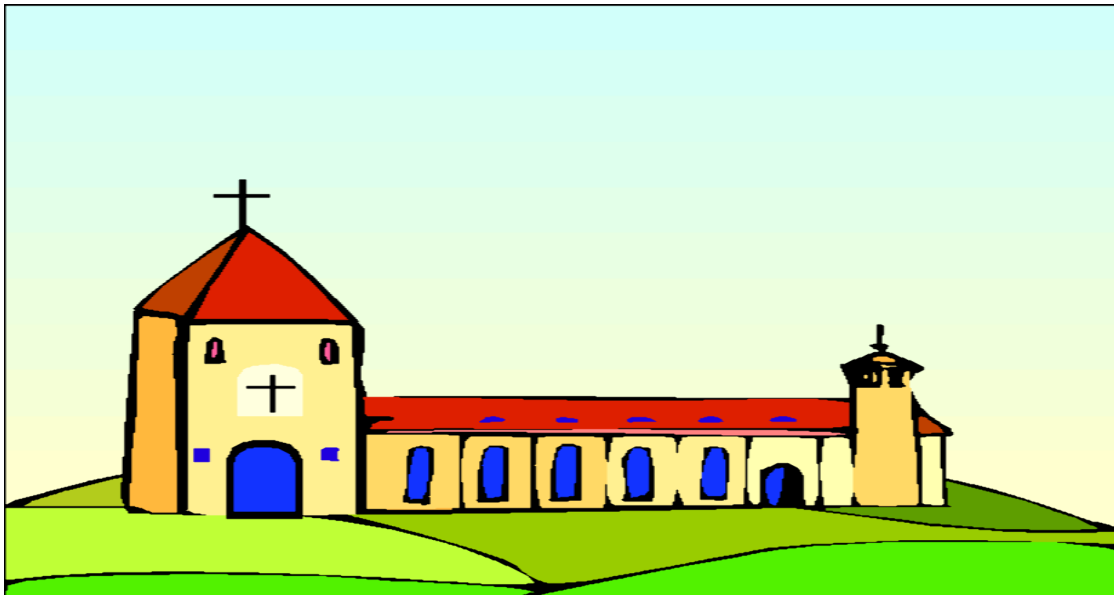


# ST Finnian's

**JUNE 2024**

*Join us for some important  
events in June*



*5<sup>th</sup> June - meeting to share your memories  
of the parish*

*7<sup>th</sup> June - Messy Church for children age 3-11*

*23<sup>rd</sup> June - Sunday School prize-giving*

*26<sup>th</sup> June - Confirmation service*

# Dear Friends

I recently had a phone call from someone I hadn't spoken to in many years. We had grown up together and went to primary school together. We had gone to the same Boys' Brigade company and played in football teams together and it was good to catch up a little as we spoke. Even though it had been many years, there was a lot of shared history there, people we knew in common having grown up in the same parish. It's good to share those memories and in this month's magazine you will find details of a few get-togethers over the summer months. We are thrilled that the author Paul Clements is going to help us by facilitating a few sessions as we try to capture some of our shared memories as we think about the history of our parish. Some of our parishioners and their families have very long associations with the parish and we want to try to write down some of those memories of different occasions and organisations people were involved in over the years. Maybe you were in the choir or the Sunday School, maybe you have memories of some of our organisations. Maybe you had a significant spiritual experience

and came to faith through being involved in the church and it has been a place that nurtured and encouraged you over the years as you got involved. We are excited to think about how we might write down some of these special memories which may become part of a book as we celebrate our history and give thanks to God for his faithfulness over the years. We remember people who have had an impact upon us and who contributed in all sorts of ways to building up the life of this place over the years.

One of the special occasions in any parish's life is when people take a step of faith publicly and decide to get confirmed. We look forward to our **service of confirmation on Wednesday 26<sup>th</sup> June at 7.30pm**. Bishop David will confirm 4 of our young people and one adult including a couple of young people from neighbouring parishes in Orangefield and Dundela. Please remember Katherine, Grace, Lewis, Harry, Conor and the 2 Patricks in your prayers as we celebrate with them on this special evening. We hope as many as possible will come to support them.

We also look forward to celebrating the past year in our Sunday School's life at the prize-giving on Sunday 23<sup>rd</sup> at 11am. I have frequently said how vital the work of our Sunday School is in passing on the faith to our younger generation. We are so grateful to our faithful team of teachers who are so committed to this work which happens throughout the year. We are always keen to recruit new teachers and helpers and if this is an area of ministry that interests you, please have a word with either the Rector or the Curate as we seek to increase our pool of volunteers. On Tuesday 4<sup>th</sup> June we hope to hold some training in Safeguarding Trust for our Sunday School teachers and helpers, for all who assist at Messy Church or Toddlers or any of our organisations that work with young people. We have to comply with the requirement to constantly update our training in this important area and our experienced panel will deliver this training. We hope all involved will be able to come to receive this important training.

We look forward to another special Messy Church afternoon on Friday 7<sup>th</sup> June which is targeted at children from 3-11 years of age. Messy Church runs from 3.30pm-5pm and includes crafts, singing, food and some worship. We send special greetings in our magazine this month to parishioners who have not been so well. We know many people have experienced challenges in recent weeks and months and that the magazine and online services have been important resources for people to stay connected. Please be assured you are not forgotten and are often prayed for at our Wednesday communion service and parish prayers over Zoom on Thursday evenings. We also take this opportunity to wish all our younger parishioners well who are sitting important exams in schools and universities. It can be a stressful time for those involved – students, parents and teachers and you are much in our thoughts as this magazine goes to print. With very best wishes.

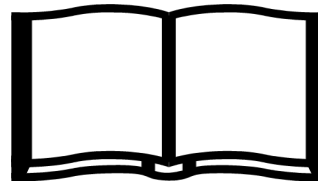
**Jonathan Pierce (Rector)**  
**Telephone 02890 793822**

## From the Registers 2024

### Christian Burial

8<sup>th</sup> May - Elizabeth (Betty) Curry  
(in Carrowdore)

23<sup>rd</sup> May - William (Billy) Darragh



### **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**

## **CAPTURING OUR PARISH HISTORY**



Do you have a story to tell relating to the history and life of St. Finnian's?

To help inspire those who wish to write something for a future book about the 100<sup>th</sup> anniversary of the church, the author Paul Clements is encouraging anyone who would like to write a personal memory.

During a series of informal sessions over the summer he will consider different ways of shaping your story connected to the parish. He proposes to hold a number of afternoon sessions where everyone is invited to come along and speak about their recollections with a view to putting them down on paper. Practical handouts will stimulate your creativity and unravel writing possibilities. **All are welcome.**

**The sessions will take place on Wednesday 5<sup>th</sup> June, Wednesday 3<sup>rd</sup> July and Wednesday 14<sup>th</sup> August in the Huston Hall or the Sextons' Room at 2pm.**

**If you would like to attend but need a lift, please contact Linda in the church office.**

## **DIVINE HEALING MINISTRIES**

The Divine Healing Ministries service will be held on Tuesday 25<sup>th</sup> June at 7.30pm when the speaker will be Bro. David Jardine.

Everyone is very welcome.

**Norman Sleator**

## **DATE FOR YOUR DIARY - SOUP LUNCH**



**Back by popular demand..... a soup lunch is being planned for 15<sup>th</sup> September after the 11am service.**

As numbers are limited, a list will be placed at the back of the church in August for you to sign if you wish to attend for a delicious bowl of soup and dessert.

We hope to see you there!

More details will be published nearer the time about how you can help.

**Heather Leckey**

So whether you eat or drink or whatever you do,  
do it *all* for the *glory of God*. 1 Corinthians 10:31



## **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 29<sup>th</sup> June.**

See you then!

**Jim Haughey**  
**Glebewarden**

## **GRASS CUTTING IN THE CHURCH GROUNDS**

Spring is here and we are now entering that time of year when regular grass cutting is needed in the church grounds. We presently have need of volunteers to operate our ride-on lawn mower in order to keep the grounds in good order. If you are interested in helping the church in this activity, please contact one of our Glebewardens, Jim Haughey on 07850389831 or Karen Gately on 07877124763. Your assistance would be greatly appreciated.

# Services for June



## **Sunday 2<sup>nd</sup> June (1<sup>st</sup> Sunday after Trinity)**

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

## **Sunday 9<sup>th</sup> June (2<sup>nd</sup> Sunday after Trinity)**

9.00am Holy Communion  
11.00am Holy Communion  
7.00pm Compline

## **Sunday 16<sup>th</sup> June (3<sup>rd</sup> Sunday after Trinity)**

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

## **Sunday 23<sup>rd</sup> June (4<sup>th</sup> Sunday after Trinity)**

9.00am Holy Communion  
11.00am Morning Prayer (Sunday School prize-giving)  
7.00pm Evening Prayer

## **Sunday 30<sup>th</sup> June (5<sup>th</sup> Sunday after Trinity)**

9.00am Holy Communion  
11.00am A Service of Wholeness & Healing  
7.00pm Evening Prayer



## SUNDAY SCHOOL PRIZE-GIVING



The Sunday School prize-giving will take place at our 11am service on Sunday 23<sup>rd</sup> June. We would like to encourage all our children to make a special effort to attend the service and receive their prize for attending Sunday School faithfully each week.

## Confirmation

Our **Service of Confirmation will take place on Wednesday 26<sup>th</sup> June at 7.30pm.** Bishop David will confirm young people and an adult from St. Finnian's and some young people from neighbouring parishes in Orangefield and Dundela. We would love you to join us on this special evening to support those who have decided to take this important step in their journey of faith.

Everyone is very welcome and we would love to see you there as we join together in worship and celebration.

## **Hello everyone**

Here we are again near the end of another school year. The pupils are finishing exams and along with their teachers are looking forward to the summer holidays. We ended this part of our Mothers' Union session with a visit from Jenny Smyth of CMSI who spoke movingly about the faith, dedication and hard work of the women including Mothers' Union and indeed whole communities amid challenging circumstances in the DRC (Democratic Republic of Congo) and South Sudan. Jenny told us that as rebel forces torched their homes, people who fled with only the clothes on their back settled in to refugee camps. One of the first things the Mothers' Union women did was pool the meagre food supplies, made meals (and before feeding themselves and their families) visited the nearby prison and fed prisoners, some of whom were likely to have been the very rebels who destroyed their homes. What kind of love is that? it is inspired by the love of Jesus who told his followers to love their enemies just as he did on the cross. Mothers' Union Branches are flourishing in these countries in Africa and wear their blue and white uniforms with pride. On a much smaller scale, though still important, our Mothers' Union Branch is going to Coleman's Garden Centre for our annual outing on Saturday 1<sup>st</sup> June at 2pm.\* We will have Afternoon Tea together, share conversations and enjoy each other's company. Liz and I and the rest of the Committee hope you have a lovely summer and we will resume our Branch Meetings in the autumn on Thursday 3<sup>rd</sup> October at 7:30pm - more details in the July/August magazine.

\*Anyone who would like to go who has not yet booked or needs a lift please contact us on the mobile numbers listed below.

### **Here are a couple of other dates for your diary:**

**MU Diocesan Holy Communion Service Thursday 1<sup>st</sup> August**

**11:15am in Down Cathedral**

**MU Diocesan Big Hymn Sing Sunday 8<sup>th</sup> September 7pm in**

**St. Finnian's Parish Church.\*\***

\*\* If you would like to nominate your favourite hymn/worship song please let any of the Committee know what it is and we will put it forward for consideration - the hymns chosen will depend on how many votes each hymn receives.

**Angela Harvey, Branch Secretary - Mobile 07596 075081**

**Liz Walker, Branch Leader - Mobile 07774 617549**

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

1-3 June: Johannesburg in South Africa; Kumi in Uganda; Nsukka & Idoani in Nigeria; Derby in England and Madhya Kerala in India

4-6 June: Ibba in South Sudan; Maseno North in Kenya; Isiala-Ngwa & Ondo in Nigeria; Fredericton in Canada and Amritsar in India

8-10 June: Yambio in South Sudan; Garissa in Kenya; Mbamili in Nigeria; Hereford in England; Willochra in Australia and Thailand

11-13 June: Mahajanga in Madagascar; Mara in Tanzania; West Buganda in Uganda; Kwoi in Nigeria; Newcastle in Australia and East Kerala in India

15-17 June: Bukavu in DR Congo; Nyahururu in Kenya; Gboko in Nigeria; Portsmouth in England and New Guinea Islands in Papua New Guinea

18-20 June: Rejaf in South Sudan; Military Episcopate in Kenya; Doko & Owo in Nigeria; Chelmsford in England and Jamaica & Cayman Islands

22-24 June: Rumonge in Burundi; Tabora in Tanzania; Kabba & Bukuru in Nigeria; St Albans in England and Nagpur in India

25-27 June: Table Bay in South Africa; Rift Valley in Tanzania; Evo & Ijebu in Nigeria; Adelaide in Australia and Taejon in South Korea

29-30 June: Eastern Zambia in Zambia; Mombasa in Kenya; Gwagwalada & Ekiti West in Nigeria; Leicester in England and Temotu in Solomon Islands

## FLOWER DONATION ROTA

### JUNE

2<sup>nd</sup> Mrs G Downey  
9<sup>th</sup> Mrs J Crawford  
16<sup>th</sup> Choir  
23<sup>rd</sup> Mrs P McCurley  
30<sup>th</sup> Mrs N Erskine



BLOOM  
Where  
you are  
PLANTED.





## **CREGAGH CRAFTERS**

The group has been having great fun with all sorts of crafts being worked on. Knitting, crocheting, sewing, needle felting and card making. Lots of people have been learning to crochet this term. We are also making blankets for the Ulster Hospital.



***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.***



**Our last class before the summer break is on Tuesday 18<sup>th</sup> June.**

**Janet Johnston  
07711885203**





## **Hello everyone**

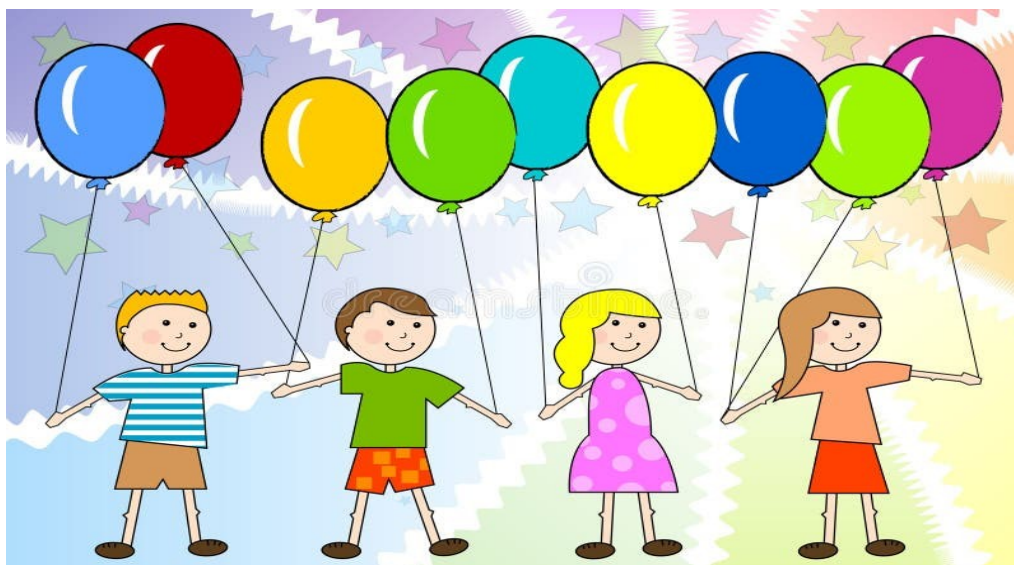
Just a reminder for everyone with children aged 3-11yrs. We would love to see you on **Friday 7<sup>th</sup> June** at our last session before the summer holidays.

All welcome from 3.30pm - 5.00pm.

**The Messy Church Team**

## **ST. FINNIAN'S TODDLERS' GROUP**

The Toddlers' Group will not be meeting on Monday 27<sup>th</sup> May due to the bank holiday. **Our last day of meeting before the summer holidays is Monday 10<sup>th</sup> June when we will be having a balloon modeller and a party.** We hope everyone has a great summer. Best wishes to those moving on to nursery and school - we hope you have a great time! **We plan to resume on Monday 9<sup>th</sup> September.**



## St. Finnian's Pilates



Hello everyone

Welcome to the June Pilates article which follows on from my discourse in May on the different postural types, focussing on the 'ideal' posture and the many factors that may have an effect on the shape of the spine. This month I'd like to focus on the first posture type I mentioned last month i.e. Kyphosis-Lordosis. This type is very common and is an exaggerated curve of both the thoracic and lumbar spine, with the head typically thrust forward and the chin jutting out and with the pelvis tilted forwards causing the lower spine to be overly hollowed. If you could see the spine from the side it would look like a much rounder 's' shape as opposed to the gentle curvature of the ideal posture. Most of the joints are held out of the natural neutral positions because of muscle imbalances such as shortened tight muscles, weak lengthened muscles, inefficient stabilizers and overactive mobilizers. These imbalances in turn can lead to faulty recruitment patterns that, when continually repeated, begin to feel like normal movement and the nervous system accepts them as natural. In particular the muscles of the lower back are shortened, the abdominals are very weak, the hamstrings are usually tight and knees are hyperextended.

Thankfully the exercises designed by Joseph Pilates can be used to restore optimal recruitment of the muscle groups through repetition of good movement patterns and strengthening and lengthening muscles appropriately. Unfortunately there are no short cuts and the process will be a gradual one as you build strength and stability and increase your sense of body awareness through the various exercises. There are a number of exercises recommended for this postural type including the pelvic compass and shoulder bridge, the dart, oblique curl ups, the dumb waiter and knee drops. However, as most of these are included in routine exercise programmes, the regular classes should provide a good starting point for addressing postural issues and poor alignment and I would encourage anyone to get involved if they want to improve this aspect of their health. I'll carry on with more discussion of other postural issues next month but in the meantime, stay safe and keep moving. We meet on

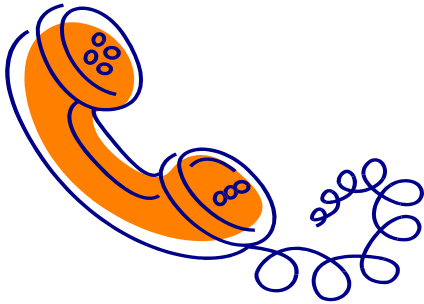
Wednesdays at 7pm in the Huston Hall. Everyone is very welcome and a small donation of £3 per class is requested to go towards church funds. If you have any questions or want to find out more about Pilates, please contact me -

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 **July/August** magazine to [office.cregagh@down.anglican.org](mailto:office.cregagh@down.anglican.org) or telephone the Parish Office 028 90792793 by NOON on **Tuesday 4<sup>th</sup> June.**

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)**

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