

# ST Finnian's

**SEPTEMBER 2024**

*St. Finnian's congratulates  
Olympic gold medallist,  
Jack McMillan*



# Dear Friends

September is a month in the church calendar when we see lots of organisations and activities get up and running again after a summer break. We have been greatly encouraged this summer through reflecting together on some of the GROW seminars hosted by the Diocese earlier this year as we have looked together at some components of church life that are important for growth. As a community we would love to see more people influenced by the person, the teaching and the love of Jesus Christ. As we see events unfolding around the cities of the UK at present, there is a huge need there and so many people seem to be hurting and looking for something to fill the emptiness inside. We believe that Jesus holds out that opportunity to all who are open to receive Him and what a privilege it is when we see people encountering Him or rediscovering Him. We see September as being a month of invitation. There is nothing as effective as encouraging people to attend church with a personal invitation. Many people feel suspicious of, or even nervous about, coming to a church service. If they have never been before or they haven't been for a long time, they can feel anxious about what to do. Where do you sit? What do you wear?

What happens during a service?

How will I know when to sit or to stand? They all seem like pretty basic questions if you are a seasoned churchgoer. If however you have never been before, it's great if someone sits beside you, meets you beforehand or brings you, introduces you to people and makes it a much more relaxed experience. We have some very special events to invite people to in September. The Mothers' Union is hosting the Big Sing on Sunday 8<sup>th</sup> September at our evening service at 7pm. We will be joining members of the Mothers' Union from all over the Diocese to sing some well-loved hymns and share supper afterwards following that special evening service. On Sunday 15<sup>th</sup> September we are having a special soup lunch after the morning service at 11am. It's a great way to meet new people over lunch. If you know someone who has recently moved into the area why not invite them along? On Sunday 22<sup>nd</sup> September we are having an invitation Sunday. Each household in the parish will receive an invitation and two others to pass on to a friend or neighbour. We want people to know about our organisations and activities and share why we believe having a Christian faith can bring hope and meaning and purpose to our lives as we worship together.

It would be lovely to see the church filled and lots of new faces as they are invited by parishioners. There will be bacon butties from 10am before the service at 11am. We are also longing to start a new group for the teens in our church on the last Sunday in September. It will take place twice a month and allow them a space for reflection, worship and discussion. We are very keen to find some volunteers who might help us with this, so if you think you might be able to help, please have a word with Jono or Andy.

There is a very warm and welcoming spirit within the DNA of St. Finnian's. Many years ago as a curate in a neighbouring parish I came on a Sunday off. I had got up late, hadn't shaved and really looked quite scruffy as I slipped into a back seat. The lady who welcomed me said she would help me with the books if I didn't know how to follow what was going on. She pointed out the Rector at the front and told me I would really be encouraged by what he would have to say later in the service. She told me she hoped I'd enjoy the service and to feel free to come back. It was a very lovely encounter and I wonder if we realise the difference small exchanges can make for visitors.

Sometimes September can be a time for re-establishing habits that possibly have slipped. I often try to eat a bit healthier or get back into exercise. Maybe if you haven't been to church in a while, this could be a great moment to get back into it?

We want to wish those who are about to start school or head off to university or start a new school, the very best. These transitions are really important moments. I remember discovering a great church when I headed off to university for the first time so, I hope if you are heading away, you might discover a good local church.

We extend our warmest congratulations to parishioner Jack McMillan on his incredible achievements at the Olympic Games in Paris winning a gold medal in the men's swimming 4 x 200m Freestyle Relay Team for Team GB.

Can we take inspiration from such discipline and selfless team work as we strive to serve our local community and make Jesus known far and wide in the year to come?

With very best wishes.

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

## From the Registers 2024

### Christian Burial

15<sup>th</sup> June - Jack Monaghan

22<sup>nd</sup> July - James Johnston

26<sup>th</sup> July - William James (Jim) Harrison

16<sup>th</sup> August - Margaret Faulkner

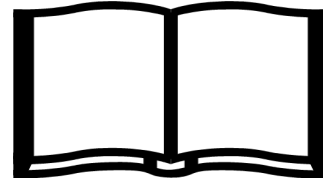
19<sup>th</sup> August - Joyce Murphy

### Holy Baptism

21<sup>st</sup> July - Thomas Bancroft (son of Katherine & Sam)

### Christian Marriage

20<sup>th</sup> August - Peter Armstrong & Erin Porter



## Book of Remembrance

Each year on the first Sunday in November, a Service of Thanksgiving is held to remember those who have died in the past year. During the month of September you will be contacted to provide details for the Book of Remembrance and a form will be posted or emailed to you.

Completed forms should be returned to Linda Leonard by **Saturday 28<sup>th</sup> September**. If you have any queries please contact Linda on 02890 594835.

***This year's service will be held on Sunday 3<sup>rd</sup> November at 7pm.***

## **BIBLE WEEK**

This year's Bible Week will welcome the Rt Revd Stuart Bell. Stuart is an Assistant Bishop in the Anglican Convocation in Europe with primary responsibility for Wales. An Englishman by birth, Bishop Bell was formerly a Canon of the Church in Wales and a former Rector of St. Michael's Church, Aberystwyth, the largest Anglican congregation in Wales.

As well as inspiring teaching, the annual Bible Week includes worship and prayer ministry. It is a wonderful opportunity for clergy, leaders and parishioners alike to be refreshed ahead of the busy autumn term.

**The venue this year is St. Saviour's, Dollingstown each evening at 7.45pm from Tuesday 27<sup>th</sup> – Friday 30<sup>th</sup> August. Don't miss it!**



## **PREPARING FOR AUTUMN**

From September through to mid-November there will be a number of special events held in church.

If you are free, please come and join the Work Team on **Saturday 31<sup>st</sup> August from 9am - 11 am** to help clean and tidy the church as we prepare for these services and events.





**Sunday School will resume on Sunday 8<sup>th</sup> September.**

All children in P1 - P7 are welcome to join us for Bible stories, crafts and games.

**Wednesday morning  
communion & prayers  
for the sick**



The Wednesday morning communion service with prayers for the sick will resume on **Wednesday 4<sup>th</sup> September at 10.30am.** Everyone is very welcome to join us for tea/coffee, scones and friendship in the Sextons' Room after the service.

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



The St. Finnian's Toddlers' Group will resume on **Monday 9<sup>th</sup> September from 10.00am - 12 noon in the Huston Hall.** All parents, grandparents, carers and childminders are very welcome. If you have never attended, why not come along? Activities include play, arts/crafts, singing, chat, snack and a cuppa. **Everyone welcome!**



**Remember Remember Sunday 15<sup>th</sup> September**

### **WHY?**

Soup lunch after the morning service in the Huston Hall.  
Come and enjoy the fellowship over a bowl of tasty soup.  
Make sure your name is on the list at the back of the church  
to avoid disappointment as numbers are limited.

**Menu: Bowl of soup & bread followed by dessert,  
tea or coffee.**

**Price: Generous donation for church funds.**

**Heather Leckey**

### **PRAYER MEETINGS BY ZOOM**

Our parish prayer meetings by Zoom will continue 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.

# **Welcome Sunday**

## **(22<sup>nd</sup> September)**



Sunday 22<sup>nd</sup> September will be Welcome Sunday in St. Finnian's Parish Church. We will be asking all our parishioners to invite friends and family, who are not yet members of any church, to join us for our Morning Prayer service. St. Finnian's has good news to share. We worship and grow together as disciples of the living Lord Jesus. This good news is ours to share and this is an ideal opportunity to spread the word! On the 22<sup>nd</sup>, the 9am service of Holy Communion will meet as usual. Following that, at 10am, parishioners and guests will meet in the hall for tea, coffee and free bacon baps. Veggie options will be included. Morning Prayer will start at 11am and, while it will be our traditional prayer book service, its tone will be welcoming to those who are not in the habit of attending a church service. In this service we will share the Good News of Jesus and invite visitors to join us as fellow disciples in weekly worship. In early September, each parishioner will be given a letter with details of the service as well as two invitations to share with others. To facilitate this, we are asking 5 parishioners to join us on Tuesday 3<sup>rd</sup> September at 7.30 pm in the Sextons' Room to collate and prepare the invitations. If you can help with this task, please sign the sheet at the back of the church.

The congregation will then be asked on 8<sup>th</sup> September to take the sets of invitations and deliver them to parishioners. Please take time to pray for this opportunity to share the gospel and grow our church. When your invitation arrives, please do share the extra invitations with people who do not currently attend any church. If you have any questions, don't hesitate to ask either Jono or Andy.

**Yours in Christ,  
Jono and Andy**



## **LADIES' FRIENDSHIP GROUP**

Hello Ladies,

Welcome back after our summer break.

Our autumn session begins on Wednesday 11<sup>th</sup> September at 2.00pm. We are very pleased that Katherine Hill (née) Gately and Joanne Thompson are joining us to describe the work of In This Together, a social supermarket that offers help and support to any individual. In these times of widespread need there are great demands on its services.

We are taking a light-hearted view of life on Wednesday 25<sup>th</sup> with Olive Turkington's "Give the Girl the Right Shoes" .

Anyone who has a pair of shoes which have a special significance may bring them and share the memories they call to mind.

Our Group is open to all ladies, so come along and bring a friend. We'll be pleased to see you.

**Julie**

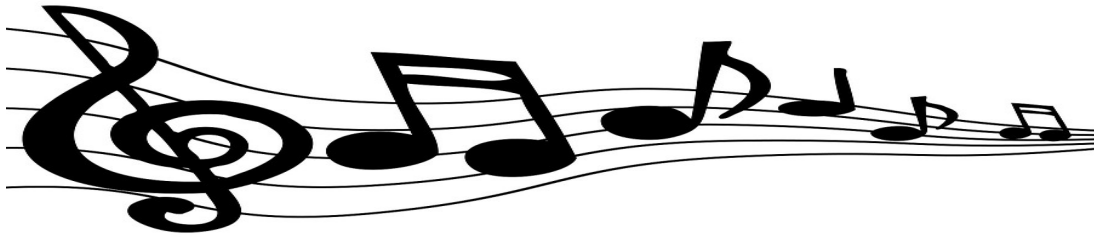
**Tel: 07814928398**

### **FLOWER DONATION ROTA**

#### **SEPTEMBER**

1<sup>st</sup> Seay Family  
8<sup>th</sup> Mr G Darragh  
15<sup>th</sup> Mrs A Thompson  
22<sup>nd</sup> Mrs M Corbett  
29<sup>th</sup> Mrs M Catney





**THE LINDSAY CHORALE**  
**SATURDAY 19<sup>TH</sup> OCTOBER AT 7.30PM**

The Lindsay Chorale will be coming to entertain us with their extensive repertoire from sacred, classical, folk, stage musicals and even a little pop music. Conducted by Keith Acheson and accompanied by our very own Daniel Clements. Keep the date free - it promises to be a great night's entertainment with a cup of tea served for good measure! Tickets will be available in September from our Glebewarden Karen Gately at a cost of £15. All proceeds will go to St. Finnian's Parish Church.

**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**

## **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 in the halls and church and optional pruning, spraying, brushing etc. The next date is **Saturday 28<sup>th</sup> September.**

See you then!

**Jim Haughey**  
**Glebewarden**

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

We are still at that time of year when grass cutting is needed in the church grounds.

We would like to thank those who have come forward so far to help with this task but would be grateful for more volunteers to operate our ride-on lawn mower in order to keep the grounds in good order. Many hands make light work!

**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.



## **JACK STRIKES GOLD**

Jack McMillan (featured on the front cover) has won an Olympic Gold medal swimming in Paris as part of Team GB's 4 x 200m Freestyle Relay Team. Cheered on by brother Leo, Jack swam a very fast leg in the semi-final to finish as the fastest qualifiers and secure a favourable lane for the final swim won by Team GB, beating USA and Australia. This was not Jack's first Olympics as he represented Ireland in Tokyo in 2020. He also swam in 3 different categories at the Commonwealth Games in Birmingham in 2022. Jack has been swimming since he was 4 years old and in St. Finnian's we have been keenly following his steady progress since he started in his first competitions. He and Leo were members of St. Finnian's BB which he combined with intense early morning swimming training and studies at RBAI. His regular success in competitions throughout the UK and Europe has led him to focus on a swimming career. He moved to Scotland for full-time training at Stirling University in preparation for the Olympics. Jack's mum and dad were very involved in encouraging his career, taking him to all those early morning training sessions and their example has been his inspiration. His dad Richard died in 2018 and his mum Jenny, who served as Churchwarden in St. Finnian's, died in 2023. Congratulations Jack on your wonderful achievement!

## **CREGAGH CRAFTERS**



### **Cregagh Crafters will resume on Tuesday 3<sup>rd</sup> September.**

If you enjoy knitting, crocheting, sewing or any other craft, come along on a Tuesday morning at 10.30am. Needles, hooks, wool, chat and a cup of tea/coffee will be provided. Any new members will be made most welcome.

Knit and crocheted blankets will be completed and sent to the Ulster Hospital Casualty Department. We will be making bags, washcloths, hats and gloves for the Samaritan's Purse Shoe Boxes.

**Janet Johnston**

**Tel: 07711885203**

## **DIVINE HEALING MINISTRIES**

The Divine Healing Ministries' service will be held on Tuesday 24<sup>th</sup> September at 7.30pm. The service will include a guest speaker. Everyone is very welcome.

**Norman Sleator**

# Services for September



## **Sunday 1<sup>st</sup> September (14<sup>th</sup> Sunday after Trinity)**

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

## **Sunday 8<sup>th</sup> September (15<sup>th</sup> Sunday after Trinity)**

- 9.00am Holy Communion
- 11.00am Holy Communion
- 7.00pm The Big Sing  
(Hymn singing service hosted by  
The Mothers' Union)

## **Sunday 15<sup>th</sup> September (16<sup>th</sup> Sunday after Trinity)**

- 9.00am Holy Communion
- 11.00am Morning Prayer (followed by Soup Lunch)
- 7.00pm Compline

## **Sunday 22<sup>nd</sup> September (17<sup>th</sup> Sunday after Trinity)**

- 9.00am Holy Communion
- 11.00am Invitation Service  
(bacon butties served from 10am)
- 7.00pm Evening Prayer

## **Sunday 29<sup>th</sup> September (18<sup>th</sup> Sunday after Trinity)**

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



## **PRAYER CELLS**

One of the things which has emerged from the GROW seminars about church growth is a desire to form some prayer cells. These are small groups of 2-5 people which will meet regularly for prayer for the parish, for each other and for the world around us.

A small group of people are going to make the Glebes' Room in the Huston Hall into a prayer space that can be used by prayer cells. Other cells may prefer to meet in people's homes, in a park if the weather is suitable or wherever the cell feels comfortable.

We believe prayer is central to church growth and if this is something you have a heart for, why not invite a couple of like-minded people to pray with you? You can use the Glebes' Room or any place you feel comfortable. Feel free to contact the clergy for resources to guide your prayer time.



Hello Friends

We hope that you are well and refreshed from the summer break. **We look forward to meeting in friendship, fun and faith for another Messy Church on Friday 27<sup>th</sup> September.**

Please come along and bring a friend – or two.

Our crafts and games are aimed at children aged 3 – 11 but everyone is very welcome and the session runs from 3.30 pm to 5.00 pm. As usual there will be tea/coffee and biscuits for the grown ups as well as juice, a light supper and treats for the children. Any help from parents, guardians and carers is always very much appreciated.

See you then Lord Willing.

**The Messy Church Team**

**“For where two or three are gathered together in My Name, there am I in the midst of them”.**

## **Hello everyone**

Here we are again in September with the new beginnings that this month brings, the children and young people are starting back to school and university and most people are returning to their normal work or other activities after the summer holidays and our Mothers' Union meetings resume. I read an article a while back where a famous celebrity said that looking back on their life, although they had made mistakes, they didn't need forgiveness. That's a bold statement and not one that I could subscribe to. I've hurt people by things I've said and done and offended against God but thank God forgiveness is available to all of us personally. So in this new season we can have a new beginning. As the hymn says: There's a way back to God from the dark paths of sin, there is a door that is open and you may go in; at Calvary's cross is where you begin, when you come as a sinner to Jesus'

### **Our Mothers' Union notable beginnings dates are listed below:**

#### **Down and Dromore Diocesan Big Sing Sunday 8<sup>th</sup>**

**September 2024 7pm** St. Finnian's, Cregagh followed by refreshments in the Huston Hall.

#### **Outing to Killyleagh Thursday 19<sup>th</sup> September 2024 10am**

Clive Scholar will meet us for a tour of the castle followed by a leisurely guided walk around the historical town and finishing with lunch in the Dufferin Arms. The cost of the tour is £5 per person with each person paying for their own lunch. Clive spoke at our February meeting and it was an enjoyable occasion. It should therefore be a fascinating tour with Clive delighting in telling us the stories in his own inimitable way. This is an open meeting to all folk (men and women) in the parish and their friends and everyone will be made very welcome. Please note this tour requires a certain amount of walking. Anyone who wants to go, please give their names to Liz Walker or Angela Harvey\* by Sunday 8<sup>th</sup> September 2024 and indicate if you require a lift.

#### **Thursday 3<sup>rd</sup> October 2024 7:30pm** Autumn Reopening

meeting of our Parish MU - Bring & Buy Sale in the Huston Hall

**All Ireland MU Getaway Weekend Friday/Saturday 11<sup>th</sup>-12<sup>th</sup> October 2024 City Hotel Armagh** Please contact Liz or myself if interested\*

**Angela Harvey Branch Secretary \*Mobile 07596075081**

**Liz Walker Branch Leader Mobile \*Mobile 07774617549**

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

1-2 September: Harare in Zimbabwe; Machakos in Kenya; Ogori-Magongo & Ekiti in Nigeria; Southwark in England and Phulbani in India

3-5 September: Khartoum in Sudan; Dar es Salaam in Tanzania; Bari & Ilesa in Nigeria; Gloucester in England and Dugapur in India

7-9 September: Pacong in South Sudan; Southern Nyanza in Kenya; Kutigi & Ijesha North in Nigeria; Bristol in England and Karnataka Central in India

10-12 September: Pretoria in South Africa; North Mbale in Uganda; Oke-Osun in Nigeria; Exeter in England and Barbados

14-16 September: Mthatha in South Africa; Namirembe in Uganda; Pankshin & Sabongidda-Ora in Nigeria; Dublin & Glendalough in All Ireland and Central Solomons in Solomon Islands

17-19 September: Buye in Burundi; Sebei in Uganda; Abakaliki & Ekiti-Oke in Nigeria; Southwell & Nottingham in England and Belize

21-23 September: Rumbek in South Sudan; Soroti in Uganda; Aba Ngwa North & Oyo in Nigeria; Peterborough in England and North Eastern Caribbean & Aruba

24-26 September: Makamba in Burundi; North Karamoja in Uganda; Lokoja & Sapele in Nigeria; Truro in England and Tirunelveli in India

28-30 September: Katanga in DR Congo; Rwenzori in Uganda; Mbaise & Egba in Nigeria; Meath & Kildare in All-Ireland and Tiruchirappalli Thanjavur in India



On Thursday 27<sup>th</sup> June, a few family members and friends met to celebrate and enjoy afternoon tea with Nell Moncrieff who was celebrating her upcoming 102<sup>nd</sup> birthday on 28<sup>th</sup> June. Nell was born before Ireland was partitioned and therefore her birthday qualified for recognition from the Irish Parliament. With thanks to Hilda Arnold, Jono presented Nell with a medal for turning 102. She entertained and amazed us with stories about her time in America and coming back and qualifying as a midwife. Nell was presented with gifts from the All-Ireland Indoor Members' Representative, Mrs Irene Boyd and the Diocesan President of the Mothers' Union, Mrs Mavis Thompson. A very enjoyable afternoon was had by all.





# *Thanks from Nell*

I would like to thank all the ladies associated with the Mothers' Union that both organised and attended my 102<sup>nd</sup> birthday luncheon in St. Finnian's Huston Hall on Thursday 27<sup>th</sup> June.

I would also like to thank the Rector for his surprise presentation of the "medal for getting old" and reading out the accompanying letter from the President of the Irish Republic.

I have been associated with the Mothers' Union in St. Finnian's for many enjoyable years and have wonderful memories of this time. This luncheon brought back so many of these memories.

I would also like to thank everyone for their kind gifts and cards which I will cherish.

Love and God Bless.

Nell Moncrieff



## The Boys' Brigade in St. Finnian's



Like everyone else in St. Finnian's and beyond, the Officers and boys of the 74<sup>th</sup> Belfast Company are delighted to congratulate our former member, Jack McMillan, on his Olympic gold medal success. Avoiding puns about "getting back into the swim of things," our weekly programmes will resume on Monday 9<sup>th</sup> September for Junior and Company Sections and Tuesday 10<sup>th</sup> September for the Anchor Boys. The Boys' Brigade is one of the largest Christian Youth Organisations in the UK & Republic of Ireland and has members in countries throughout the world. We are committed to seeing lives enriched by supporting children and young people to reach their full potential by providing opportunities to meet together and engage in a range of fun and developmental activities and experiences. There's something for every young person and members develop skills, build confidence, make friends, take responsibility and are encouraged to make a real difference in their communities – sharing the values that make us who we are. After a more casual approach as we reconvened following COVID, we will be returning to wearing Boys' Brigade uniform from September and will continue to ensure that our wide-ranging activities meet the requirements of the Brigade badge structure so that participation in activities is rewarded. As we start our new session we would be delighted to welcome all our existing members back and we would encourage new members for all Sections.

Details for each of the Sections are as follows:

### **Anchor Boys - Tuesdays - 6.45 p.m. to 7.45 p.m.**

Anchor Boys is the section of the Boys' Brigade Company for boys aged 4-8. Anchor Boys participate in a wide range of activities - arts & crafts, music, games, Bible stories and sports. They have a national badge programme designed to prepare them for further membership in the Company and to develop them socially, educationally and spiritually.





### **Junior Section - Mondays - 7.00 p.m. to 8.15 p.m.**

Junior Section is our second section and is for boys aged between 8 and 11. Junior Section meetings are crammed full of challenges, games and activities. The award programme is specifically designed to encourage a child to look beyond themselves. Many are interested in one type of activity - perhaps sports or natural history. Our special programme provides for such interests and at the same time encourages boys to try other activities of a different type. We will also provide opportunities to go on trips and days out to places like the zoo, theme parks or a farm, outdoor activity centres and sports events such as Ulster rugby and the Giants' ice hockey.

### **Company Section - Monday from 7.15 p.m. to 8.30 p.m.**

The Company Section is for young people from 11 to 18 years of age and its programme follows the Boys' Brigade badge framework which enables boys to take part in a fun, balanced and challenging programme while being recognised for effort and achievement and building trusting relationships. Boys working towards their President's and King's Badges have the opportunity to transfer their achievements towards the Duke of Edinburgh Award and acquire skills which are transferable to the world of Higher Education and Employment.

If you would like to chat about your son (s) joining any of the Sections, please feel free to contact any of our Officers in charge of the Section:

**Company Captain:** Trevor Smyth

Tel: 07710732592

**Company Section:** Michael Cunningham

Tel: 07834237415

**Junior Section:** Linda Lyons

Tel: 07724878607

**Anchor Boys:** Matthew Elder

Tel: 07450587826

## St. Finnian's Pilates



Hello all,

By the time you read this, Pilates will have been up and running again at St. Finnian's and hopefully those taking part will already be feeling the benefits. Before the summer break I had written about the optimal alignment of the spine, identified a couple of the more common postural types and the various exercises that can help to improve posture in each case. This month I'd like to talk about another postural type which I'll refer to as 'the flatback'. In this case the clue is in the name, with the back being predominately flat rather than the gentle 'S' curve in an ideal posture. Typically, the head may again be jutting forward of the ideal position so that the neck flexors will be weak, and while the upper section of the back can be rounded, the lower part will be quite straight with the pelvis tilted backwards. This immediately puts the lower spine under stress and it's not surprising to know that many people with this posture, experience lower back pain. The hamstring muscles are shortened, pulling the pelvis back, while the hip flexors will be long and weak and usually the knee joints are hyper-extended, or 'locked', and the upper abdominal muscles are often short. As I noted previously, muscles that are shorter or longer than their ideal length cannot function effectively as either a stabilizer or a mobilizer, and the body is fundamentally unbalanced. The exercises recommended for a flatback posture include Roll Downs, Spine Curls and/or Shoulder Bridges, Side Rolls, Oblique Curl-ups, The Cossack spine rotation and Hamstring Stretches. A few of these exercises are also recommended for the other poor posture types and the majority will form part of a standard class. So the good news is that no matter which type you are, you will benefit from regular Pilates sessions. I hope that this will encourage more of you to take steps to improve your posture and, in doing so, improve your overall health and well-being, but in the meantime, take care 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)**

## **SAMARITAN'S PURSE**

### **2024 SHOE BOX APPEAL**

Hello everyone

Just a gentle reminder that the shoe boxes and leaflets will be available to fill in from the first week in September. That will give everyone around two months to put together little items of joy for a boy or girl in the following age categories: 2-4, 5-9 and 10-14. Perhaps you have been fortunate enough to purchase a few items in the recent sales. Listed below are some ideas that you could choose from:

Dolls, wrist watches, pumps, blow up balls, musical instruments, yo-yos, pants/vests, clothing items, flip-flops, crayons, notebooks, rubbers, pencils, stickers, combs, toothbrushes, washcloths, fun stickers, plastic eating utensils, hats, hair accessories, play dough, colouring books, paints, small action figures, frisbees, skipping ropes, cars, Lego, interactive toys, slinky, small puzzles, felt tip pens, rubbers, safety scissors, water bottle, cup, nail clippers, mirror, stick deodorant and non-liquid lip balm are some items to consider for our box.

We respectfully remind everyone that the Samaritan Purse boxes cost £1.00 each and in addition to this, an essential donation of £5.00 is required per box to cover project costs (you can place this inside the envelope provided). This fee will cover collection, shipping and training local churches to lead a safe, well-organised children's event where your shoe box will be given to a child in need. Or, if you prefer, you can make this donation online at "follow your box" and you can print out a barcode, place it inside your shoe box on top of the contents and this will enable you to tell which country the shoe box gets sent to. The Samaritan's Purse Shoe Box Appeal is a hands-on way for each of us to show God's love and to bless children in need all across the world in Jesus' precious name. Thank you so much everyone.

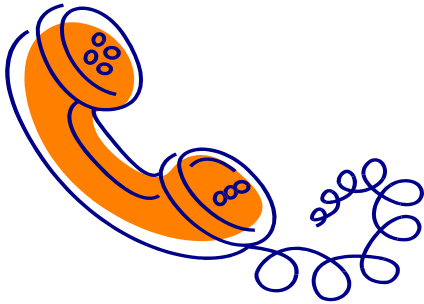
God bless.

**If you have any questions at all please ring Mark or Charmaine on 07870 567449.**

## **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**

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## **Magazine**

Please send articles for inclusion in the **October** magazine to [office.cregagh@down.anglican.org](mailto:office.cregagh@down.anglican.org) or telephone the Parish Office 028 90792793 by NOON on **Tuesday 3<sup>rd</sup> September.**

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