

ST Finnian's

MARCH 2022

*Going deeper on the journey of
discipleship.*



*Please see inside for details
of Lenten Services
& opportunities.*

Dear Friends

The season of Lent is almost upon us. Lent is a season I always approach with a mixture of joy and apprehension. It's a huge privilege to journey through that season with the idea of journeying with Jesus towards the Cross. It's a season for deepening our spiritual lives with a mixture of different approaches. In St.Finnian's we try to offer special services in the middle of the week as a focal point for the season as we explore those themes of repentance and self-denial and reorienting our lives with Jesus at the centre. We want His life to impact our lives and to allow our character to be shaped and moulded by His.

This year our theme is discipleship or following Jesus. Each Thursday night during Lent, beginning on 10th March at 7.30pm, our curate Rev. Andy Hay will be helping us to explore this in a reflective, thought-provoking and engaging way. These short 40 minute services will maybe help us to consider ways in which we might follow Jesus more closely in our daily lives.

On Ash Wednesday 2nd March we are hoping to recommence

our weekly Holy Communion Service with prayers for the sick at 10.30am. Many people have missed the opportunity to gather weekly at the Lord's table and to pray by name for those on our hearts as we come to the service. We are cautiously optimistic that we can recommence this important service on Wednesday 2nd March.

Also during the season of Lent we will be partnering with our friends at The Larder Foodbank to gather in some tinned fruit and tinned vegetables. There is a powerful article from The Larder Foodbank on the parish website www.stfinnians.org It speaks of how they are trying to meet the increasing needs in our community as the cost of living spirals. If you can help by bringing a tin or two after your weekly shop we would be very grateful.

We look forward on Thursday 3rd March to welcoming the Mothers' Union for their enrolment service at 7.30pm. Liz Walker is our new Branch Leader, Angela Harvey is our new Secretary and Julie Cunningham is our new Treasurer on the Committee.

The Mothers' Union have kindly agreed to host a socially distanced lunch for the Bishop and some others on Friday 4th March as they complete the first leg of the Bishop's Big Bike Ride around the parishes of Belfast in the Diocese of Down and Dromore in support of projects in Honduras and Jordan funded by the Bishop's Appeal.

We are delighted to announce also this month our speaker for Holy Week in April. Dr. Stephen Rodgers is a GP and pastor in King's Way Church in Dunmurry. He has a particular interest in supporting people's mental health and will be exploring the theme of the healing power of the Cross from Monday to Thursday evening of Holy Week. Stephen is a very gifted and able communicator and we look forward to all he will be sharing with us.

Sometimes people are inclined to give up things for Lent. It might be sweets or chocolates, maybe bread or alcohol. This practice of giving up some of life's little treats or luxuries is a way of denying ourselves and trying to connect into that

practice or way of living.

Jesus himself went through a season of 40 days when he fasted in the wilderness as a way of preparing for His public ministry.

May this season of Lent offer you meaningful opportunities to draw close to Him and we hope you will be able to join us for some of these special services and events.

With very best wishes.

**Yours sincerely,
Jonathan Pierce (Rector)
Telephone 02890 793822**



PARISH PRAYER MEETINGS BY ZOOM

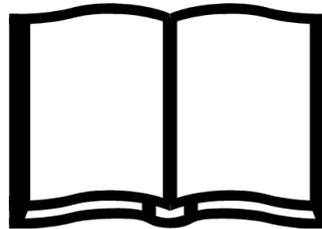
Due to the season of Lent, our Parish Prayer Meetings by Zoom will not be taking place throughout the month of March.

From the Registers 2022

Christian Burial

10th February - Edmund Richardson

23rd February - Desmond McIntyre



On Ash Wednesday 2nd March, our weekly Holy Communion Service with prayers for the sick will be resuming at 10.30 am.



WORLD DAY OF PRAYER

FRIDAY 4TH MARCH

This year's service has been written by the Christian women of England, Wales and Northern Ireland, with the title, ***"I know the plans I have for you"***.

We haven't had a home-grown service since 1945 so this is a bit of an occasion. The overarching theme is hope which is particularly relevant in these uncertain times.

**Our service will be held in St. Anthony's Chapel,
Woodstock Road at 8.00 pm.**

Everyone is warmly invited.

**Julie Cunningham
Secretary, East Belfast 1
07814928398**



In March, our Rector, Jono and our former Curate, Rev. Colin Darling will be taking part in the Bishop's Big Bike Ride to raise funds for the Bishop's Appeal. All money raised will go to two Bishop's Appeal projects being supported specifically by Down and Dromore, one through Christian Aid and the other through Tearfund.

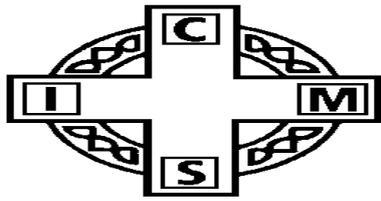
The Christian Aid project is in Honduras, working with their local partner organisation in eight communities that are particularly vulnerable to climate change.

The Tearfund project is in Jordan, helping mobilise the Anglican church there to work amongst Jordan's poorest communities.

***More information is available on the church website
www.stfinnians.org***

As Lent approaches, please watch out for more news of the Bishop's Appeal and bike ride on our website and Facebook page.

If you wish to donate, please place your donation on the collection plate in an envelope with your name on it and clearly marked "BISHOP'S APPEAL."



The Men's Society will be re-starting with no membership fee on Thursday 17th March at 8.00 pm with a light-hearted St. Patrick's night talk by

the writer and journalist, Paul Clements on "Old Ulster and Irish Sayings and Colloquialisms". This subject is enjoying a resurgence of interest, not least by way of Ulster actor, Adrian Dunbar in the TV drama "Line of Duty" and his "now we're suckin' diesel". In his talk and discussion, Paul will consider why colourful adages are making a comeback. Many have been preserved and passed down through the rich oral tradition resulting in sayings such as "come in Dungannon, I know your knock" or "that beats Banagher and Banagher beats the band" or "sure it could be worse". Bring a friend and your own sayings ("don't give your tongue a holiday") and share in the fun.

Ralph McMurray
Hon. Secretary

General Maintenance

The church premises require regular maintenance to keep them in good order, so it would be an advantage to have a regular schedule for works both for buildings and grounds. This would give people an opportunity to volunteer a few hours a month to assist in the upkeep of our estate. Accordingly, the **last Saturday** of each month will be designated for a work morning, with attendance programmed for, say 9.00 am to 11.00 am, for anyone who might be available. Work would include general light duties, tidying up, pruning, spraying, brushing etc.

We will be meeting on Saturday 26th March 2022.

See you then !

Jim Haughey
Glebewarden



Ladies' Open Door **Friendship Group**

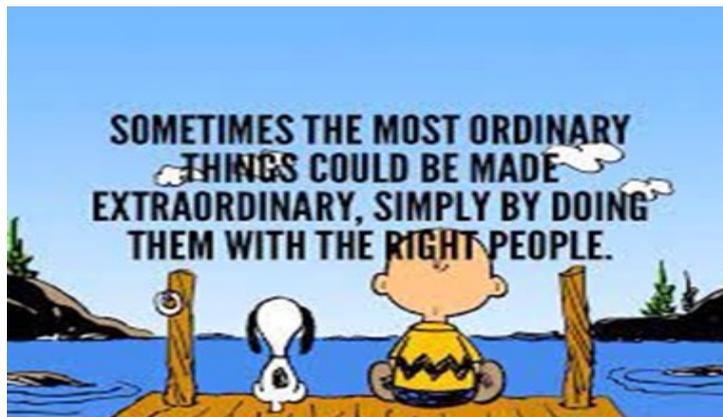


Hello Ladies

Please join us for March's meetings of the Friendship Group. On Wednesday 9th Lisa Rea Currie of EastSide Partnership will give an illustrated talk entitled Cregagh Connections – History and Reminiscences of the Cregagh Area Through the Years. On Wednesday 23rd Mavis Sulton will let us loose with craft materials. We look forward to seeing you at 2.00 pm on these very different and engaging afternoons.

Julie Cunningham

Tel: 07814928398



ST. FINNIAN'S MIXED INDOOR BOWLING CLUB

This month the bowling club will be meeting on Wednesday 2nd March, Wednesday 16th March and Wednesday 30th March from 2 - 4pm in the Huston Hall.

All equipment is provided. Covid regulations will be complied with - please remember to bring a mask.

Feel free to come along -
everyone is very
welcome.

We play for fun!



Services for March



Sunday 6th March (1st Sunday in Lent)

11.00am Morning Prayer
7.00pm Evening Prayer

Sunday 13th March (2nd Sunday in Lent)

11.00am Morning Prayer
7.00pm Evening Prayer

Sunday 20th March (3rd Sunday in Lent)

11.00am Holy Communion
7.00pm Holy Communion

Sunday 27th March (4th Sunday in Lent)

11.00am Morning Prayer
7.00pm Evening Prayer



Each Thursday night during Lent beginning on **10th March at 7.30pm** our curate, Rev. Andy Hay will be helping us to explore our theme of discipleship or following Jesus. **These will be short 40 minute reflective services and everyone is very welcome to join us.**



The Messy Church team have their thinking hats on and are busy putting together a fantastic programme for the coming year.

Our first Messy Church of 2022 will be on Friday 25th March and it will be a live event in the church halls in Cregagh Park.



Because of social distancing regulations, Messy Church will be a ticketed event with tickets being available via Eventbrite. The tickets will be free and will come online closer to the event. Just keep an eye on the St. Finnian's Website and Facebook Page.

At Messy Church we will have lots of craft, songs, games and a story. It is a way for families to learn about the love of God just like you would in a Sunday service only it is a lot more hands-on and very very active!



Our theme this year will be **Seasons**, with our first session being all about the hope and new life of Spring! We just cannot wait to see you there!



There have been a few changes over the last wee while and we are very sorry to say that Jill McPeak has hung up her glue sticks. She has been instrumental in starting Messy Church in St. Finnian's and has seen us through the online phase of Covid. We are incredibly grateful to her for who she is and for everything she has done. Thank you, Jill!

2022 - 90 YEARS OF WORSHIPPING TOGETHER AT ST.FINNIAN'S



The Lay Readers

In last month's magazine, we read how Bishop James Mehaffey encouraged a greater participation by the laity in the spiritual life of the parish. Lay Readers have played a very important role in the history of our church and indeed continue to devote themselves to the service of St. Finnian's.

Gillian Stevenson

Gillian has been a member of St. Finnian's all her life. She was baptised on her parents' second wedding anniversary when she was just 13 days old! Growing up in the parish, she was involved in various organisations; and, following Confirmation, taught Sunday School and was a founder leader of the Wednesday Youth Fellowship. In her early 20s, she felt that God was calling her to further work within the church and, eventually, this led to her becoming a Diocesan Lay Reader – someone authorised by the Bishop to preach, lead worship and engage in pastoral work, not just in their own parish but in other churches throughout the diocese. After selection, she completed the two year 'Certificate in Christian Studies' course run by St. John's College, Nottingham. At that time, our former Bishop, Harold Miller, was Director of Extension Studies at St. John's. Gillian was commissioned on 20th September 1981 by the then Bishop of the Diocese, the Rt. Rev. Robin Eames and celebrated the 40th anniversary of her commissioning last September. Gillian says, "My calling to be a Diocesan Lay Reader is one I have never doubted and I regard it a great privilege to serve God in this way."



Chris Sanlon

Chris Sanlon has been associated with St. Finnian's for almost 30 years since the family moved over from St. John's. As a child he attended the Sunday school until starting as a chorister in St. Anne's Cathedral.

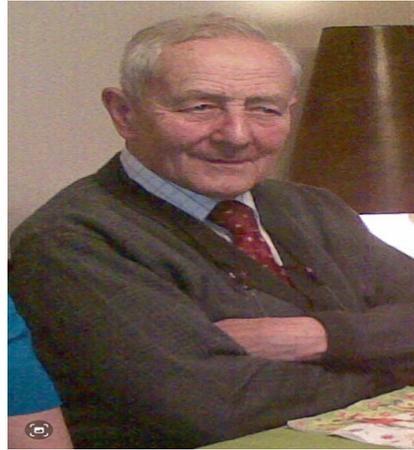


From 2000 - 2007 he taught and then organised Sunday School and holiday Bible clubs, before starting to lead at Pathfinders from 2007 to 2019. He also got involved helping to lead the Youth Fellowship, Youth club, Summer Schemes, and house groups from 2006 until 2019. Chris also helped organise and lead 'CrossFit' (previously 'Inbetweeners') - a Young Adult group for 20s to 30s including social events, charity fundraisers and regular house groups.

In January 2012 Chris was one of 6 men from the church who were part of the Fields of Life Hopebuilders team heading to Uganda to continue work on the school build in Nakasongola. Along with another of the 6 from St. Finnian's, Chris re-joined the Hopebuilders team for the January 2013 trip which was continuing the work at the school while also building at the nearby New Beginnings Children's Village.

In March 2012 Chris began a 2.5-year training course to become a Diocesan Lay Reader as part of a new "2030" initiative by the Diocese aiming to train people in their 20s & 30s for leadership and preaching within both their local parish and the wider Diocese. This included regular weekends in Dublin, monthly training sessions within the Diocese alongside completing a Professional Certificate in Ministry through the University of Chester. On 21st September 2014 Chris was commissioned and licenced by the Bishop as a Diocesan Lay Reader. Since then Chris has primarily been involved with assisting, leading and preaching within St. Finnian's but also on occasions providing cover at other churches.

Rev. John Gowen



John came to St. Finnian's in the early 1970's as a Lay Reader having previously been in Knockbreda Parish. Initially he was appointed to assist the then Rector, Canon (later to become Bishop) James Mehaffey during a curate's vacancy. However, as new curates came and went, John remained in St. Finnian's when Canon Noel Battye became the next Rector and it proved to be a very amicable partnership. John taught in Sunday School for some time, he led a House Group for many years and was an active member of the C.I.M.S. from its beginning. He also served on the Select Vestry. In 1985, John chose to take early retirement from teaching as he felt called to the ordained ministry. With Canon Battye's encouragement and support, he trained for the Non-Stipendiary Ministry and was ordained in Down Cathedral in June 1989. Although now allocated the Cathedral and Lecale group of parishes part-time, John maintained a close connection with St. Finnian's and the Rector knew that he could call on John at any time if he needed an extra pair of hands. John remained a regular member of St. Finnian's until declining health intervened. He will always be remembered with love and thankfulness for all his years of faithful service to St. Finnian's.

As this year is the 90th anniversary of the church, we would like to run a feature in the magazine every month. Do you have any stories, information and photographs you would like to share with us all from any point over our 90 year history? If so, we would love you to get in touch with Linda in the church office - Tel: 028 90792793 on Tuesdays and Wednesdays from 9.00am - 2.00pm or email office.cregagh@down.anglican.org

God's Masterpiece

*God took the fragrance of a flower,
The majesty of a tree,
The gentleness of morning dew,
The calm of a quiet sea.*

*The beauty of the twilight hour,
The soul of a starry night,
The laughter of a rippling brook,
The grace of a bird in flight.*

*Then God fashioned from these things,
A creation like no other,
And when his masterpiece was through,
He called it simply - Mother.*

by Herbert Farnham



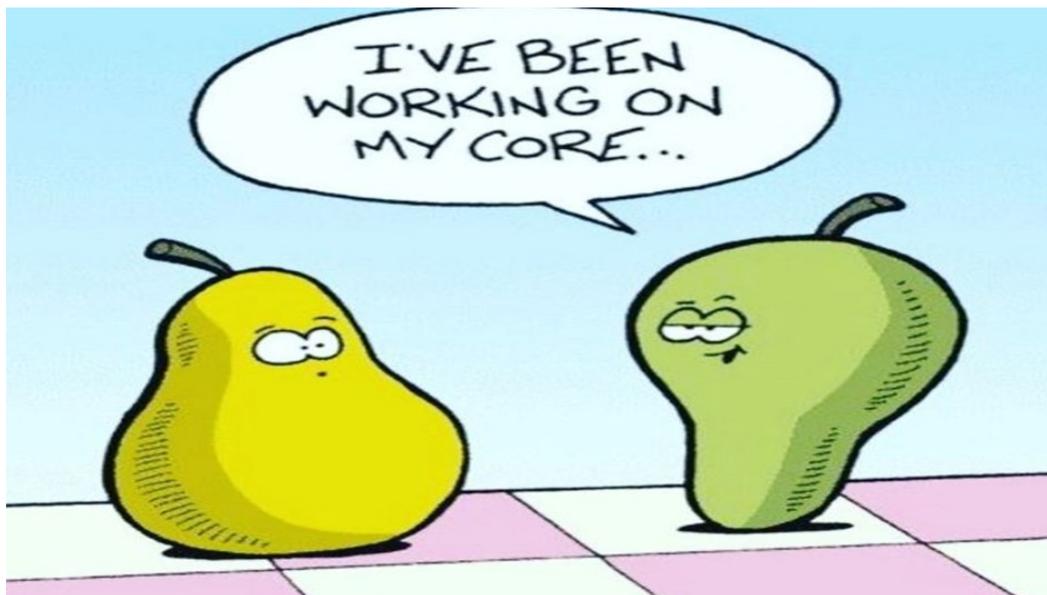
St. Finnian's Pilates



The St. Finnian's Pilates group continues to meet on Wednesday evenings in the Huston Hall from 7-8pm. Why not come along and increase your body strength and flexibility? You will be made very welcome.

A small donation of £3.00 per class is appreciated with proceeds going towards church funds.

If you have any questions or want to find out more about Pilates, please contact John Waterworth by phone (+447941368546) or email at jcworth@yahoo.co.uk



PRAYER WARRIOR

Do you have a concern or problem and would like someone to pray for you?

If so, text Robin who will be willing to help.

This is completely confidential and no details will be passed on to anyone else unless you want them to.

Mobile: 07513947504

ST.FINNIAN'S NUT-FREE POLICY

In September we were advised that some of the children who have joined Sunday School have a nut allergy. Following discussions with their parents it was decided to inform the Select Vestry who agreed the following Policy at their meeting in January 2022.

This Policy applies to all groups and church premises. It aims to reduce the risk to those children and adults using the church halls who may have an anaphylactic reaction if exposed to nuts to which they are sensitive. We therefore request that NO ONE should bring any of the following items into the church halls.

- Packets of nuts
- Peanut butter sandwiches
- Fruit and nut cereal bars that contain nuts
- Chocolates or sweets that contain nuts
- Sesame seed rolls/ biscuits
- Cakes or biscuits made with nuts

We ask hall users to check biscuit labels for traces of nuts and to take particular care with large boxes of chocolate sweets of mixed variety.

Recognising Symptoms of Anaphylactic shock

A person who has a nut allergy and comes into contact with a nut product may quickly become unwell and start to feel dizzy or faint.

They may start to have difficulty breathing or start to wheeze.

Some people develop itchy skin or sore eyes.

The symptoms may be mild but in some people a very serious reaction may occur which needs immediate treatment.

Treatment

The usual treatment is to use an EpiPen as soon as possible.

Allergy

If you or your child has a nut allergy please let the leader of your group know so that this may be recorded and also whether you carry an EpiPen with you.

Hand hygiene

Please encourage everyone to wash their hands before handling food and before eating.

11th January 2022



Hello everyone

I am excited to confirm our opening meeting will take place on Thursday 3rd March 2022 at 7.30pm in the church. There will be a Holy Communion service which will include the enrolment of new members and the commissioning of Liz Walker as Branch Leader and myself as Branch Secretary. This will be followed by supper in the Parochial (Top) Hall. We are looking forward to seeing as many of our members there as possible. I am pleased to announce that Julie Cunningham has agreed to be our new Branch Treasurer. I'm sure the Office Holders, Committee and Members wish her every blessing and success as she takes on this important role. On a practical note, the subscriptions for 2022 are now due at £25 per head. Of this, £22 goes to Mary Sumner House (London) and Mothers' Union All Ireland, leaving £3 per member to go into our own Branch funds. The Diocese has agreed to waive any contributions in line with last year. If possible could we ask our members to bring their subscription to the March meeting. If you can't attend Julie would be happy to arrange collection from you. Her mobile number is 07814 928398. Finally some of our current and former Branch Office Holders had the privilege to attend a special Commissioning Service at Dromore Cathedral on Wednesday 2nd February 2022 at which Mrs Mavis Thompson was commissioned as the new Diocesan President, the Rev. Duncan Pollock as the new Diocesan Mothers' Union Chaplain and the new Diocesan Board of Trustees including our own Mrs Hilda Arnold and Mrs Heather Leckey. We wish them all well. It was an inspiring service led by our Bishop, The Right Reverend David McClay who commended the Office Bearers to read the Bible every day along with the Daily Office. The Midday prayers for March are detailed on the opposite page.

Angela Harvey , Branch Secretary

Mothers' Union—Midday Prayers—March 2022
Lenten Transformation

Monday: Mercy

**Have mercy on me, O God,
according to your unfailing love.**

Psalm 51:1

Merciful God,

Have mercy on our souls,
according to your unwavering love;
according to your abundant mercy
wipe away our sins and the guilt we have carried for so long.
Instead write your love on our hearts,
your boundaries for our lives.

Your salvation that sets us free from our sins,
to live the abundant life you have for each of us.

Create in us clean hearts,

Renew your spirit within us.

Restore to us the joy of your salvation,
and sustain in us a willing spirit.

Write your love on our hearts, O God,

Amen.

**O God, in your mercy, accept my sacrifice
of a humble and repentant heart.**

Amen.

Tuesday: Forgiveness

**According to your great compassion
blot out my transgressions.**

Psalm 51:1

Lord God, your love for humankind,
present in the beginning of all things,
extends throughout history and touches even my life.

Your love sees failings and forgives.

Your love feels pain and wipes away our tears.

Your love knows grief and comforts the sorrowful.

Your love sees sin and still loves the sinner.

Forgive us when we fail to live
lives that reflect your love.

Forgive us the many times
when we take for granted

all that you have done for us.

Transform us, through your Spirit,

and empower us to serve you
this day and all days.

Amen.

**O God, in your compassion, accept my sacrifice
of a humble and repentant heart.**

Amen.

Wednesday: Cleansing

**Wash away all my iniquity
and cleanse me from my sin.**

Psalm 51:2

In this season of Lent
we embrace with gladness the rites of repentance
and turn with purpose from our selfish ways
that our lives may be cleansed and made whole.

**O God, forgive our selfish ways
and cleanse us from sin:**

May your righteousness grow in us.

As the stain of our sin is erased
by the holy sacrifice of Christ
our hearts are filled with deep gratitude;
our shame replaced by joy.

**O God, restore us in your love
and keep us from sin:**

May your grace dwell in us.

Amen.

**O God, cleanse me from sin, and accept my sacrifice
of a humble and repentant heart.**

Amen.

Thursday: Renewal

**Create in me a pure heart, O God,
and renew a steadfast spirit within me.**

Psalm 51:10

Create in us clean hearts, and renew in us steadfast spirits.
Let our renewed vision see the places where you beckon;
let our clean hearts be broken for the things that cause you pain.
Let us be present with you in healing and deliverance,
and let us be instruments of your peace.

Supply us with the boldness of your Holy Spirit,
to be strength for the weak and a voice for the silenced.

Empower us with the sureness of your presence
that as we walk in your way

we may see transformation in this world.

**O God, in your renewing grace, accept my sacrifice
of a humble and repentant heart.**

Amen.

Friday: Salvation

**Restore to me the joy of your salvation
and grant me a willing spirit, to sustain me.**

Psalm 51:12

May we rejoice and be glad
That our life-giving God has made a way
for worn and weary souls to be sustained.

Restore to us the joy of your salvation, Lord.

May refugees be restored to safety.
May flooded land be restored to fertile ground.
May broken hearts be restored to wholeness.
May fearful lives be restored to peaceful rest.
May compassion fatigue be restored to hopeful perseverance.

Restore to us the joy of your salvation, Lord.

Grant in us a willing spirit to sustain us.

Amen.

**O God, as I rejoice in your salvation, accept my sacrifice
of a humble and repentant heart.**

Amen.

Saturday: Praise

**Open my lips, Lord,
and my mouth will declare your praise.**

Psalm 51:15

**We trust in your unfailing love;
our hearts rejoice in your salvation.**

**We will sing the Lord's praise,
for he has been good to us.**

How can we not sing your praise
with heart and soul
and proclaim your name
throughout the world?

**God of creation,
Awesome in power,
Sustainer,
Provider,
Saviour,**

Father of all, there is none like you!

How can we not declare your glory
through all that we are,
and proclaim your name
throughout this world?

Amen.

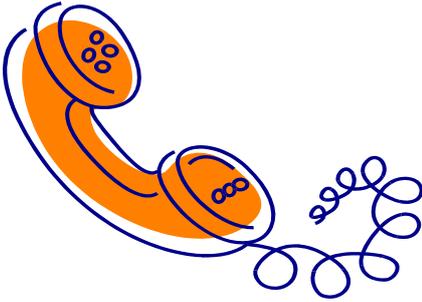
**O God, as I offer up my praise, accept my sacrifice
of a humble and repentant heart.**

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 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

Magazine

Please send articles for inclusion in the **April** magazine to **office.cregagh@down.anglican.org** or telephone the Parish Office 028 90792793 by NOON on **Tuesday 8th March.**

Don't forget to check out the church website:

www.stfinnians.org



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