

ST Finnian's

NOVEMBER 2024

*November - an important
month for remembering &
reflecting as we pray
for world peace*



Dear Friends

November is an important month for remembering in the life of our church. We gather to remember with thanksgiving those who have died in the past year and had a connection with the parish on 3rd November in the evening time.

On 10th November at our morning service at 11am we remember those who lost their lives in 2 world wars and in conflicts since. It seems like a very poignant thing to do as we read of intense fighting in conflict zones in the Middle East and in Ukraine and Russia and other parts of our world. So many lives are being lost and no matter who we feel we identify with ideologically, we cannot dispute the fact that heartbreak is felt and experienced the same on all sides as so many lives are needlessly lost.

Very often silence and reflection are the most appropriate responses and there is a strength to be gained from gathering together to remember. Some people will take part in acts of remembrance in their parish church, others will go to cenotaphs and war memorials up and down the land. For me the important thing is to go somewhere and stop for a few

moments to reflect on all that is going on, on all that people have done in the past to secure our freedom and to commit ourselves to doing all in our power to build a more peaceful future.

Very often it starts with the small things and seeking to be an influence for good in the areas where we have a presence and an opportunity. It might be in our families, in our schools and workplaces, in our neighbourhoods and churches. Wherever we build connections and relationships, are we seeking to be peacebuilders and hopebringers to a world that is in desperate need?

These are important questions for all of us to reflect upon at this time.

We will be continuing our series of seminars on mental health with the support of Mind Matters. This month we look forward to Mike Donal coming to share his powerful story with us about his personal struggles with mental health and how finding a Christian faith brought transformation and hope into his life. It promises to be a powerful evening on Thursday 28th November and all are welcome at 7.30pm to the Huston Hall.

We begin to prepare during this month for the season of Advent, a season which invites us to prepare our hearts for the coming of Jesus. During the month of December there will be special services and details will appear next month. The Archbishops of Dublin and Armagh have asked us to use Advent Sunday as a focus for the people of the Middle East and a special collection will be channelled through the Bishops' Appeal. Since our last parish magazine was printed, we have heard of the appointment of Reverend Andy Hay to be Priest-in-Charge of the parishes of Clonallon and Warrenpoint with Rostrevor. His appointment will begin in January so we are glad that he will be with us for Christmas. Andy has been an outstanding colleague and a wonderful pastor and friend to the whole congregation and those outside the parish. There will be an opportunity to say farewell more properly in December but we offer him and Jackie and Maddie and Emmie our warmest congratulations. As Advent approaches, please do let the clergy know if you would like to have communion in your home before Christmas

and we would be delighted to share that special service with you. The rearranged Service of Confirmation will take place on Thursday 21st November at 7.30pm when we look forward to having Bishop David among us to confirm some of our young people and one adult. We pray for them as they take this important step of faith as we remember Lewis, Harry, Katherine, Conor, Patrick, Grace and Patrick senior. 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 or contact the Rector.

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.

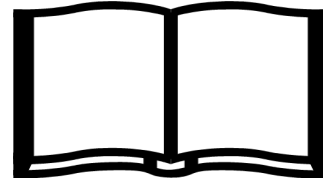
Mobile: 07513947504

From the Registers 2024

Christian Burial

16th October - John (North) McQuay

24th October - Margaret Seeds



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.

DIVINE HEALING MINISTRIES

The Divine Healing Ministries' service will be held on Tuesday 26th November at 7.30pm. The service will include a guest speaker. Everyone is very welcome.

Norman Sleator

Services for November



Sunday 3rd November (4th Sunday before Advent)

- 9.00am Holy Communion
- 11.00am Connect Service (Huston Hall)
- 7.00pm A Service of Thanksgiving & Remembrance

Sunday 10th November (3rd Sunday before Advent)

- 9.00am Holy Communion
- 11.00am Remembrance Service
(with Act of Remembrance)
- 7.00pm Holy Communion

Sunday 17th November (2nd Sunday before Advent)

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

Sunday 24th November (The Kingship of Christ)

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

CREGAGH CRAFTERS

**CHARITY CRAFT MORNING
TUESDAY 19TH NOVEMBER AT 11AM
ALL WELCOME**



Come along and see what we have been making. Items for sale to support members' chosen charities. Tea/coffee and plenty of chat guaranteed.

We have had a very busy few months. Over 50 blankets for the Ulster Hospital Casualty Department are ready for delivery. We are finishing off 24 shoe boxes for the Samaritan's Purse Shoe Box Appeal. Some knitting, crocheting, sewing, card-making and drawing continue along with a warm welcome to lots of new members.

**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



LADIES' FRIENDSHIP GROUP

Hello Ladies,

Autumn is well and truly here, with shortening days and lower temperatures. We may feel a little down, but an afternoon spent with friends can lift our spirits. Our November meetings begin on Wednesday 13th. We will be joined by Jimmy Caldwell whose talk is entitled "Go Uganda 24 – Fields of Life support for schools". Our Church has had a long association with Fields of Life, supporting its work financially and by volunteering to travel to Uganda as part of building teams. One of our parishioners, writer, journalist and broadcaster, Paul Clements, is our guest on Wednesday 27th. His talk is entitled "Ulster Irish Sayings". It will doubtless be a thought-provoking afternoon with much murmuring "I say that all the time and didn't realise it stems from that".

Two very interesting afternoons ahead, so put on your coats and come and join us. We look forward to seeing you at 2.00pm as usual.

Julie

Tel: 07814928398

MIND MATTERS

Following the success of the first Mind Matters mental health programme, a new series of talks and events began in October.

The second talk in the series will take place on Thursday 28th November at 7.30pm in the Huston Hall when we will welcome Mike Donal to share his powerful story with us.

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.



ST. FINNIAN'S HISTORY PROJECT 1932-2032

To celebrate 100 years of St. Finnian's we would like to collect your stories of the people, events and changes in the parish to publish in future church magazines. Do you have: -

- Photographs from over the years
- Old church magazines
- Any material for display purposes
- Information about church organisations
- Anything else that may be relevant

We are interested in your memories, particularly from older members of the congregation and people who have belonged to the parish since childhood. If you would like to write a paragraph or two of around 250-300 words, you can post this to Linda Campbell at the church office or email your story to **stfinnians100years@outlook.com**

If you are aware of anyone who may need help writing their memories, we would be grateful for any assistance from friends and family. If you would like to become involved in the planning and gathering of material for this project then please email **stfinnians100years@outlook.com** or contact Linda with your name and details.

We are holding a meeting to discuss the project on **Sunday 17th November at 3.15pm in the Huston Hall.** If you are interested, please come along, you will be very welcome.

CURATE'S LEAVING GIFT

Our Curate, Andy Hay, will leave us in December for the next stage of his ministry as Priest-in-Charge of the parishes of Clonallon and Warrenpoint with Rostrevor.

As is customary in St. Finnian's, we will mark his departure with a presentation. Included within this magazine is an envelope marked "CURATE'S LEAVING GIFT." If you would like to be associated with the gift, please include your donation in the envelope and give it to one of the Churchwardens on your way into church. It would be helpful if you could return the envelope by the last Sunday (24th) in November. I expect that the December magazine will include details of an event to mark Andy's departure, when a presentation will be made.

Brian Lavery

Hon. Treasurer

Emergency Church Evacuation

Last month the Select Vestry named the new Safe Assembly Point for Emergency Church Evacuation as the Huston Hall. If you use a wheelchair or walking aid, you should leave through the rear door of the church and use the ramp. There will be Marshals in place to provide any assistance you might need to leave the church or get to the hall.

If you are attending an event in the Huston Hall and it has an Emergency Evacuation, you will leave by the emergency doors in the left top corner and meet up on the large lawn outside. If the emergency is in the Parochial Hall you will leave by the front door and go to the flat grass area behind the parked cars. If that door is blocked off go inside to the front of the hall and at either side of the stage is a door opening on to stairs which will lead you down to the Huston Hall. These stairs are narrow and steep and not suitable for everybody. Go out on to the grass.



Hello everyone

At our first meeting on 3rd October we started with a Bring & Buy Sale and Julie organised a light-hearted “getting to know you better” session (thanks to Beryl Wilson for the idea.) Each person was given a table number where they had to sit not necessarily with their best friends! Did you know that some of our adventurous members have been up in a hot air balloon? I felt a bit queasy climbing the spiral staircase and out onto the battlements of Killyleagh Castle a few weeks ago!

This month we are looking forward to hearing Mrs Eithne McCord speaking about her life and work in Clogher Diocese. For her service, Eithne had the honour of receiving Maundy money in Worcester Cathedral last Easter. Not wanting to steal Mrs McCord’s thunder, the Maundy money was traditionally alms given by the monarch to the poor. Later in time it came to represent recognition by the church and state of those who had given significant service to their church and community. This reminded me of some lines from a famous hymn, “O for a thousand tongues, the mournful broken hearts rejoice, the humble poor believe.” The Bible has much to say about humility and Jesus is the supreme example of demonstrating it in his life and death and resurrection. He taught about it when he said the first shall be last and the last shall be first which for all of us means an antidote for pride. To finish on a humorous note, I heard a sermon which said a Select Vestry prayed to God for their Rector that if God would keep him humble they would keep him poor! I hope the latter doesn’t happen in St Finnian’s.

Dates for your diary:

Thursday 7th November 7:30pm MU Branch Meeting

Speaker - Mrs Eithne McCord, Clogher Diocese on her church work and visit to Worcester Cathedral to receive Maundy money from Queen Camilla on Thursday 28th March 2024.

The Big Sing Saturday 16th November St Patrick’s Ballymena 2pm. Offering for Mums in May. Anyone wanting to go, please contact me or Liz for more information.

Thursday 5th December MU Branch Meeting 7:30pm Advent Service in Church followed by Advent Supper in the Huston Hall.

Angela Harvey

Branch Secretary (Mobile 07596075081)

Mothers' Union Midday Wave of Prayers November 2024

2-4 November: Lebombo in Mozambique; Makueni in Kenya; Newala in Tanzania; Niger- Delta North in Nigeria; Riverina in Australia and North East India in India

5-7 November: Antananarivo in Madagascar; Taita Taveta in Kenya; Ikara & Ife in Nigeria and Argyll & The Isles in Scotland

9-11 November: Kadugli & Nuba Mountains in Sudan; Kinkiizi in Uganda; Amichi & Igbomina West in Nigeria and Ottawa in Canada

12-14 November: Ukhahlamba in South Africa; Maseno West in Kenya; Oji River in Nigeria; Dunkwa-on-Offin in Ghana; Guildford in England and Coimbatore in India

16-18 November: Iraq; Katakwa in Kenya; Kafanchan & Asaba in Nigeria; Lincoln in England and Trinidad & Tobago

19-21 November: Muyinga in Burundi; Lake Rukwa in Tanzania; Okrika in Nigeria; St Asaph in Wales; Bendigo in Australia and Gujarat in India

23-25 November: Southern Malawi in Malawi; Northern Uganda in Uganda; Lafia & Ilaje in Nigeria and Thoothukudi-Nazareth in India

26-28 November: Zululand in South Africa; Lodwar in Kenya; Isiala Ngwa South in Nigeria; Accra in Ghana; Bangor in Wales and Colombo in Sri Lanka

30 November: Mpumalanga in South Africa; Central Buganda in Uganda; Zonkwa in Nigeria; Bo in Sierra Leone; Newcastle in England and Barrackpore in India

Hello everyone



Our recent Messy Church opened with a snack for everyone and then all the boys and girls sat with Andy for a short talk as he introduced the afternoon's activities. The children heard that it doesn't make a difference whether it is spring, summer, autumn or winter, Jesus loves us and is close by as our friend. It does not even matter what our mood is. Happy, sad, cross or excited, Jesus loves **us all the time**. The children enjoyed our crafting activities which consisted of making prayer wheels, button crosses, circular decorations, hand print season trees and Halloween pumpkins. You can see some samples of these on our display board in the hallway. Great fun was had playing with our giant parachute afterwards and by this time everyone had worked up an appetite for some tasty chips, nuggets, ice-cream and juice. All 26 children left with a goody bag and a smile. A lovely afternoon was had by all. Thank you Alison and everyone in the Messy Church gang for all your continued dedication, hard work and enthusiasm, these wonderful afternoons would not be possible without you. We missed you Carole and send our love and prayers to all the family. Whilst everything in this life is constantly changing dear friends, one truth remains: Jesus Christ is the same yesterday, today and forever. Hebrews 13:8. God Bless and see you Friday 29th November Lord Willing for our Christmas Messy Church.

FLOWER DONATION ROTA

NOVEMBER

3rd Mrs D Callan
10th Mrs E Walker
17th Mrs P McCurley
24th Mrs J Buchanan



St. Finnian's Pilates



Hi everyone,

Last month I had a quick look at the role that Pilates can play in your general health and focussed on maintaining healthy hips. This month I'd like to take a few moments to look at how it can apply to sedentary workers. This is particularly important given that most jobs now entail a considerable amount of time spent sitting at a desk in front of a laptop/tablet or answering a telephone - possibly at the same time, and doing so is likely to have a detrimental effect on your health unless you counter the lack of movement with corrective exercise. Before discussing the role of particular exercises it's important to state that well-designed work stations can go a long way to helping the problem, although with the rise of home working, it's more than often the case that the work station environment is far from optimal and will lead to slouching or prolonged spine rotation in one direction and postural strain. This may lead to tight pectoral muscles, inwardly rotated shoulder blades, a rounded thoracic spine, weak neck flexors and tight hip flexors to name but a few ailments. The first thing to sort out is the sitting position, with the aim to maintain the natural curve of the spine (a neutral spine). This may involve a modification to the back of the chair or using a 'wedge' to support the back, but a key element will be to 'sit tall' on the 'sit' bones rather than slouching with the pelvis rotated backwards. Pilates includes a number of exercises in this seated position and it's worth spending some time developing this posture by gently rolling the pelvis forward and back to achieve a neutral position. Next, try to set the screen at eye level and straight ahead to avoid tilting the head down or twisting the spine and have the keyboard at a comfortable distance. Hands-free telephones will also help avoid the problems caused by cradling the phone in your neck, usually when simultaneously typing. However, it will be important to build in a few Pilates exercises during the regular breaks you should be taking (at least every hour) and these include Side Reaches (standing or seated), the Cossack (spine rotations), the Dumb Waiter, Triceps Stretches, Single leg Stretches (standing or seated) and free standing Roll Downs. At the end of the working day it's also worth 'ironing out the body' with a few exercises such as Spine Curls, Side/Hip Rolls, The Starfish, Knee Stirs, The Diamond Press and Neck Rolls, all of which are included in Pilates sessions and will be familiar to many regular participants. Until the next time, 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 want to find out more about Pilates, please contact me - John Waterworth by phone (+447941368546) or email at jcwworth@yahoo.co.uk

CHRISTIANS AGAINST POVERTY (CAP)

CHRISTMAS APPEAL

Christmas is just around the corner. Whilst most of us look forward to indulging ourselves, just a little, for many, due to tight financial constraints, this is not an option. At CAP we believe in going the extra mile for our clients to make sure Christmas is enjoyable and affordable. In speaking to the clients to see how best we can serve them this year, the majority mentioned the struggles they will face with heat and light, toys for the children and clothes to keep warm. It would also be nice to be able to wrap up a toiletry set as a nice gift and provide some Christmas treats. Last year, I was blown away by your generosity as a church and I am hoping I can rely on the same spirit of generosity this year for the 28 clients we are currently working with. I am therefore asking if folk would be willing to provide either:-

- Clothes gift vouchers e.g. Dunnes/M&S or toy gift vouchers e.g. Smyths, B&M.
- Toiletry sets (both men & women)
- A financial donation, which can be used to top-up the gas & electricity and purchase some nice Christmas treats (see details below):
- An online direct transfer to Willowfield Parish Comm Assoc 950114/80033383 (Ref: CAP)
- A cheque made payable to "WPCA" and posted to: CAP, Micah Centre, 149a, My Lady's Road, Belfast BT6 8FE
- <https://www.kindlink.com/fundraising/willowfield-parish-community-association/cap-fundraising>
- QR Code



The final date for gift and gift card donations is

Thank you for your support for these families at what is a very difficult and stressful time of the year. The Bible has a promise for us: “God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.” (2Cor 9v8).

Belfast Central CAP Debt Centre Manager

I would be grateful if any donations could be left at the back of the church or with the Churchwardens. Geoff and I will then collect them.

Heather Harman

A collection of gardening tools and equipment. A silver wheelbarrow with a green handle and a yellow wheel is the central element. Inside the wheelbarrow are a brown watering can, a green watering can, a small orange birdhouse, and some dried branches. A black bird is perched on the rim of the wheelbarrow. In front of the wheelbarrow are a black shovel, a green rake, and a green watering can. A green watering can is also visible behind the wheelbarrow.

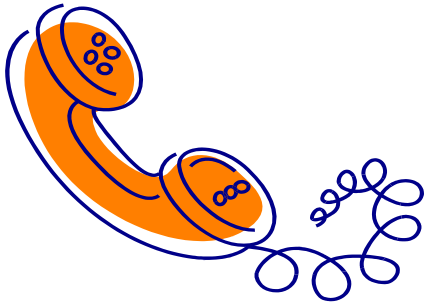
See you then!

Jim Haughey

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

MAGAZINE BY EMAIL

Why not receive your magazine by email and help the environment by cutting down on the use of paper?

If you would like to receive your magazine this way, contact Linda in the church office on Tuesdays and Wednesdays between 9.00am - 2.00pm.

Tel. 028 90792793 or email office.cregagh@down.anglican.org

Magazine

Please send articles for inclusion in the **December** magazine to office.cregagh@down.anglican.org or telephone the Parish Office 028 90792793 by NOON on **Tuesday 5th November.**

Don't forget to check out the church website:

www.stfinnians.org



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