

ST Finnian's

MAY 2025

*Mind Matters - special events
for May (see inside for details)*



*Special Ascension Day service
on Thursday 29th May
at 7.30pm.*

Dear Friends

As the magazine is being prepared this month we are enjoying a beautiful week of spring weather. The sun has been shining, the clocks have gone forward and the gardeners are out in force, cutting the grass and getting everything into a beautiful array of colour and vitality. As these things are happening, there is also an anxiety in the air as the recent global tariffs imposed by the United States are creating instability in the financial markets and people are worrying about the industries that provide livelihoods for so many across the globe.

At times like this, we hold to a simple belief that God is Sovereign, that He is in control and He cares for His world and His people right across the world. There has been such upheaval with wars and earthquakes in Myanmar and the continuous rumbling of conflict in Ukraine and Gaza. It's hard to know what is best to pray for but I continually pray for Aid Agencies working on the ground to bring relief and supplies to desperate people across the world. I pray for the rising up of a new generation of peacemakers and negotiators

that can bring about ceasefires and broker peace deals that will bring relief and justice to those who have suffered so terribly in these conflicts.

The church proclaims our belief in a suffering Saviour who walks alongside us in all we face and go through and it was good to be able to reflect so powerfully on His life and death and resurrection in our Lent, Holy Week and Easter services.

It was good to get out into the community to invite our neighbourhood to some of these events and to try to share the hope we have found in Jesus. During this month we look forward to welcoming Francis Khamanra, a theological student among us for a 3-week placement. Francis lives in the parish and will be doing some preaching, teaching and visiting during his time with us. We know he will be made welcome in people's homes and as he visits organisations and parish activities over this month.

It's also an important month as we look to future staffing for the parish. The Rector will be in Dublin to conduct interviews for Curates who might be interested in coming to serve with us.

Some students have been to visit the parish at different services in recent weeks and we ask you to hold the students and parishes involved in this process in your prayers. It's a significant time for all of these students and their families as they face the prospect of uprooting and moving to other places to serve in ministry.

The first Sunday in May is the Belfast Marathon so please be aware there will be some disruption to travelling around the area on that Sunday. The Cregagh Road and Montgomery Road will be among the roads affected so please be mindful of that disruption and allow some extra time to get here.

We look forward to a visit from the Leprosy Mission on Sunday 11th May and we want to flag up a special date for the diary during the summer.

We are very hopeful that the choir from Wadham College, Oxford will be performing a summer evening concert on either 2nd or 4th July at 7.30pm. Eva Hayward is part of this choir and we would be very privileged indeed to have such a musical treat playing in the church on a summer's evening.

There is no charge but donations are welcome as the choir undertake this special tour of Northern Ireland. Keep your eye on the website for details. You will also find details of some special events as part of our Mind Matters project this month including a special Taizé service on Wednesday 7th May and a quiet morning under the leadership of Reverend Dr Pat Mollan from the Church's Ministry of Healing on 17th May. Our prayer meetings on Thursdays will resume in May so, as always, there is plenty to look forward to.

We are grateful to all those who have offered to serve on the Select Vestry and congratulate our new Office Bearers for the coming year.

With very best wishes.

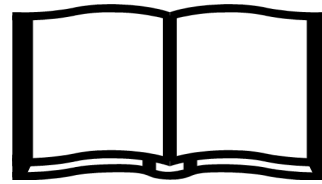
Jonathan Pierce (Rector)
Telephone 02890 793822

PRAYER MEETINGS BY ZOOM

Our parish prayer meetings by Zoom will resume at 7pm on **Thursday 1st May.**

If you would like to join us, send an email to zoomtostfinnian@btconnect.com or contact the Rector.

From the Registers



Christian Burial

1st April - Carol Smith

9th April - Bert Corcoran

ANNUAL VESTRY MEETING

The new Select Vestry was appointed at a meeting of the General Vestry held on 8th April 2025.

Chairman – Canon Jono Pierce

Rector's Churchwarden – Trevor McIntyre

Rector's Glebewarden – Jim Haughey

People's Churchwarden – Georgina Johnston

People's Glebewarden – Geoff Harman

Parish Treasurer – Brian Lavery

Secretary to the Select Vestry – May Lavery

Vestry Members

Peter Armstrong

Neil Donaldson

Julie Cunningham

Michael Cunningham

Rosemary Gamble

Karen Gately

Carole McGladery

Claire Monaghan

Norman Sleator

Trevor Smyth

Finance Committee: Brian Lavery (Treasurer), Robert Crawford, Neil Donaldson, Timothy Leckey, Norman Sleator, Trevor Smyth

Glebes' Committee: Jim Haughey, Karen Gately, Geoff Harman, Neil Donaldson, Claire Monaghan

**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, contact Robin by text or email, he will be willing to help. Your contact will be completely confidential and no details will be passed on to anyone else unless you want them to.

Mobile:07513947504

Email:robsmill24@gmail.com

POSTCARDS

A friend of the church, Catherine D'Arcy has kindly sent us some postcards of beautiful photos she has taken of roses. Catherine has said that sometimes even a few words can bring comfort and joy to a housebound friend. The postcards are sitting at the back of the church for you to take and use as you see fit. Why not brighten someone's day by thinking of them? Our thanks go to Catherine for her thoughtfulness and her very apt quote : -

***"A single rose can be my garden;
a single friend, my world."***

Leo Buscaglia



DIVINE HEALING MINISTRIES' SERVICE

The Divine Healing Ministries' service will be held on Tuesday 27th May at 7.30pm.

A guest speaker will be in attendance.

Everyone is very welcome.

Norman Sleator

ST. FINNIAN'S BOYS' BRIGADE



Please note that the BB Company & Junior Sections will finish for this year on Monday 12th May.

ST. FINNIAN'S TODDLERS

Our Toddlers' Group will not be meeting on Monday 5th May and Monday 26th May due to the Bank Holidays. We will meet as usual on 12th and 19th May.



Hello everyone

Our next Messy Church will be held on Friday 6th June. All children of nursery and primary school age are welcome. We look forward to sharing faith, fun and food with you from 3.30pm - 5.00pm.

Come along and bring a friend.

God Bless.

The Messy Church Team



Hello everyone

I wondered why the word Mayday was used as an international distress signal by sailors and pilots under life threatening circumstances. Apparently the term is derived from French “m’aidez” which means “help me” and by extension it not only applies to mariners and air personnel but is also used by the emergency services. *For our May meeting on Thursday 1st May at 7:30pm we have a speaker from the Northern Ireland Air Ambulance Service or properly known as the Air Ambulance Northern Ireland (AANI). It hasn’t been going for a long time (2016) but I remember hearing about the late Dr John Hinds who was one of the figures who campaigned long and hard for Northern Ireland to have its own Air Ambulance Service. I thought at the time what an inspirational person he was because it was an uphill struggle to get things up and running. It was so poignant that he then tragically died in an accident at a motorcycle race. What a legacy he left not least inspiring so many other people, professionals and volunteers who carry on the work today when some thought it couldn’t be done! Don’t we all need inspiring people to influence us all to do better whether that be people standing up against injustice e.g. Malala (Yousafzai) an activist of women and girls’ human rights against the Taliban or characters like “Speedo Mick” (Michael Cullen) who has walked all around the UK in his swimming trunks and goggles raising huge amounts of money for charity and engaging with all the people he meets. Hopefully we will, in albeit a smaller way, leave a legacy behind of thoughtfulness and kindness for our friends, relatives and communities. Our ultimate inspirer is of course our Lord and Saviour who blazed a trail across our world in his earthly ministry and suffered and died and rose again as we’ve just celebrated at Easter and is interceding for us at the Father’s right hand as we seek to follow him and make him known.

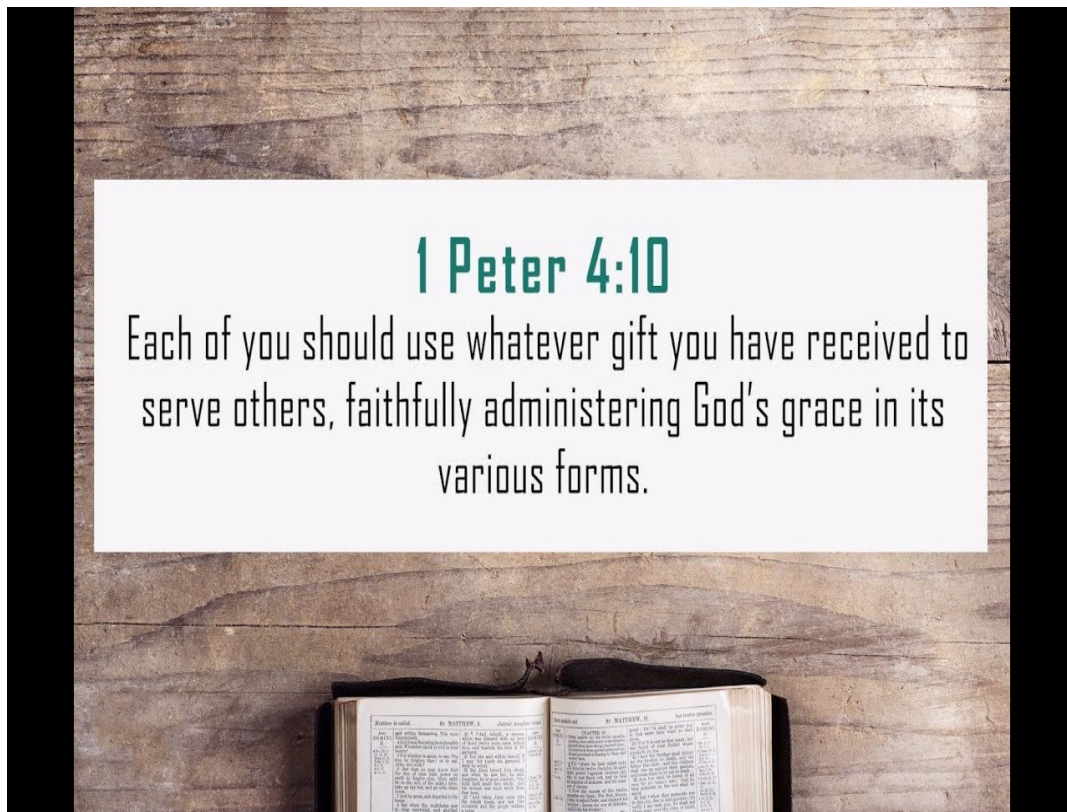
Dates for your diary:

Thursday 1st May 2025 meeting - see details in my letter*

Thursday 15th May 2025 2:00pm Indoor Members' Holy Communion Service and Afternoon Tea Party, St Ignatius' Carryduff. An open invitation is made to our Senior Branch Members to attend. Transport will be provided.

Saturday 7th June 2025 10am Visit to the Livingston Centre, Killinchy Parish Church with guided tour and refreshments. Bus provided .

Angela Harvey
Branch Secretary
(Mobile: 07596075081)



Mothers' Union Midday Wave of Prayers May 2025

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

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

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

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

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

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

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

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

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

Services for May



Sunday 4th May (The 3rd Sunday of Easter)

- 9.00am Holy Communion
- 11.00am Connect Service (Huston Hall)
- 7.00pm Evening prayer
(with guests from St. Malachy's College)

Sunday 11th May (The 4th Sunday of Easter)

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

Sunday 18th May (The 5th Sunday of Easter)

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

Sunday 25th May (The 6th Sunday of Easter)

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

Thursday 29th May (The Ascension Day)

- 7.30pm Special Ascension Day service

CRECHE

A creche is now available during the 11am service.
Feel free to leave your children over to the Huston Hall at any point before or during the service.

LADIES' FRIENDSHIP GROUP

Hello Ladies,

It seems no time since I was writing the notice for January's magazine and now I'm writing the last before our summer break. We are only having one meeting in May – FRIDAY 9TH – a visit to the flower festival in First Comber Presbyterian Church. At the time of writing this notice the details have still to be finalised. We'll keep you posted. If we don't see you then, Helen, Caroline, Dorothy and I hope that the long summer days bring sunshine and good cheer.

Julie 07814928398



FLOWER DONATION ROTA

MAY

- 4th Mrs J Cunningham
- 11th Mothers' Union
- 18th Mrs I Ireland
- 25th Mrs K Hanna



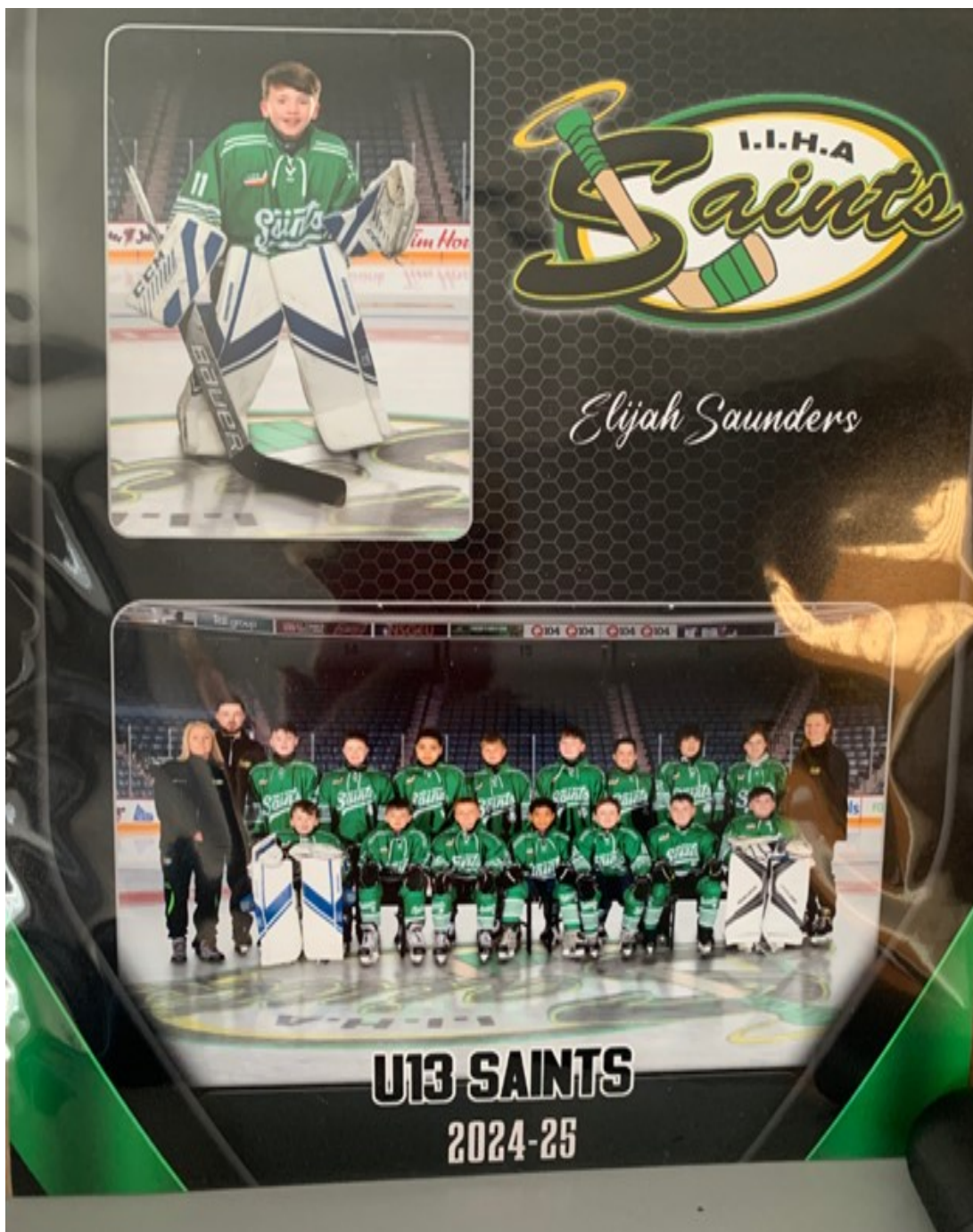
Trees in the church grounds

As many people will now be aware, the recent storms caused substantial damage to a number of trees around the grounds of the church. Some interim work has been carried out on a number of damaged trees but full removal will require professional expertise. The Vestry considered the approach to some trees which escaped damage in the storms but which constitute a threat to our church buildings. Several trees are in positions where, if they were to come down, severe damage would be caused, certainly rendering the church or halls unusable for many months and requiring considerable expenditure to rectify. Some of these trees may have been weakened in the recent storms without displaying any observable damage. Taking into consideration the risks and hazards, it has been determined to take down a number of trees situated very close to buildings to reduce the potential damage in the event of future storms. The Vestry approached a number of contractors for prices for the removal works and the successful contractor has been appointed. Unfortunately, such is the demand for tree removal services at present, the main removal works have been planned for week commencing 16th June. In the meantime, it will be important that children stay away from any damaged trees or trees/branches on the ground until we can complete removal.

Jim Haughey
Glebewarden

ELIJAH SAUNDERS — ICE HOCKEY

Elijah had an amazing time at the SEDMHA 2025 ice hockey tournament in Halifax, Nova Scotia and was awarded Man of the Match at his first game. Unfortunately it didn't go their way this time but the experience was fantastic. Elijah would like to thank everyone who helped to get him there.



CREGAGH CRAFTERS



Come along to Cregagh Crafters - all sorts of crafts take place on a Tuesday morning between 10.30am - 12.30pm. At the minute we are busy making poppies and dolls.

Crafters will be meeting every Tuesday in May and everyone is very welcome to join in with the crafting, the chat and a cuppa of course!

Janet Johnston

07711885203

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 31st May.**

See you then!

**Jim Haughey,
Glebewarden**



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**

We would be grateful if any contributions could be submitted in Word Document format for ease of editing.

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.

Thanks to Ena Kirkpatrick for providing the fifth article in this history series sharing her childhood memories of the church when her father, Mr Tommy Crooks, was Sexton.

ST. FINNIAN'S HISTORY

ENA KIRKPATRICK - CHILDHOOD MEMORIES

My father, Mr Tommy Crooks, was Sexton in St. Finnian's from the early 1930s to 1954 when he passed away.

My earliest memories are when my brother, sister and I had to help out. There was a large expanse of grass all around the church and Sunday School and there were no electric lawn mowers. Daddy had to cut all the grass with a scythe and he often came across birds' nests when he would let the grass grow until the young left the nest.

I remember being told to listen to the Corncrake as it nested in the long grass and of course today, it is on the endangered list in this part of the world. I often had wild honey squeezed into my mouth while we turned the hay on a summer's day, wild heather grew on the bank leading up to the Rectory so I think the bees liked that. The hay was made into haystacks and was sold to "Nesbit's Riding School" which was situated where Downshire Park South is now.

The war years are particularly memorable as the Sunday School was opened up for the people from Belfast to sleep as Cregagh Park was practically in the country. I remember being wheeled up to church in my pram to sleep. My mother prepared a flask of tea and, I presume, some sandwiches. The general public slept in the Sunday School where army blankets were stacked up in a corner for the folk fleeing East Belfast, which was severely bombed. We slept in the Choir Vestry. In the morning Daddy would gather empty shell cases from the church grounds as the Americans, who were stationed on the Rocky Road, would have been firing at enemy aircraft who were, I presume, trying to target the shipyard in Belfast.

My brother and sister attended Sunday School in a small hall on the other side of the then Hillfoot Road, this was before the Parochial Hall was built. They often got an hour or two out of school as they had to pump the organ for weddings during the week, they received five shillings for this task which is approximately twenty-five pence in today's money. Mr Sharpe, who was organist at that time, was blind. My mother opened the church for such occasions and woe betide any female who attempted to enter not wearing a hat, this was not allowed in those days nor to throw confetti inside the church. I remember joining the Girl Guides. Mrs Johnston was the Captain but she left to go and live in Cookstown and a lady from Rosetta came to be our Captain and remained quite a long time, she was called Mrs Vera Stewart and I was hooked for a long time - I loved the Guides. Through time I became a Patrol Leader and my Patrol was the Fuchsia Patrol. Through the Guides I made life-long friends. Captain left our company just at the same time as I did when I became sixteen and I went to help in the Brownies. That became another chapter which lasted for a long time. I eventually became Brown Owl of a pack of little girls, at least sixty in number. I remember going on a picnic to Lorne. My cousin Jean Buchanan helped in the Brownies too and she and I took them on the Cregagh bus and then on the Bangor train to Lorne. I think all the little girls had their packed lunch eaten before we got off the bus at the Albert Bridge to walk to the BCDR station to catch the train. We had a great time and everyone got home safely! Eventually we had to split the pack and create two packs. Another great friend I had helping in our pack was the late Maureen Davidson (Rodgers), she and I were together taking Brownies for many years. We enjoyed the little displays or parents' evenings that we practiced for together and I think the girls enjoyed them too, they were fun.

I got married in 1965 and continued with the pack as I could travel to the church quite easily. When I came to live where I live now however, it was not so convenient so I had to retire after seventeen years from being Brown Owl and from St. Finnian's church.

My brother was in the Boys' Brigade for many years and he had to keep his uniform spick and span. The belt polished and the buckle cleaned with Brasso, the button on the pillbox hat whitened, the displays were always memorable. Mr Johnston and then Mr Gardiner and the Crawford family were always involved the Company. Mr Harry Crawford and Mr Wilson Crawford were there when my brother was a boy.

Many happy memories for me of my time in St. Finnian's church.

Ena Kirkpatrick (Crooks)



Mr Tommy Crooks (in the white shirt), Sexton

The 80\20 Rule in Pilates

This month I thought it would be interesting to explore a subject that doesn't immediately seem related to exercise and fitness. The 80/20 rule is also known as the Pareto principle after the Italian economist Vilfredo Pareto, who observed that 20% of the population owned 80% of Italy's wealth. It has since been applied in various fields including business and fitness and, in the case of fitness, the Pareto principle suggests that 80% of your results come from 20% of your efforts. However, rather than advocating for less or minimal effort in exercising, it emphasises the importance of focussing on those activities and exercise types that deliver the most significant or beneficial outcomes. A very good example of this would be to focus on compound movement such as squats, that require a number of body muscle groups as this will have a better overall fitness impact compared to an exercise that focuses on a single muscle group, such as a supported arm curl.

In the context of Pilates, the key to applying the 80/20 principle is to maintain a focus on core movements such as the Hundred, one of Joseph Pilates favourite exercises, and roll ups or leg circles.

Although these core movements may comprise only 20% of available exercises in a session, they can provide 80% of the benefits when carried out correctly and consistently given that they require you to engage the entire body, especially the core, while controlling pelvic alignment. There is also a focus on performing the exercises with greater precision using slower controlled movements, i.e. quality rather than quantity and speed. Having said that, there is a place for other exercises and movements within a Pilates class that may focus on particular joints or muscle groups as these will help prepare the body to carry out the core movements correctly and safely for maximum benefit. The key, as always, will be to 'listen' to your body and only complete the number of repetitions for any exercise that you feel you can do correctly and safely.

As I sign off, I'd like to give a bit of advance notice that there will be no Pilates classes at St. Finnian's during May as I'll be on holiday in America.

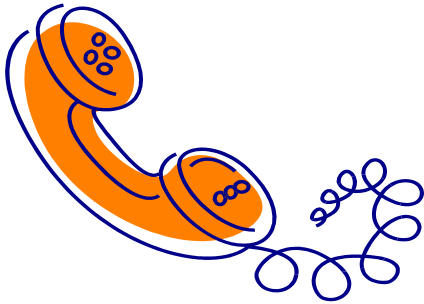
Normal service will resume on my return and I may have a few tales to tell when next we meet on paper.

Stay safe and keep moving.

If you want to find out more about Pilates, please contact me - John Waterworth by phone (+447941368546) or email at jcwworth@yahoo.co.uk

CONTACT DETAILS

Rector: Tel: 028 90793822



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 **June** magazine to
office.cregagh@down.anglican.org
or telephone the Parish Office
028 90792793 by NOON on
Tuesday 6th May.

Don't forget to check out the
church website:

www.stfinnians.org



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