the safety and comfort of your home, you need to download the Zoom application on a computer, tablet or smartphone and send an email to zoomtostfinnian@btconnect.com to receive the weekly invitation.

I know there are many who have been remembering others through phoning and writing cards and in their prayers and this is greatly valued.

One of our most consistent “pray-ers” is our Prayer Warrior, Robin, who spends his days remembering in prayer those who have asked for his prayers. This month Robin is having to step back temporarily from that work as he has not been well. If we could remember Robin in our prayers, as he remembers us all, that would be appreciated.

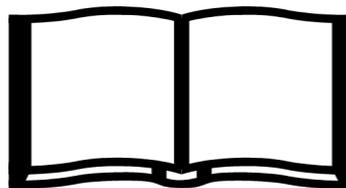
As we take a time of remembrance in November we also remember God’s faithfulness and goodness to us as we celebrate Harvest Thanksgiving at the end of October and as we look forward to the season of Advent. Further details of our Advent Services will be available in this month’s and next month’s magazine.

Very best wishes to everyone.

**Yours sincerely,
Jonathan Pierce (Rector)
Telephone 028 90793822**



From the Registers Christian Burial 2021:



22nd October

Samuel (Sam) Thompson

Advent Services (Dates for your diary)

On the first 3 Thursdays in December we have a very exciting and diverse group of speakers who will be coming to share why faith is important to them at our short Advent Services.

On Thursday 2nd December we look forward to welcoming Melanie Grimsley who shared recently on a programme with Stephen Nolan about finding faith. Melanie survived a terrible car fire which claimed the life of her sister as a child and has a very inspiring story to share.

On Thursday 9th December we look forward to welcoming fireman turned Evangelist, Keith Mitchell (Mitch) from Crown Jesus Ministries.

On Thursday 16th December, Parishioner Dorothy Callan will share her story of how faith has impacted her life.

We hope these services will be livestreamed and look forward to welcoming our speakers.





ST. FINNIAN'S TODDLERS

We are very happy to announce that our world famous Toddler Group is back. We run every Monday during term-time from 10am to 12 noon.

Social distancing and other Covid restrictions will apply but you can expect a very warm welcome.

Tickets are available on Eventbrite. Just search for St Finnian's Belfast Toddlers on [Eventbrite.co.uk](https://www.eventbrite.co.uk)

Tickets are not needed for the children, just the accompanying adults. We look forward to seeing you there for some toys, music, snacks and good company.





WE ARE BACK
Messy Church is back
LIVE in the church hall on
Friday 26th November
from 3.30pm - 5.00pm.

We are delighted to be back in the church hall with Messy Church and we are looking forward to meeting everyone and having some fun. As part our look at **HOPE** this year, we will be thinking about the word **E**xpectation, as we approach Christmas and think of Jesus coming into the world... we will have crafts, music and movement, story time and prayer. Due to Covid, our numbers will be limited so it will be necessary to book a place online at [**St Finnian's Messy Church Tickets, Fri 26 Nov 2021 at 15:30 | Eventbrite**](#)

Check out the church website at www.stfinnians.org and [Facebook.com/StFinnians](https://www.facebook.com/StFinnians) nearer the time too.

Please note, the venue will be cleaned before you arrive, there will be social distancing and measures in place to ensure you stay safe. Hand sanitisers will be available and all craft supplies will have been sanitised for your use. Everyone will need to sanitise their hands before entering the hall. There will be a one way system in/out of the hall. We also need to ensure that we have your information for track and trace purposes.

Unfortunately there will be no cooked food at Messy Church yet but there will be a drink, snack, sweets and also a cup of tea/ coffee.

We are looking forward to welcoming you back.





LADIES OPEN DOOR **FRIENDSHIP GROUP**

It seems like an eternity since we last met but given the continuing high levels of COVID-19, we feel that it would be inadvisable to start our meetings at the present time. Hopefully we can consider recommencing in the New Year, by which time we may all have had our booster jabs and the social distancing requirements may be further relaxed. Having spent eight days in the Mater Hospital with Covid in January, I fully understand the need for continued caution to protect ourselves and others from this terrible disease. In the meantime, I hope you, your families and friends keep safe and well.

Joan Logan
Secretary

PARISH PRAYER MEETINGS **BY ZOOM**

On Thursday evenings we hold our parish prayer time over Zoom when we pray for our province, our church and the world around us. If you would like to join us at 7 pm on Thursdays just send an email to zoomtostfinnian@btconnect.com or contact the Rector.



CAP (Christians Against Poverty) Christmas Appeal 2021

This past year has been difficult for a lot of families, particularly for those who have contacted CAP for help with their debt due to spiralling energy costs and the withdrawal of the Universal Credit uplift. With the added expenditure of Christmas, we want to help as many of our clients as possible through these cold, difficult winter months. Your contribution will enable us to help with top-ups of gas, electricity and oil, and provide toys for their children on Christmas morning, along with other support throughout the year. We will ensure they also receive a substantial Christmas hamper with food and treats to ensure Christmas Day is enjoyable and worry free.

There are three ways you can contribute:

1. Online through the charity giving page <https://www.kindlink.com/fundraising/willowfield-parish-community-association/cap>
2. Online banking: Willowfield Parish Comm Assoc
950114/80033383 Ref: CAP Christmas
3. Cheque made payable to "WPCA" posted to CAP, Micah Centre, 149a My Lady's Road, Belfast BT6 8FE

I speak on behalf of the clients when I say 'thank you' for your generosity and care shown in this practical way.

Be blessed this Christmas.

James Myles

Belfast Central Debt Centre Manager

(e) jamesmyles@capuk.org (m)07599 379839

HERE'S TO TODAY

There are two days in each week about which we should not worry. One of these is yesterday and the other is tomorrow.

Yesterday, with its misunderstandings, faults and blunders, aches and pains, has passed forever beyond our control.

We cannot undo a single act that was performed or erase a single word that was spoken.

Yesterday is gone.

And tomorrow is beyond our immediate control. The sun will rise, maybe in splendour or behind a mask of clouds

But it will rise.

And until it does, you have no stake in tomorrow. This leaves only one day to concentrate on—today.

And anyone can fight the battles of just one day. It's when we add the burdens of yesterday and tomorrow that we break down.

Live one day at a time.

Author unknown.

Services for November



Sunday 7th November (3rd Sunday before Advent)

11.00am Service of Thanksgiving & Remembrance
7.00pm Service of Thanksgiving & Remembrance

Sunday 14th November (2nd Sunday before Advent)

11.00am Morning Prayer (Act of Remembrance)
7.00pm Evening Prayer

Sunday 21st November (Sunday before Advent)

11.00am Holy Communion
7.00pm Holy Communion

Sunday 28th November (Advent Sunday)

11.00am Morning Prayer
7.00pm Advent Carol Service

DRAW NEAR
TO GOD,
and He will draw
NEAR TO YOU
James 4:8

BOOK ONLINE NOW

Remember to book online for Sunday Morning Services

Just a reminder that if you would like to attend the Sunday morning 11am service it is still necessary to book online using the online registration form available on our website and Facebook page. If you don't use the internet, you can reserve a place by phoning Linda in the parish office on 028 90792793 on either Tuesdays or Wednesdays between 9am and 2pm. Alternatively, you can reserve a place with one of our Churchwardens the previous Sunday.

The 11am service will continue to be livestreamed on YouTube to enable those who can't attend in person to worship with us. The dial-in service will also continue to be available for those who don't use the internet on 028 93447225.



MAGAZINE BY EMAIL

Why not receive your magazine by email and help the environment by cutting down on the use of paper? If you would like to receive your magazine this way, contact Linda in the church office on Tuesdays and Wednesdays between 9.00am - 2.00pm. Tel. 028 90792793 or email office.cregagh@down.anglican.org



Prayers for climate change

Eternal God,
whose Spirit moved over the face of the deep bringing forth
light and life;
by that same Spirit, renew your creation, and restore your
image in your people.

Turn us from careless tenants to faithful stewards,
that your threefold blessing of clean air, pure water and
rich earth
may be the inheritance of everything that has the breath of life
and one generation may proclaim to another the wonder of
your works; through Jesus Christ,
Amen.

God our Father,
As we celebrate the beauty and diversity of your creation,
we are truly sorry for our consumerism and wastefulness.
Have mercy on us for contaminating the Earth with billions of
tons of plastic waste.
Please give each one of us the desire and the means to put
things right; no longer trusting in ourselves but
in your grace and wisdom alone.
Through Jesus Christ our Lord and Saviour,
Amen.

God, you created the world with your dream of what it
could be. You dreamed of people and plants, animals
and air, all living in right relationship to you and
to each other. Today we offer to you our dream for
a world which is not threatened by a changing climate
which hurts our atmosphere, which wounds the poorest and
most vulnerable, which leaves this wonderful planet
in poor shape for future generations. Help us to listen
to your voice, your Word, and your creation.
Amen.

Pilates at St Finnians!



Pilates has arrived at St. Finnian's and you may be asking yourself just what this is and what it involves. Simply put, it is a system of exercise designed by a man called Joseph Pilates, based on the premise that the key characteristic of a strong body is a flexible spine with a strong centre or core. The core is made up from the abdominal, hip and lower back muscles, beginning with the pelvic floor and reaching the diaphragm, and the exercises in Pilates involve the whole body with controlled integrated flowing movements working from the core outwards.

Perhaps more importantly, it is an exercise method that is suitable for people of all ages, stages and abilities – each exercise can be adjusted to suit individual needs and can be taught progressively. In Pilates, we don't believe that pain does your body any good and you do not need to experience pain, or push through it, to achieve real results.

Much of modern life seems like an assault on our bodies and particularly our backs. More and more people are experiencing chronic lower back pain resulting from an increasingly sedentary lifestyle, and anyone who has spent several hours working on a laptop will testify to the impact this can have on your posture – a real pain in the neck! Pilates, with its focus on proper alignment of the spine and body awareness is a safe and effective way to counter this.

Classes will be held between 7 and 8pm on Wednesday evenings in the Huston Hall, beginning on 20th October and require the minimum of equipment i.e. an exercise mat (don't worry if you don't have one – mats can be provided) and loose clothes such as tracksuit bottoms and t-shirts that will allow freedom of movement (Lycra is not a pre-requisite!).

The classes are to be provided as a service and participants are asked to make a donation of £3.00 per class with proceeds going towards church funds.

If you are interested and wish to take part or just find out more about Pilates, please contact John Waterworth by phone (+447941368546) or email at jcworth@yahoo.co.uk

Hello Everyone

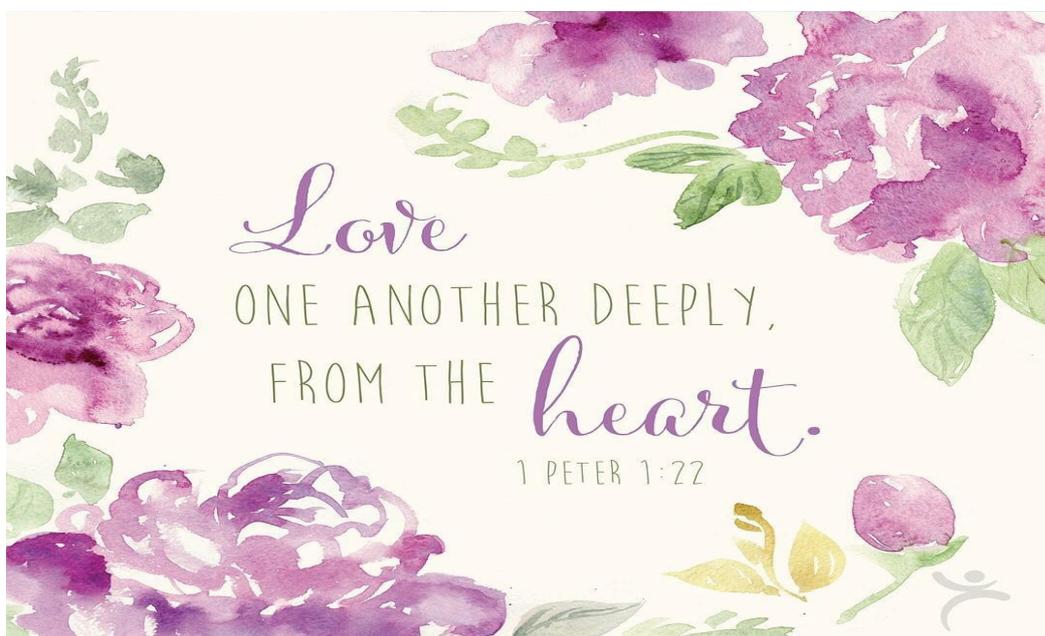
It was lovely to see so many of you at our Holy Communion Service on Saturday 2nd October and it was great that our Diocesan President Roberta Macartney was able to join us. We were very grateful to everyone who assisted in making the service possible – Canon Pierce, Mike, Mark, the choir and of course our own Barbara Carlisle. Clare our Branch Leader gave an excellent reflection address on the subject of Mary Sumner .

As Clare explained we are now in the process of gathering information regarding the arrangements that need to be put in place before we meet in the church halls. Hopefully we will have the information soon and then we will meet with Canon Pierce to discuss. The Branch Committee will consider and decide the best way ahead and then we will let you all know the arrangements.

Finally, the Midday prayers for November are set out overleaf.

Carol Bell

Branch Secretary



Mothers' Union—Midday Prayers—November 2021
Rebuilding hope and confidence
Who is my neighbour?

Monday: Who is my neighbour?

You shall love your neighbour as yourself.

That is, unselfishly seek the best or higher good for others.

Matthew 22:39 (AMP)

Living God, you have taught us through Jesus
that our neighbours are not just those
who live next door, or live nearby,
but everyone, everywhere.

And so, we pray for our world, our neighbours near and far.

Lord of heaven and earth,

hear our prayer.

Help us to reach out to our troubled, divided world,
recognising the call of our neighbour
in the cry of the needy;

May the time come when as individuals and nations
we live together as neighbours –
members of the extended family of humankind,
for we ask it in the name of Christ.

Lord of heaven and earth,

hear our prayer.

Amen.

Tuesday: Love your neighbour

In humility value others above yourselves, not looking to your own interests
but each of you to the interests of the others.

Your attitude should be the same as that of Christ Jesus.

Philippians 2:3-5

**Loving Lord, who has created us in your image,
show us how to value the people who are part of our lives.**

Let us embrace our differences
and not see them as a threat.

Let our attitude to each other
reflect the acceptance of Christ.

May all our relationships
be based on mutual respect
as we recognise the face of Christ
in the image of our neighbour.

**Loving Lord, give us your grace
to accept each other unconditionally
that we may truly love
our neighbours as ourselves.**

Amen.

Wednesday: Love your vulnerable neighbour

Speak up for those who cannot speak for themselves,
for the rights of all who are destitute.

Speak up for the poor and helpless,
and see that they get justice.

Proverbs 31:8-9

Lord,

you call us to love our neighbour as ourselves.

**Help us to be their advocates
in an often loveless world.**

Use us to speak against social injustice
with a clear and influential voice
in a world where the vulnerable strive to be heard.

Give us resolve to speak boldly
on behalf of those who suffer in silence.

Make us strong and effective advocates
for those whose voice is too weak to be heard.

Amen.

Lord,

you call us to love our neighbour as ourselves.

Help us to act with the mercy of Christ.

Amen.

Thursday: Love your neighbour in adversity

Then the king will answer,

“The truth is, anything you did for any of my people here,
you also did for me.”

Matthew 25:40 (ERV)

Lord,

help us to love our neighbour as ourselves:

Turn our gaze to see the need around us.

Help us to give without reservation
whatever the cost to ourselves.

Touch our hearts with the pain of adversity.

Make us willing to sacrifice our comfort
to support our neighbours in need.

Use our hands in service to others.

Guide us in deeds of kindness; actions of grace
which show your love in action.

May we see the image of God

in the face of our neighbour

and lovingly care for their needs

as though we were serving Christ.

Amen.

Friday: Neighbours near and far

I thank my God through Jesus Christ for all of you,
because your faith is proclaimed throughout the world.

Romans 1:8 (NRSV)

**Lord, open our eyes, open our hearts
to our neighbours who live nearby.**

Show us how to relate together
to build friendship and mutual trust.
Encourage us to offer a helping hand
wherever we sense a need.

**Lord, open our eyes, open our hearts
to our neighbours across the world.**

Show us the significance of relationship
with people worldwide; those known to us or not.
Help us to gladly respond in faith
with love and practical support.

**In word, deed and prayer,
may we reach out as your hands
across the road and across the world
to love our neighbours as ourselves.**

Amen.

Saturday: Who is my neighbour?

He asked Jesus, "And who is my neighbour?"

"Who was a neighbour to the man who fell into the hands of robbers?"

The expert in the law replied, "The one who had mercy on him."

Jesus told him, "Go and do likewise."

Luke 10:29, 36-37

Lord, you call us to love our neighbour as ourselves.

Help us to offer the mercy of Christ.

Forgive us, Lord, who call ourselves your own
but daily cause you pain,
who see someone in need
and walk across the road,
hear about injustice
and fail to say a word.

Forgive us, Lord, who call ourselves your own.

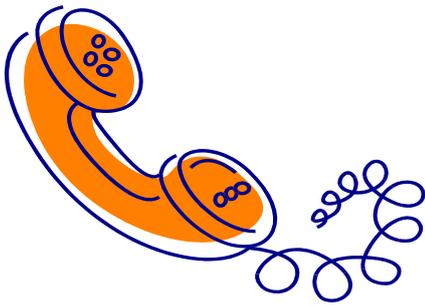
**Renew our hearts,
our souls and minds;
Strengthen our faith
and make us a people
who are your hands,
your feet and voice
within this world.**

Amen.

CONTACT DETAILS

Rector:

Telephone 028 90793822



Church Office Hours

Tuesday 9.00 am – 2.00 pm

Wednesday 9.00 am – 2.00 pm

TELEPHONE 028 90792793
office.cregagh@down.anglican.org

Magazine

Please send articles for inclusion in the **December** magazine to office.cregagh@down.anglican.org or telephone the Parish Office 90792793 by NOON on **Tuesday 9th November.**

Don't forget to check out the church website:

www.stfinnians.org



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