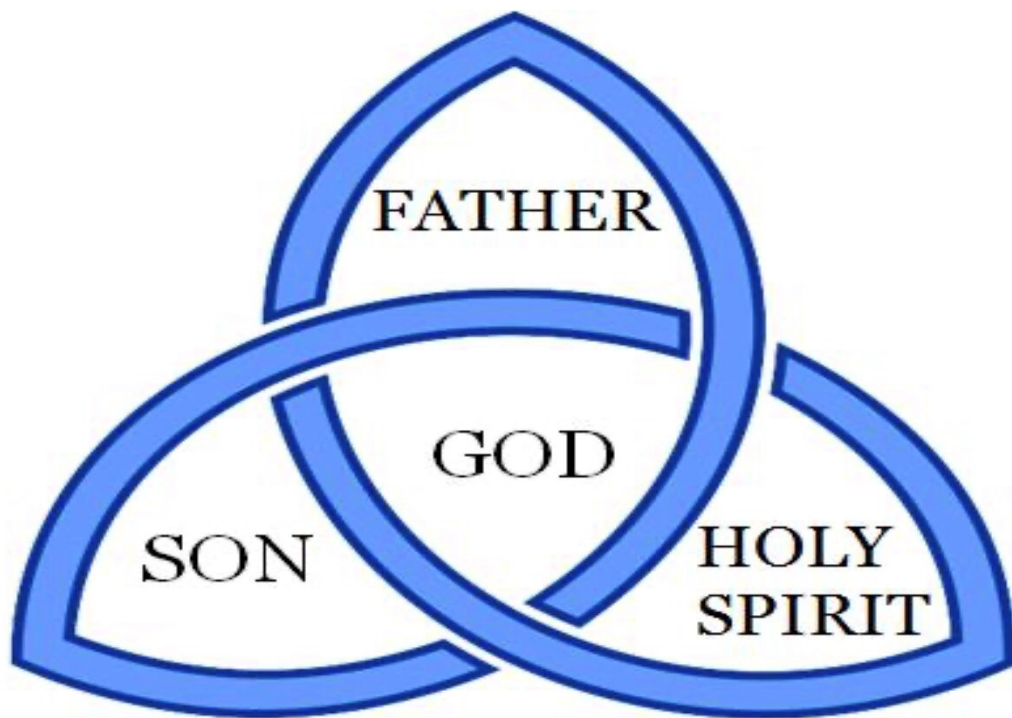


# ST Finnian's

**MAY 2024**



*May - a month of  
church festivals  
and feasts.*

# Dear Friends

In the life of the church, May can feel like a month of hidden feasts. There are a number of significant festivals and feast days that don't get the same publicity and recognition as the bigger ones that attract not just the church's attention but the attention of the general public also. Perhaps this is because of the holidays that accompany them. When I meet people who are occasional attenders of church they might say things like, "I'm a Christmas and Easter person." Both Christmas and Easter are marvellous occasions in the church calendar as we celebrate the birth of Jesus and then reflect on his death and resurrection.

In May we think of how Jesus returned to His father in heaven after His resurrection, the festival we know of as Ascension. As it is usually celebrated on a Thursday, we sometimes have different local celebrations and this year we hope to have a service in church at 7.30pm on 9<sup>th</sup> May. We also celebrate the gift of God's Holy Spirit on the feast day of Pentecost which is 19<sup>th</sup> May. This is that sense of Jesus' presence in dwelling in our lives and is promised to all who put

their trust in Him. As He comes to dwell within us, He begins the process of transforming us from the inside out so that we become more and more like Him. On 26<sup>th</sup> May, we celebrate Trinity Sunday when we think of the teaching that reflects on the nature of God. It proclaims the mysterious but glorious truth that God is Father, Son and Holy Spirit in His Divine nature. It can be hard to fully understand and grasp this and I always appreciate the sense of mystery and wonder around it. It's not as though we will ever fully understand God and all His ways and His glory, but we marvel at this aspect of His character and His nature and we bow down in worship before His majesty. Whenever faith becomes an important part of our lives, I always think there is so much to learn. It's like the more we know, the more there is to learn and discover and we can never in that sense plumb the full depths of it all. Each month and season brings fresh opportunities for learning and growth. There are little nuggets that come our way through observing these festivals and special occasions together as a worshipping community but also

in our daily devotions and Bible readings, in our participation in Life Groups and organisations. It's impossible to attend everything but the more opportunities we give ourselves to learn a little more or experience a gathering in worship, the more often we find ourselves unexpectedly blessed.

I want to thank everyone who made our Lent, Holy Week and Easter services so special. Not only were our speakers varied and interesting, the music, the flowers, the level of engagement made me very aware of God's presence during that most holy season. Many people made behind-the-scenes preparations from our Musical Director and Choir to our Wardens and Sexton and all who decorated the church so beautifully. Sometimes we are inclined to take such things for granted without fully being aware of all that has gone into making them happen, so my deepest thanks to everyone involved.

One of the most important things that underpins so much of our activity in church is prayer. Our online prayer meetings will resume on Thursdays at 7pm.

If you have never been before we usually reflect on a Bible passage and use it to inform our prayers for events happening in the life of our church, our nation and the wider world. We also pray for people who have asked for our prayers by first name only. It provides a little window of space and silence and reflection. For some who find in-person gatherings hard for health and other reasons, it offers an opportunity for fellowship. If you'd like to try it out, please speak to one of the clergy and you can receive the link via email.

We take this opportunity to wish our new Wardens every blessing and to pray for them and for the newly appointed Select Vestry. We thank Claire and Gillian for all they have done in providing such a warm welcome to all and serving us so effectively in the past year. With very best wishes.

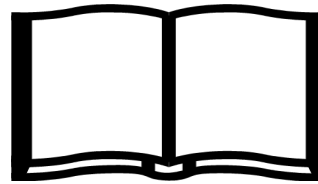
**Jonathan Pierce (Rector)**  
**Telephone 02890 793822**



## From the Registers 2024

### Christian Burial

27<sup>th</sup> March - Georgina (Georgie) Graham



### PRAYER MEETINGS BY ZOOM

Our parish prayer meetings by Zoom take place on Thursday evenings at 7pm. If you would like to join us, send an email to [zoomtostfinnian@btconnect.com](mailto:zoomtostfinnian@btconnect.com) or contact the Rector.

### Wednesday morning communion & prayers for the sick



The Wednesday morning communion service with prayers for the sick takes place on Wednesdays at 10.30am. Everyone is very welcome. Please feel free to join us afterwards in the Sextons' Room for friendship whilst enjoying a cup of tea/ coffee and scones.

### 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**

# Vestry

The new Select Vestry was appointed at a meeting of the General Vestry held on 16<sup>th</sup> April 2024.

Chairman - Canon Jono Pierce

Curate - Rev. Andy Hay

Rector's Churchwarden - Rosemary Gamble

Rector's Glebewarden - Jim Haughey

People's Churchwarden - Julie Cunningham

People's Glebewarden - Karen Gately

Secretary to the Select Vestry - Linda Leonard

Parish Treasurer - Brian Lavery

Vestry Members - Peter Armstrong

- Neil Donaldson

- Geoff Harman

- May Lavery

- Timothy Leckey

- Carole McGladery

- Claire Monaghan

- Norman Sleator

- Trevor Smyth

**Finance Committee:** Brian Lavery, Treasurer;

Robert Crawford, Neil Donaldson, Trevor Smyth,

Timothy Leckey

**Glebes' Committee:** Jim Haughey, Karen Gately,  
Geoff Harman, Norman Sleator

## CHRISTIAN AID WEEK 2024



Christian Aid Week this year will be happening from 12<sup>th</sup> – 18<sup>th</sup> May. Christian Aid works with some of the world's most vulnerable communities in 35 countries in Africa, Asia, the Middle East, Latin America, and the Caribbean. This year's appeal is focussing on work in Burundi, one of the most densely populated and poorest countries in Africa. Heavily reliant on agriculture, it's also one of the least prepared to combat the effects of climate change, including droughts, floods, and landslides. The global cost-of-living crisis has intensified the challenges: more than 70 per cent of the population live in poverty and more than half of children are chronically malnourished. Christian Aid has been working in Burundi since 1995 when it first offered humanitarian assistance to people surviving the civil conflict. Now, alongside local partners, the organisation helps establish Village Savings and Loans Associations (VSLAs). These community-led groups mean people can save and borrow money, making small businesses possible, offering reliable and diverse incomes so families can eat regularly, get medicine when they need it and build safer homes. Join us this Christian Aid Week to give hope to people living in countries such as Burundi. Traditionally St. Finnian's has always taken part in Christian Aid Week and this year we are delighted to do so again. Door-to-door collections will once again be taking place in the Cregagh area and if you helped in previous years, we would love you to do so again. New volunteers are very welcome. **Please contact Jonathan Johnston on 07385547697 if you are available to help.**

## **DIVINE HEALING MINISTRIES**

The Divine Healing Ministries service will be held on Tuesday 28<sup>th</sup> May at 7.30pm. The service will include a guest speaker. Everyone is very welcome.

**Norman Sleator**

## **GENERAL MAINTENANCE**



The church premises require regular maintenance to keep them in good order, so it is an advantage to have a regular schedule for works both for buildings and grounds. This gives people an opportunity to volunteer a few hours each month to assist in the upkeep of our estate. Accordingly, the last Saturday of each month is designated as a work morning, duration from 9am to 11am for anyone who might be available. Work would include general light duties, tidying up, pruning, spraying, brushing etc. The next date is

**Saturday 25<sup>th</sup> May 2024.**

See you then!

**Jim Haughey**

**Glebe warden**



## Services for May

### **Sunday 5<sup>th</sup> May (6<sup>th</sup> Sunday of Easter)**

- 9.00am Holy Communion
- 11.00am Connect Service (Huston Hall)
- 7.00pm Holy Communion

### **Sunday 12<sup>th</sup> May (Sunday after Ascension Day)**

- 9.00am Holy Communion
- 11.00am Holy Communion
- 7.00pm Compline

### **Sunday 19<sup>th</sup> May (The Day of Pentecost)**

- 9.00am Holy Communion
- 11.00am Morning Prayer
- 7.00pm Evening Prayer

### **Sunday 26<sup>th</sup> May (Trinity Sunday)**

- 9.00am Holy Communion
- 11.00am Morning Prayer
- 7.00pm Evening Prayer



## **GIFT DAY THANKS**

The Select Vestry would like to thank all who gave so generously to the recent Gift Day. The total amount raised to date is **£16,260**. In addition, we want to thank those who have provided one-off donations to both the General Fund and the Building Fund or adjusted their standing orders and weekly envelope donations over the last few months along with signing Gift Aid declaration forms. All this support has been a real encouragement.

For those who wish to make an electronic donation to the church, the bank account details are as follows:

**Bank Name: Danske**

**Account Name: St Finnians Parish Church**

**Bank Account Number: 11089757**

**Bank Sort Code: 95-01-34**

Please include your name and, if known, your FWO number when setting up a standing order or making an electronic donation to the church bank account above. If you could also let the Parish Treasurer know by email or telephone, that would be great.

If you have any queries about your FWO contributions, weekly envelopes, setting up a Standing Order or Gift Aiding, please do not hesitate to speak to Brian Lavery, the Parish Treasurer. Brian can be contacted by email at [stfinnianstreasurer@btinternet.com](mailto:stfinnianstreasurer@btinternet.com) or via the church office 02890 792793.

**Brian Lavery**

**Hon. Treasurer**

## **Hello everyone**

What a world we live in! At times we are struck by its physical beauty and diversity then alongside that there is the brokenness of the creation with pollution, the destruction of habitats and the reality of poverty, hunger, wars and needless loss of human lives all around the globe. We only have to turn on our TVs to see reports of conflict and tragic stories all around us. The Bible speaks of these issues throughout the scriptures in the Old Testament e.g. Isaiah 42:4 "he will not falter or be discouraged till he establishes justice on earth. In his teaching the islands will put their hope." Also in the New Testament, Jesus reveals a blueprint for His reworking of a new kingdom way of doing life in the Sermon on the Mount, Matthew 5:5 e.g. "Blessed are the meek for they shall inherit the earth." In our prayer book, it speaks of how the poor should receive a just share. Thinking about these things is challenging but necessary. So it is with anticipation that our speaker at our overseas MU Branch Meeting on Thursday May 2<sup>nd</sup> at 7:30pm is Jenny Smyth from CMSI (Church Missionary Society Ireland) which our Parish supports. I'm sure she will inspire, challenge and encourage us with her reports on our link missionaries.

### **Advance notice:**

- **The Beauty of the Bride Wedding Dress Festival, Dromore Cathedral. Opening service Thursday 9<sup>th</sup> May at 7:30pm with Lady Christine Eames. \*\***
- **Yarns from the Bible, St. Catherine's Church, Killead - 3<sup>rd</sup>-12<sup>th</sup> May. \*\***
- **The Diocesan MU Indoor Members' HC Service and Tea-party will be held this year at St. Mark's Parish, Newtownards on Thursday 16<sup>th</sup> May at 2 pm. An invitation is extended to all Indoor Members and Senior Members (aged 80 & over) of our Branch. This is always a very enjoyable event so we would encourage those eligible to go. \*\***
- **Afternoon Tea and shopping at Coleman's Garden Centre, Templepatrick. Saturday 1st June, time tbc. Cost £20. If possible, please bring £20 to the May Branch meeting. \*\***

\*\*If you would like to go to any of these events, transport will be provided so please contact Liz or myself.

**Angela Harvey, Branch Secretary - Mobile 07596 075081**  
**Liz Walker, Branch Leader - Mobile 07774 617549**

## **Mothers' Union Midday Wave of Prayers May 2024**

May 1-2 May: Aru in DR Congo; Kigezi in Uganda; Ikeduru in Nigeria; Ho in Ghana; York in England and Guyana & Suriname in Guyana

4-6 May: Uppershire in Malawi; Maralal Missionary Area in Kenya; Makurdi & Ifo in Nigeria; Tuam, Killala & Achonry in All Ireland and Mumbai in India

7-9 May: Torit in South Sudan; Meru in Kenya; Ikwuano in Nigeria; Sekondi in Ghana and The Arctic in Canada

11-13 May: Twic East in South Sudan; Rorya in Tanzania; Owerri & Ughelli in Nigeria; Gippsland in Australia and Cashel & Ossory in All Ireland

14-16 May: Maridi in South Sudan; Kirinyaga in Kenya; Zaki-Biam & Ijesa North-East in Nigeria and Waikato & Taranaki in New Zealand

18-20 May: Grahamstown in South Africa; Masasi in Tanzania; Afikpo in Nigeria; Wiawso in Ghana; Chester in England and Northern Argentina in Argentina

21-23 May: Christ the King in South Africa; East Rwenzori in Uganda; Gombe & New Busa in Nigeria and Bunbury in Australia

25-27 May: Bor in South Sudan; Mount Kilimanjaro in Tanzania; Oru & Oleh in Nigeria; Rockhampton in Australia and Agra in India

28-30 May: Angola; North Ankole in Uganda; Okene & Ibadan -South in Nigeria; Aberdeen & Orkney in Scotland and Karnataka South in India

## FLOWER DONATION ROTA

### MAY

5<sup>th</sup> Mrs J Cunningham  
12<sup>th</sup> Mothers' Union  
19<sup>th</sup> Mrs I Ireland  
26<sup>th</sup> Mrs K Hanna



### Forget-Me-Nots

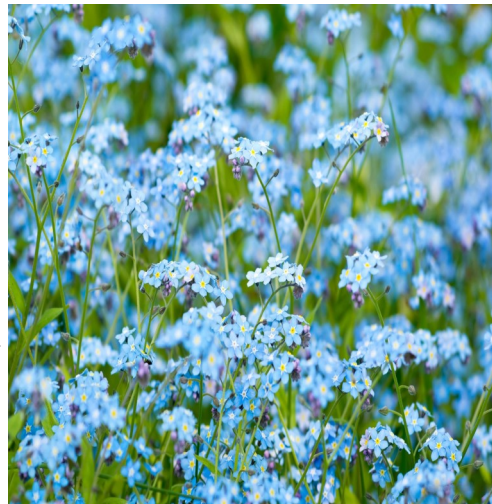
Based on a German legend, the story about Forget-Me-Nots is that God was naming all the plants at Creation. One tiny blue flower that was still unnamed called out to Him saying “forget me not, O Lord.” God therefore decided to name the flower, Forget-Me-Not.

#### **A Bed of Forget-Me-Nots**

*Is Love so prone to change and rot  
We are fain to rear Forget-Me-Not  
By measure in a garden plot? —*

*I love its growth at large and free  
By untrod path and unlopped tree,  
Or nodding by the unpruned hedge,  
Or on the water's dangerous edge  
Where flags and meadowsweet blow rank  
With rushes on the quaking bank.*

*Love is not taught in learning's school,  
Love is not parcelled out by rule;  
Hath curb or call an answer got? —  
So free must be Forget-Me-Not.  
Give me the flame no dampness dulls,  
The passion of the instinctive pulse,  
Love steadfast as a fixed star,  
Tender as doves with nestlings are,  
More large than time, more strong than death:  
This all creation travails of —  
She groans not for a passing breath —  
This is Forget-Me-Not and Love.*



**by Christina Georgina Rossetti**

## **LADIES' FRIENDSHIP GROUP**

Hello Ladies **and Gentlemen,**

May's first meeting is open to everyone. On Wednesday 8<sup>th</sup> we will be welcoming local historian, Aidan Campbell, who has written many popular books about Cregagh, Castlereagh, Knock and beyond. The photos and commentaries in these bring back memories of East Belfast to most of us. He'll talk to us about big houses of Belfast. He will have some copies of "East Belfast Big Houses Vol. 2" to sell on the day, the proceeds of which he donates to Marie Curie.

Our last meeting before the summer break ladies will centre around a light-hearted quiz - with prizes! I hope that you can come along on Wednesday 22<sup>nd</sup>.

Helen, Caroline, Dorothy and I wish you all a happy, sunny summer and look forward to seeing you in September.

**Julie 07814928398**

## **CREGAGH CRAFTERS**



Cregagh Crafters meet on Tuesdays from 10.30am - 12.30pm in the Huston Hall. Feel free to come along for crafting, coffee and chat. Everyone is very welcome.

**Janet Johnston**  
**07711885203**



## **Hello everyone**

We hope you are all well.

Just a reminder for you to share with family, friends and neighbours that Messy Church will be returning on

**Friday 7<sup>th</sup> June** with 'water and fish' being our theme.

Can you guess what story Andy might be telling us to remind us how God is at work in our lives and how much He loves us?

Come along and bring a friend to St. Finnian's Summer Messy Church in the great outdoors. There will be tea/coffee and biscuits for the grown ups as well as juice, treats and a light supper for the children.

Please pray for a dry day and sunshine so that we can play in the church grounds with some of the wonderful new games, giant parachute, Snakes and Ladders, outdoor Connect Four and various ball games. Our games and crafts are aimed at children aged 3 – 11 but everyone is so very welcome and we would encourage parents, guardians, carers and grown-ups to participate in our day of fun, friendship and faith.

With the renewed hope that Easter brings us and our uplifting Holy Week services fresh in our hearts and minds,

“ .. we fix our eyes on Jesus the pioneer and perfecter of faith”.

God Bless.

**The Messy Church Team**

## St. Finnian's Pilates



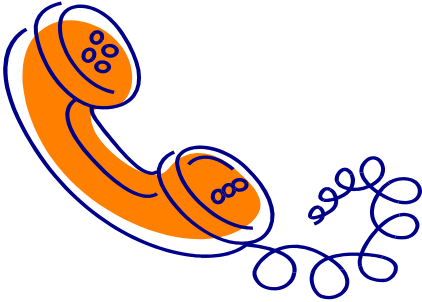
Hello everyone

Last month's article talked about how many Pilates exercises focus on developing and maintaining a strong, well aligned and flexible spine, and the overall health benefits from doing this. This month I want to go into a bit more detail about postural types, which can be broadly divided into the following: Ideal; Kyphosis/Lordosis; the Swayback; and the Flatback. Many of the problems seen by physiotherapists and other practitioners are related to 'poor' posture and the resulting muscle imbalances, uneven wear on joints and the impact on normal movement. However, before talking about poor posture, it's important to consider what is meant by 'ideal' posture, and this can be pictured by thinking about an imaginary plumb line running from the top of your head to the sole of your foot. This plumb line should drop vertically from the crown of your head, passing through the ear lobe, the middle of the cervical vertebrae (neck), the tip of the shoulder and the lumbar vertebrae (lower back), and it should run slightly behind the hip joint and just slightly in front of the centre of the knee joint and the outer ankle bone (the bit that sticks out!). If you have a full length mirror you could stand side on and visualise this plumb line (or have someone hold one up). In this position the forces of gravity are evenly distributed through the body and all the major joints are in what is termed their 'neutral zone' with minimal wear and tear on these structures, and the correct length and natural balance of muscles maintained to ensure safe normal movement patterns. In addition, all the vital organs are properly placed, supported and not constricted so they can function better. So this is what we should aspire to, bearing in mind that we each have our own individual distinctive body shape, size and dimensions. There are many factors that can influence your posture including: hereditary factors - often referred to as your genetic inheritance; injuries - particularly those directly impacting the spine; illness - both physical and mental; work related - sedentary or manual working; sustained positions - think about hunching over a laptop, something we've seen more of with home working; fashion - for example our footwear and heavy bags can 'pull' us out of shape; and repetitive movements that focus on particular muscles or groups of muscles. Given all this it would be easy to declare, in the words of Private Frazer from 'Dad's Army' (anyone below the age of 60 should ask their parents) that we're doomed! However, all is not lost, as many of the exercises in Pilates are designed to rebalance the role of stabilizing and mobilizing muscles and, by repeating good movement patterns, can help restore normal movement and improve posture. I'll use the next few articles to consider in detail the poor postural types referred to above and Pilates exercises that can be particularly helpful. In the meantime, stay safe and keep moving! **We meet on Wednesdays at 7pm in the Huston Hall. Everyone is very welcome and a small donation of £3 per class is requested to go towards church funds. If you have any questions or want to find out more about Pilates, please contact me - John Waterworth by phone (+447941368546) or email at [jcwworth@yahoo.co.uk](mailto:jcwworth@yahoo.co.uk)**

## CONTACT DETAILS

**Rector:** Tel: 028 90793822

**Curate:** Tel: 07905368474



## 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](mailto: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](mailto:office.cregagh@down.anglican.org)

## **Magazine**

Please send articles for inclusion in the **June** magazine to [office.cregagh@down.anglican.org](mailto:office.cregagh@down.anglican.org) or telephone the Parish Office 028 90792793 by NOON on **Tuesday 7<sup>th</sup> May.**

Don't forget to check out the church website:

**[www.stfinnians.org](http://www.stfinnians.org)**



**Find us on Facebook!**  
**[Facebook.com/StFinnians](https://www.facebook.com/StFinnians)**

Registered with  
The Charity Commission for  
Northern Ireland NIC101977