

# ST Finnian's

**OCTOBER 2024**

*All good gifts around us, are  
sent from Heaven above.*



*Please join us for our Harvest  
Thanksgiving Services on  
Sunday 27<sup>th</sup> October  
at 11am and 7pm.*

# Dear Friends

As we move into the month of October, our thoughts start to turn to Harvest Thanksgiving. It's a month where we notice the evenings drawing in earlier. It feels darker as we are getting up in the mornings and the clocks go back.

Over the past few years we have partnered with our friends from The Larder food bank and collected in some foodstuffs that they are in need of for distribution. We try to collect in these non-perishable items over a couple of months and then pass them on in advance of the Christmas period. All items are welcome, but needed in particular are tinned assorted beans, jams, condiments, tinned fish and tinned tomatoes.

We look forward to welcoming the agency Fields of Life to speak at our Harvest Thanksgiving service on the morning of Sunday 27<sup>th</sup> October at 11am. Fields of Life have had a close connection with our church since around 1999 and do amazing work in building schools and waterholes throughout East Africa. We have a catering team who offer refreshments after funerals and the proceeds go to support the work of Fields of Life. Over the

years we have had parishioners who have travelled to Uganda to help on building teams and it's a great opportunity to hear about this vital work which makes such a difference to communities where life is so challenging. In the evening we look forward to welcoming as our preacher Reverend Ross Wilson who is the Rector of our neighbouring parish of St. John's, Orangefield. Ross is a very gifted communicator and we look forward to him coming to share with us. He's no stranger here having preached on a number of occasions for Divine Healing Ministries at the Tuesday night service. We look forward to these special services on 27<sup>th</sup> October. One of the areas we have been focussing on in recent years is trying to encourage people to take care of their mental health. Many people have been affected by challenging events like the recent pandemic, the cost of living crisis with spiralling costs for energy and groceries and the seemingly endless cycle of conflict in places like Ukraine and Russia, Israel and Gaza. The news cycle brings terrible reports of atrocities and loss of life on all sides.

These events contribute to a sense of anxiety we all feel. There seems to be a rise in hate crime and racially motivated attacks on individuals and communities and their properties and businesses. We are keen to explore ways in which we can become more resilient and make some sort of meaningful response to these global events which have an impact on daily life here and the way we feel about the world. We are inviting Dr. Stephen Rodgers, a GP and Pastor to come and lead a seminar on mental health on 17<sup>th</sup> October. Further details will follow. Stephen has spoken very powerfully about managing stress in the past and has many years of experience to draw upon from his work as a GP and Pastor. We look forward to hearing his wisdom later this month. Another event to look forward to is the fundraising concert by the Lindsay Chorale on Saturday 19<sup>th</sup> October at 7.30pm in the church. They will be accompanied by our own Daniel Clements and tickets are available from our Glebewarden Karen Gately at a cost of £15. The proceeds will go towards St. Finnian's Parish

church.

One of the things we have been trying to foster is a sense of daisy-chaining parish events and creating a culture of invitation.

If people have had a positive experience at our invitation service in September, it's good to be able to invite them to events like the evening on our mental health, or the concert or our Harvest celebrations.

People always value a personal invitation and the chance to sit with someone they know and to be made to feel welcome if they dip their toe into parish events or worship services. There are other things too which may be of interest from crafting to Pilates or Mothers' Union.

People might like to join the choir or have children or grandchildren who might enjoy our Toddlers' Group, Anchor Boys, Boys' Brigade, Sunday School or Messy Church.

Don't forget to check out the new prayer space in the Huston Hall in the Glebes' Room. It's a space where groups of 3-5 people can meet to pray together in Prayer Cells if they prefer an alternative space to their homes or an outdoor space.

We love to encourage people to pray for all those ongoing activities which take place in the life of our church and for things happening locally and internationally.

Please don't hesitate to get in touch if you would like a visit from one of the clergy who would be delighted to come to your home and pray with you about anything which may be of ongoing concern. Sometimes when we visit, people are out for all sorts of reasons.

Although we leave cards, people don't always respond. If there is anything we can do which would be of help, please let us know.

With very best wishes.

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



## **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.



### **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 to join us for tea/coffee, scones and friendship in the Sextons' Room after the service

## **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.

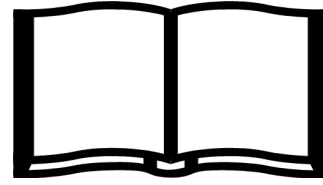
**Mobile: 07513947504**

## From the Registers 2024

### Christian Burial

29<sup>th</sup> August - Ernest (Ernie) Downey

19<sup>th</sup> September - Thomas (Tom) Hall



### Holy Baptism

25<sup>th</sup> August - Olivia Erin Bronwen Hall  
(daughter of Derek & Laura)



## Service of Remembrance

On the first Sunday in November (on 3<sup>rd</sup> November this year) at 7pm we are holding our annual Service of Thanksgiving and Remembrance for those who have died in the past year. It is always a poignant service in which we give thanks to God for those people who have been part of our church's life. The Book of Remembrance is always updated at this time of year and should be returned to us in time for this special service. Family members and friends of those who have died are invited to submit photographs which will be displayed during the service.

**If you would like a photograph of your loved one to be included, please email it to Peter Cooper at [pcooper@ntlworld.com](mailto:pcooper@ntlworld.com) before Sunday 6<sup>th</sup> October.**

# Services for October



## **Sunday 6<sup>th</sup> October (19<sup>th</sup> Sunday after Trinity)**

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

## **Sunday 13<sup>th</sup> October (20<sup>th</sup> Sunday after Trinity)**

9.00am Holy Communion  
11.00am Holy Communion  
7.00pm Compline

## **Sunday 20<sup>th</sup> October (21<sup>st</sup> Sunday after Trinity)**

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

## **Sunday 27<sup>th</sup> October (5<sup>th</sup> Sunday before Advent)**

9.00am Holy Communion  
11.00am Harvest Thanksgiving (Fields of Life)  
7.00pm Harvest Thanksgiving (Revd Ross Wilson)

## **MIND MATTERS**

Following the success of the first Mind Matters mental health programme, a new series of talks and events will begin in the autumn following on from the Wholeness and Healing Service held at 11am on Sunday 29<sup>th</sup> September.

On Thursday 17<sup>th</sup> October at 7.30pm, Dr Stephen Rodgers, who spoke in the first programme, will return to reflect on “The post Covid and lockdown impact on mental and spiritual health”. All are welcome to this event in the Huston Hall.

The second talk will take place on Thursday 28<sup>th</sup> November. After a break for Advent and Christmas, the programme will continue in January and run until June. All events will be open to friends and neighbours in the local community.

The programme is funded by a grant from the Church of Ireland Mind Matters programme.

## **DIVINE HEALING MINISTRIES**

The Divine Healing Ministries’ service will be held on Tuesday 29<sup>th</sup> October at 7.30pm.

The service will include a guest speaker.

Everyone is very welcome.

**Norman Sleator**



## **A Call to Prayer**

**Archbishop George Carey said, “Show me a church that takes prayer seriously and I’ll show you a church that is successful.”**

As a parish, we believe it is important to undergird everything we do, and hope to do, with prayer. At 7pm on a Thursday evening we have our prayer meeting over Zoom.

This is a quiet, reflective time of guided prayer when we pray for the needs of the world, the church and those in need. On Wednesday mornings at 10.30 am, there is a service of Holy Communion in the church when we especially pray for those who are sick. We also have our own Prayer Warrior, Robin Millar (details in the magazine). As we begin a new season in the life of the church, it is our desire to form a number of Prayer Cells to pray for renewal and growth; to bring before God the people who are already attending our church and those who are not yet attending, as well as praying for the community around our church. The idea of Prayer Cells is, of course, not new, but a well-established way for Christians to impact the world in prayer. A Prayer Cell is simply a small group of 3, 4 or 5 people who meet to pray in an intentional way for specific needs. The group would meet, ideally weekly or fortnightly, in a venue that is convenient - someone’s home or on church premises. **Recently the Glebes’ Room, off the Huston Hall, has been made into a prayer room, a calm peaceful place for groups to meet.**





If you feel you could gather together such a group or would like further information, please speak to the Rector or Curate. Or, if you would like to be a part of the Zoom prayer meeting, just let us know your email address and the link will be sent to you.



## **Emergency Church Evacuation**

The Select Vestry has been reviewing the Parish Emergency Church Evacuation procedure and decided that in the unlikely event of having to leave church during a service, the Safe Assembly Point will be the Huston Hall.

People leaving by the Choir Vestry door should use the path alongside the Parochial Hall while those leaving by the main entrance door should go down the driveway and across the new path. Signs will be located in both porches.

More information on the Emergency Evacuation procedure will be included in the November magazine.



Hello everyone

A while back I was in a café and noticed two young men sitting at either side of a large wooden table. They both had coffee cups and mobile phones in front of them and were so engrossed looking down at them that they had presumably forgotten the reason for their being there, to communicate with each other face to face! In a recent obituary of a chronologist called Michel Siffre it described his experiments on himself such as being lowered into a cave and staying there for 205 days. "He suffered memory lapses, lack of concentration, panic attacks and being so lonely and depressed. Although he had everything he needed to survive physically, without company his mind began to break down." We can enjoy solitude but not prolonged isolation. There is talk about Artificial Intelligence being used to comfort and help the elderly. Maybe so, but there are limits. Whether we are extroverts or introverts, as human beings we simply need each other. The Bible says in Hebrews 10:25 "And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near." The power and value of a conversation cannot be overestimated. So Liz, the Committee and myself are looking forward to seeing you at our first MU Branch gathering of the new season which takes place on **Thursday 3<sup>rd</sup> October 2024 with a Bring and Buy Sale in the Huston Hall at 7:30pm** which will give us opportunities to share with each other and catch up on what we've been doing in the past few months and our future plans.

**Date for your diary: Thursday November 7<sup>th</sup> at 7:30pm -**

Mrs Eithne McCord (Hilda Arnold's sister) will speak about her work in Clogher Diocese for which she received the Maundy money from Her Majesty Queen Camilla in March 2024.

**Angela Harvey**

**Branch Secretary (Mobile 07596075081)**

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

October 1-3 October: Nzara, South Sudan; North Kigezi, Uganda; Kivu, Rwanda; Damataru, Nigeria; Auckland, New Zealand and Vanuatu and New Caledonia, Vanuatu

5-7 October: Mbhashe, South Africa; Kitgum, Uganda; Ukwa & Ilesa South West, Nigeria; Tasmania, Australia and Central Melanesia, Solomon Islands

8-10 October: Ethiopia; Zanzibar, Tanzania; Awgu/Aninri, Nigeria; Freetown, Sierre Leone; Monmouth, Wales and Malaita, Solomon Islands

12-14 October: Ezo, South Sudan; Thika, Kenya; Jos & Akoko, Nigeria; in Europe and União de Mulheres Episcopais Anglicanas do Brasil (UMEAB), Brazil

15-17 October: Terekeka, South Sudan; Nairobi, Kenya; Maiduguri & Osun North, Nigeria; Edinburgh, Scotland and Calcutta, India

19-21 October: High Veld in South Africa; Nambale in Kenya; Niger-Delta in Nigeria; in Guinea; Blackburn in England and Bhopal in India

22-24 October: Kimberley and Kuruman, South Africa; Kitui, Kenya; Kano & Kwara, Nigeria; Armidale, Australia and Myitkyina, Myanmar

26-28 October: Malakal, South Sudan; All Saints Cathedral, Kenya; Kontagora & Osun North East, Nigeria; Glasgow & Galloway, Scotland and Pune in India

29-31 October: Luapula, Zambia; Nakuru, Kenya; South Rwenzori, Uganda; Ibadan- North, Nigeria; Connor, All Ireland and Pusan, South Korea

## **LADIES' FRIENDSHIP GROUP**

Hello Ladies,

The days are shortening so it's great to meet up twice a month in the afternoon at 2.00pm.

On Wednesday 9<sup>th</sup> our meeting is **OPEN TO EVERYONE.**

Laura Tweedie's talk, "Belfast: The Titanic Town" is particularly topical as more has been revealed about the stricken liner.

Gordon Millington is our speaker on 23<sup>rd</sup>. Living on an island, his subject, "Lighthouses of Ireland" will be most interesting.

We're a friendly bunch and hope that you can join us at our meetings which will, of course, include refreshments and time for a chat.

**Julie**

**Tel: 07814928398**

## **FLOWER DONATION ROTA**

### **OCTOBER**

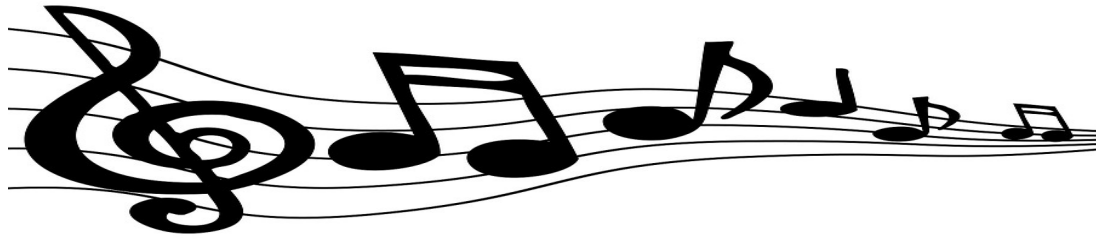
6<sup>th</sup> Mrs C McGladery

13<sup>th</sup> Boys' Brigade

20<sup>th</sup> Mrs A Thompson

27<sup>th</sup> Mrs M Rankin





**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 light refreshments served for good measure! Tickets are available now from our Glebewarden Karen Gately at a cost of £15. All proceeds will go to St. Finnian's Parish Church. Karen will be at the back of the church with tickets on the Sundays before the concert takes place.

**SOUP LUNCH**

I would like to thank all who came to the Soup Lunch on Sunday 15<sup>th</sup> September. We raised over £1400 on the morning with a few more donations since. I would like to say a big thank you to all who came and enjoyed the lunch and fellowship, to those who made soup or desserts, those who served, set up and cleared away, also to Tom for supplying the beautiful flowers from his own garden. The donation will be split between our own church funds and a donation made to Greenisland Parish which suffered such terrible devastation a few weeks back. Also, I must say thank you to my fellow members of my House Group who supported the idea when I announced it to them, thank you for your support.

Thank you all.

**Heather Leckey**

## **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 26<sup>th</sup> October.**

See you then!

**Jim Haughey**  
**Glebewarden**

Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you.”

Luke 6:38



## **SAMARITAN'S PURSE** **2024 SHOE BOX APPEAL**



Hello everyone

The Samaritan's Purse shoe boxes and leaflets have arrived and we hope to bring them to Church and Connect services over the coming weeks. If you wish to purchase a pre-formed box from us they are £1 each. Maybe you can recycle an existing shoebox that you have at home and cover in Christmas paper, that would be wonderful also.

**The deadline for return of your box is Sunday 27<sup>th</sup>**

**October.** We respectfully draw your attention to the categories below for the children. Select a boy or girl from the following group: - Age 2-4, 5-9 or 10-14. Please fill your box with age-appropriate gifts, gadgets, clothes or accessories as listed in previous months' church magazines.

**If we can assist you in any way, please just give us a call on 07870567449.**

Help us to share the blessing of our amazing God's love to these children in need.

Thank you so much.

God bless everyone.

**Mark and Charmaine.**



## **CREGAGH CRAFTERS**



The Cregagh Crafters have been busy knitting trauma teddies. We have also completed drawstring and crocheted bags for our shoe boxes. We will be working on poppies and pumpkins along with other crafts.

Materials will be provided and all are welcome to join us on Tuesdays from 10.30am - 12.30pm for craft, chat and a cup of tea/coffee.

**Janet Johnston**

**Tel: 07711885203**

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



**The St. Finnian's Toddlers' Group will not be meeting on Monday 28<sup>th</sup> October due to the half-term break. We will resume our meetings again on Monday 4<sup>th</sup> November from 10.00am - 12 noon in the Huston Hall. All parents, grandparents, carers and childminders are very welcome.**



## **AMERICAN VISITORS**

On Sunday 15<sup>th</sup> September, we had the pleasure of meeting former parishioners Sam and Denise Coates along with their son Andy and daughter Rachel. Sam and Denise were married in St. Finnian's on 15<sup>th</sup> September 1972. It was therefore a very special day for them and they were delighted to worship with us on their 52<sup>nd</sup> wedding anniversary.

Sam originally came from Sandhill Gardens whilst Denise came from Casaeldona Park. They emigrated to Wisconsin, USA in the mid 1970s. The family were able to join us for the soup lunch and we enjoyed listening to their memories of Northern Ireland and their stories of life in the USA.

They enjoyed a tour of the church and having their photo taken at the original entrance and porch of the church where their wedding photo was taken 52 years ago.





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

With the September return to school and parish organisations and groups safely negotiated, we are looking forward to a busy and fun-filled session between now and Christmas. We will have our usual hall-based activities and are planning a few off-site visits. To inform parents of existing or potential members of our planned calendar for the year, the following may be helpful:-

### **Weekly Activities**

The three sections of the Company will meet on their usual days which are:

Junior Section: Monday 7.00 p.m. to 8.15 p.m.

Company Section: Monday 7.15 p.m. to 8.30 p.m.

Anchor Boys: Tuesday 6.45 p.m. to 7.45p.m.

### **Calendar for 2024-5**

**Halloween break :-** Company and Junior Sections 28<sup>th</sup> October /Anchor Boys 29<sup>th</sup> October

**Christmas break:** - Company and Junior Sections 9<sup>th</sup> December/ / Anchor Boys 10<sup>th</sup> December.

**New Year Return:** - Company and Junior Sections 6<sup>th</sup> January/ Anchor Boys 7<sup>th</sup> January

**Mid-term break:-** Company and Junior Sections 10<sup>th</sup> February/ Anchor Boys 11<sup>th</sup> February

**St. Patrick's Day:-** Company and Junior Sections 17<sup>th</sup> March/ Anchor Boys 18<sup>th</sup> March

**Easter:-** Anchor Boys finish for the summer 8<sup>th</sup> April.

Company and Junior Sections finish with the Holy Week Service.



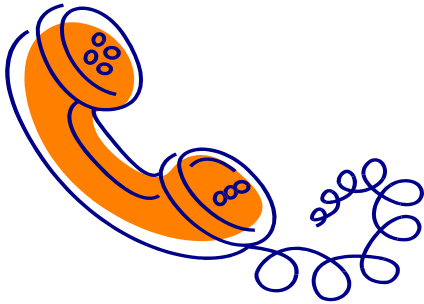
This month I'd like to take a quick look at the role that Pilates can play in your general health, with a specific focus on maintaining healthy hips. Hip replacements are becoming close to an epidemic in modern society and this has been blamed on our increasingly sedentary lifestyles and walking on hard surfaces which stresses the joint. However the simple fact is that the right exercises can help to prevent this problem. The hip joint is a wonderful ball and socket joint with the head of the femur articulating freely in the socket, allowing a wide range of movement; flexion, extension, abduction, adduction, internal and external rotation, but in our normal everyday activities we tend to only use a small fraction of this potential movement. For a joint to be healthy it needs to be taken through its full range of movement on regular basis to encourage the production of synovial fluid which lubricates the joint. You can think of this as giving the joint a good squirt of WD40 to keep it well oiled, just like the moving part in an engine. I once heard an instructor use the phrase 'motion is the lotion' which, although it sounds a bit twee, is actually a good way of reinforcing the point. Just as vital though, is the need for the muscles around the joint to be perfectly balanced to ensure it is in its natural neutral zone and to be strong enough to support the joint correctly. There are a number of Pilates exercises that aim to do this and can also help to prevent hip problems and help treat some, although in the case of a diagnosed problem, I would advise that any exercise be undertaken after consultation with a medical practitioner. Exercises such as pelvic stability (leg slides and drops), knee circles, abductor and adductor lifts and practicing correct posture can be added to a regular programme for this purpose. There is a lovely gentle exercise called 'Zigzags' that takes the head of the femur through internal and external rotation and this can be done sitting down. Starting with the legs and feet together, simply slide the toes apart as far as they can go while keeping the heels together and then slide the heels apart while keeping the balls of the feet still. Continue zigzagging like this until you reach a comfortable limit and then zigzag back to the start position. This can be repeated a few times, aiming to gently increase the range of movement. I would definitely encourage anyone to give this a go. 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)**

## **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 **November** magazine to [office.cregagh@down.anglican.org](mailto:office.cregagh@down.anglican.org) or telephone the Parish Office 028 90792793 by NOON on **Tuesday 8<sup>th</sup> October.**

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