

# ST Finnian's

**JUNE 2025**

*Welcome to the Reverend Dr.  
Ryan Hawk & his family*



*Ryan's ordination to the Priesthood  
takes place on Sunday 15<sup>th</sup> June at 3.30pm  
in Down Cathedral.  
Find out more about him in this month's  
magazine.*

# *Dear Friends*

As this month's magazine goes to print, we are delighted to announce the appointment of Reverend Dr. Ryan Hawk as Curate Assistant here in St. Finnian's. Ryan will take up his appointment in mid-June following his ordination to the Priesthood on Sunday 15<sup>th</sup> June at 3.30pm in Down Cathedral. We hope as many as possible will come and support Ryan on this special occasion and we look forward to welcoming him and his wife Sarah and his two sons Liam and Jude as they come to serve alongside us. Ryan has served as a Deacon Intern in Holy Trinity Church, Ballylesson over the past 3 years. It has also been a joy to welcome Francis Khamanra, a theological student on placement with us over 3 weeks in May. Over that period, Francis visited many of our organisations and he took part in leading services and preaching. He carried out some visiting in hospitals and nursing homes and in people's homes. He brought a deep sense of joy and living faith to all that he did and it's always a privilege to be involved for a little while in the formation of students for ministry.

Over many years, St. Finnian's has been involved in training students and clergy and offering a broad range of experiences to those who come among us to learn. People have been so encouraging and supportive and this makes a huge difference as people are taking their first steps in ministry. None of us are the finished article and I have always appreciated the way people bear with you when you make mistakes and get things wrong and help you to grow in confidence and competence as you get used to many new things. So many theological students and newly ordained Curates are a bit older these days and bring a wealth of experience from their previous jobs that really help in all sorts of ways as they begin the ordained ministry. Our thoughts and prayers will be with Francis as he returns to his training in Dublin and with Ryan as he begins his ministry here in mid-June.

Another group of people who are very much in our thoughts and prayers at this time of year are the young people sitting important exams in schools and universities.

There's a certain inevitability about the sun making its appearance and the weather turning warm and pleasant as people try to study and concentrate on all the materials they have learned for their exams. Some younger students will have discovered in recent weeks where they will be heading to secondary school and that's another big transition as people move from primary to secondary schools. When people get a place in the school they have chosen as a first preference and having worked hard to secure that spot there's a lot of joy as those letters flutter through the letterbox. There will however be others who will feel disappointed and sad at not achieving the marks they had hoped for or the school of their choice. Let's hold all our young people in prayer asking that God will reveal to each one just how precious they are in His sight and His good plans for their lives. We have enjoyed some very special events in recent weeks in church. It was wonderful to welcome the choir from St. Malachy's College to sing choral evensong in May under the direction of Mark our musical director. We enjoyed a

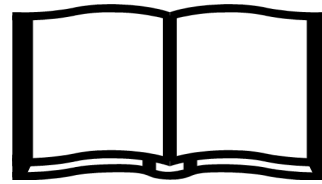
special gathering for an evening of Taizé worship as part of our Mind Matters project and in July we look forward to an evening concert performed by the choir of Wadham College, Oxford. Our very own Eva Hayward sings in that choir and it is touring Northern Ireland and performing concerts in different venues over the first week in July. It seems likely our concert in St. Finnian's will be on Wednesday 2<sup>nd</sup> July at 7pm and while admission is free, there will be a basket for donations to fund the choir's tour. It's a very special privilege to get the opportunity to welcome them to our beautiful church as part of a summer evening concert.

We say a huge thank you to all of our organisation leaders who will be taking a well-deserved break over the summer months and also to our Sunday School teachers and Youth Group leaders. We hope that everyone will be refreshed and built up through the summer.

With very best wishes.

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

## From the Registers



### Christian Marriage

1<sup>st</sup> May - Katie Coghlan & John Bourke

### 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.

## **SUNDAY SCHOOL PRIZE-GIVING**



The Sunday School prize-giving will take place at our 11am service on Sunday 22<sup>nd</sup> June. We would like to encourage all our children to make a special effort to attend the service and receive their prize for attending Sunday School faithfully each week.

## **PRAYER MEETINGS BY ZOOM**

Our parish prayer meetings by Zoom will continue at 7pm on Thursday evenings throughout June. If you would like to join us, send an email to [zoomtostfinnian@btconnect.com](mailto:zoomtostfinnian@btconnect.com) or contact the Rector.

**Please note that there will be no meeting on Thursday 29<sup>th</sup> May due to the Ascension Day service.**

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



Our Toddlers' Group will not be meeting on Monday 26<sup>th</sup> May due to the Bank Holiday. Our last day of meeting before the summer holidays is Monday 9<sup>th</sup> June when we will be having a party. We hope everyone enjoys the summer. Good luck to everyone who is moving on to nursery and school.

**We plan to resume on Monday 8<sup>th</sup> September.**

## **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**

## **NEW CURATE FOR ST. FINNIAN'S**

Rev. Dr. Ryan David Hawk is from Colorado but has spent time living in Arkansas during university and Tennessee as a rock and roller before moving to Belfast nearly eleven years ago. One of his greatest interests is his family. His wife Sarah Beth works for Field Day candles and they have two boys, Liam and Jude who both attend Methodist College. They've been on some great adventures moving across the world and they aim to live out the best story they can by following Jesus and inviting others to come along on the journey of being a disciple. Ryan has worked in church settings, academic theological and ministry contexts since 2002. In the Church of Ireland, he has served at three different parishes in varying cultural and demographic backgrounds as an Intern (St. Jude's), Lay Curate (Magheralin), Deacon Intern and Assistant Minister (Ballylesson). He is also an Associate Lecturer at Belfast School of Theology. He loves to read good questions, seeking the truth and questioning everything to find it. Ryan loves food and believes in the shared table and breaking of bread together. He is interested in the engagement of story, imagination and scripture as a formative tool for spiritual growth. Ryan completed a PhD on Dietrich Bonhoeffer and the integration of academic and spiritual formation in theological education. He is a minister, academic and artist that believes in the role of scholar priests and telling the story of God. He also enjoys rugby as a supporter and player (though he should hang up the boots!) Some sort of music is always playing on the speakers or in his head. He believes in the church and the calling to serve Christ's kingdom through the church, even if the responsibility is scary. He and the family are excited to join in with what God is doing in St. Finnian's!





Hello everyone

**Just to confirm the outing to the Livingston Centre at Killinchy Parish which was supposed to take place on Saturday 7<sup>th</sup> June has been postponed due to booking issues and we intend to go in September instead. Details to follow in due course.**

Here we are again approaching the summertime and our MU Branch meetings pause until September this year. You've heard of the old saying "Don't judge (criticize) or criticise anyone until you've walked a mile in their shoes or Moccasins!" - Moccasins relates to the Cherokee Indians where the proverb comes from. Although the meaning is don't be in a rush to judge someone too quickly, I think it could aid us in using our imagination in a positive way to simply help us understand and respond to people in very different circumstances than our own. Mothers' Union as a global organisation helps us do that with the Connect magazine which is published in the Spring and the Autumn. Other Christian movements such as Christian Aid, Tear Fund, Barnabas Trust etc also keep us up-to-date about what is happening in God's world. Can I, can you, try to think what it would be like to flee your home with your family, lose your livelihood, travel far with only the clothes on your back and little else, live in a refugee camp? This is the experience of thousands in Sudan. Mothers' Union are helping with feeding the hungry, enabling access to basic health care, running literacy classes and praying for them, offering fellowship and support and relocation to safer places in Egypt and South Sudan. Another positive initiative led by MU helps young families by delivering an 8–12-week Parenting Programme taught through locally trained people in places like the Solomon Islands. This has seen a big impact on nurturing healthy relationships benefiting husbands, wives and children.

So whether tragedies are caused by war, famine, disease or natural disasters, MU are there to respond as “your (Jesus’) hands across the world” (from the MU prayer).

Just to return to the Cherokee proverb mentioned above when we think about the Incarnation, isn’t that what Jesus did?

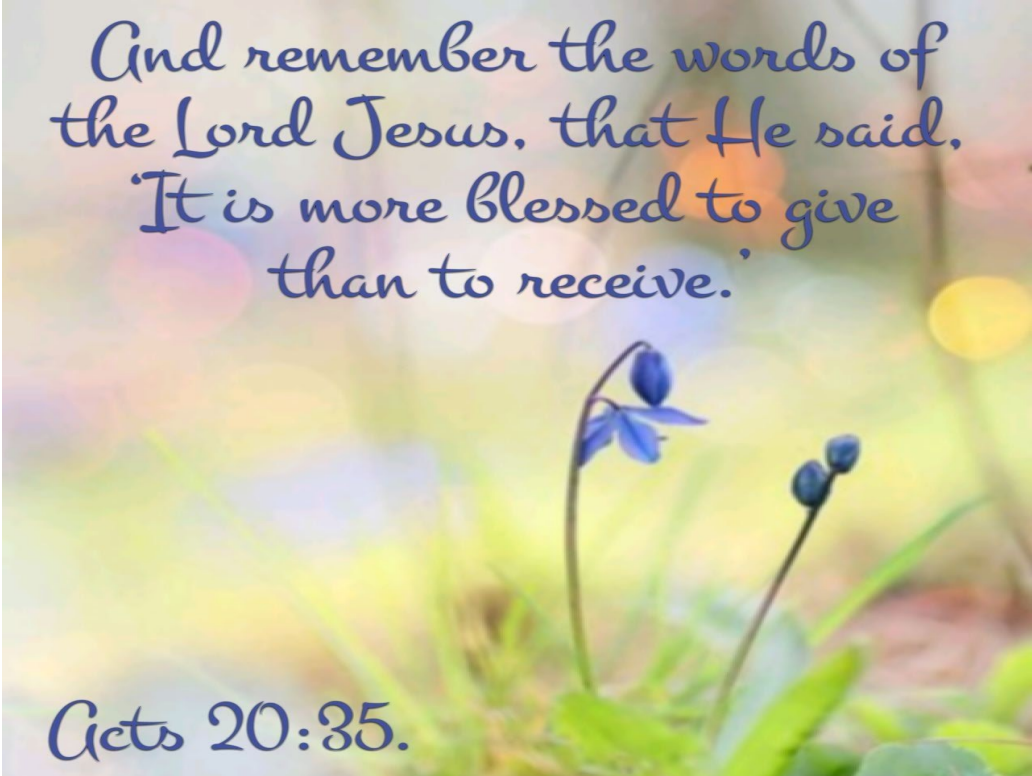
He came from above, left all the majesty of heaven and stepped into our world in a human body born at Bethlehem to take on our nature, experience all the joys and sorrows of life and ultimately to die for our sins and rise again. He truly knows how we feel and can sympathise with our struggles and weaknesses and help us overcome them by His Spirit.

I omitted from previous notes to congratulate Heather Leckey on her appointment as Diocesan Secretary for the Down and Dromore Diocese. All of us from our Parish wish her all the best in this important role.

May you all have a lovely summer with family and friends. Hopefully, weather permitting, we will be able to enjoy activities outdoors.

**Angela Harvey,**

**Branch Secretary (Mob 07596075081)**



And remember the words of  
the Lord Jesus. that He said.  
'It is more blessed to give  
than to receive.'

Acts 20:35.



## **Mothers' Union Midday Wave of Prayers June 2025**

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

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

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

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

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

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

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

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

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

# Services for June



## **Sunday 1<sup>st</sup> June (Sunday after Ascension Day)**

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

## **Sunday 8<sup>th</sup> June (The Day of Pentecost)**

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

## **Sunday 15<sup>th</sup> June (Trinity Sunday)**

- 9.00am Holy Communion
- 11.00am Morning Prayer
- 3.30pm (Down Cathedral) Ordination to Priesthood of Reverend Dr. Ryan Hawk
- 7.00pm Evening Prayer

## **Sunday 22<sup>nd</sup> June (The 1<sup>st</sup> Sunday after Trinity)**

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

## **Sunday 29<sup>th</sup> June (The 2<sup>nd</sup> Sunday after Trinity)**

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

### **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.



Hello everyone

Our next Messy Church will be held on Friday 6<sup>th</sup> June. All children of nursery and primary school age are welcome. Our theme will be The Parables of the Hidden Treasure and the Pearl. (Matthew 13:44-46).

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**

## **DIVINE HEALING MINISTRIES' SERVICE**

The Divine Healing Ministries' service will be held on Tuesday 24<sup>th</sup> June at 7.30pm.

The guest speaker will be Bro. David Jardine.

Everyone is very welcome.

**Norman Sleator**

## **FLOWER DONATION ROTA**

### **JUNE**

- 1<sup>st</sup> Mrs G Downey
- 8<sup>th</sup> Mrs J Crawford
- 15<sup>th</sup> Choir
- 22<sup>nd</sup>
- 29<sup>th</sup> Mrs N Erskine



## **Tree history**

Most members of the congregation will remember the large tree which was formerly in the front grounds between the Garden of Remembrance and the road. This was badly damaged in the first of the recent storms and has been largely removed, leaving a stump which will be extracted during the course of June. Examination of the tree rings in the stump has revealed two items of interest. Firstly, it can be observed that in a number of years the growth rings are remarkably thick indicating extremely good growth rates. This reflects a comment made to me some years ago by a forester friend who said that Ireland is the best place on the planet to grow trees having a remarkably moderate climate, with plenty of moisture. The second bit of information which has been revealed is that the tree was approximately 36 years old. If we presume that the tree was planted at something like 4 to 6 years old, then it would have been planted around 30 to 32 years ago, that is around 1993 - 1995.

Does anyone recall this tree being planted ? Was there a specific reason for it being planted ? There is a polished stone at the base of the tree, but with no inscription, perhaps something had been attached to the stone which has since been lost. If you have any information on the background to this tree perhaps you would get in touch with myself, Geoff Harman or Linda Campbell.

It is hoped to have the remaining tree removal work carried out around the middle of June.

Finally, just to state the obvious, we all know how curious children can be, but it will be most important that they stay away from any damaged trees or trees/branches on the ground until we can complete removal.

**Jim Haughey**  
**Glebewarden**

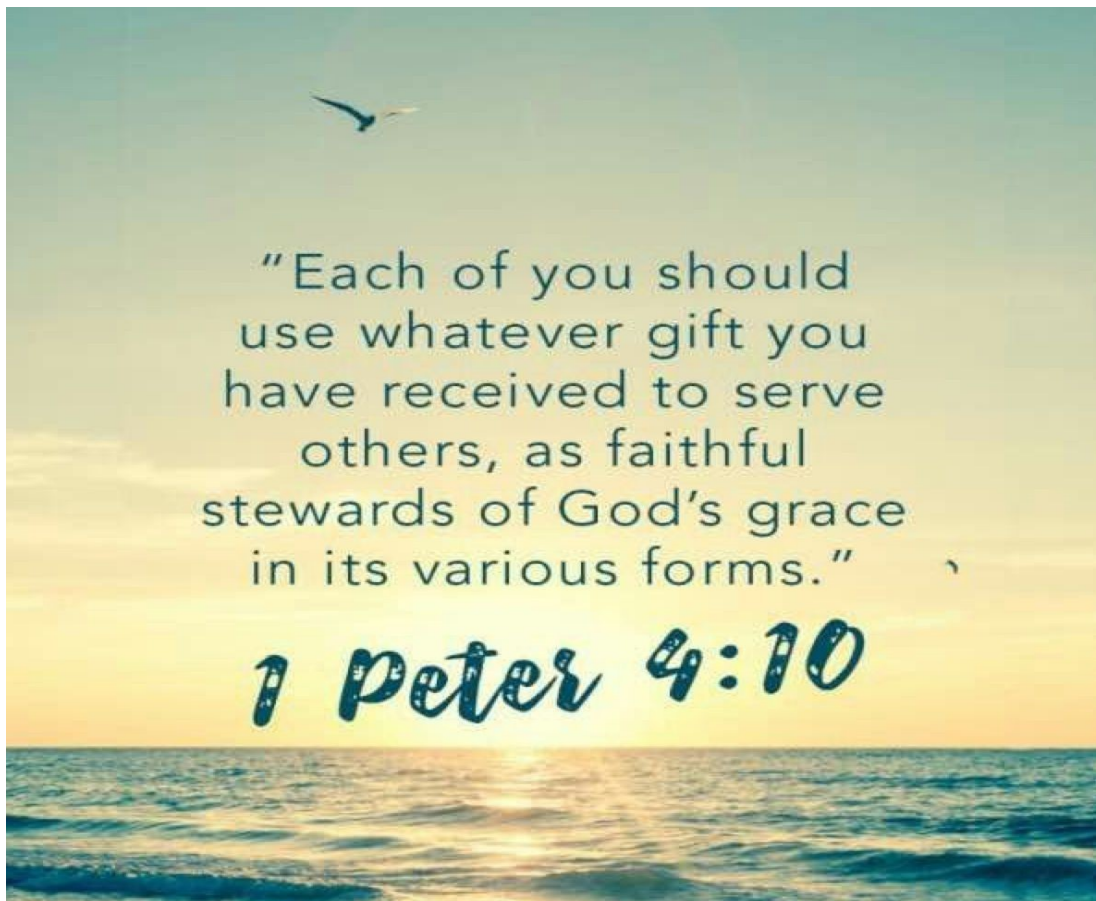
## **Keeping Up Appearances**

Summer is the ideal time to carry out various bits of repair, tidying up, etc. around the church, taking care of those things which have built up during the year. So to help keep the buildings and grounds in good order, we have designated two days devoted to various tasks and would appreciate your help. **Tuesday 10<sup>th</sup> & Wednesday 11<sup>th</sup> June**

You don't need to attend the whole time, just whatever time you might have available, all will be welcome.

Duration from 10 am to 7 pm, for general light duties, tidying up, pruning, brushing, cleaning, possibly also some painting. See you then!

**Jim Haughey**  
**Glebewarden**





## **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 bunting to decorate the hall. Crafters will be meeting every Tuesday in June 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 28<sup>th</sup> June.**

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 John Downey for providing the sixth article in this history series sharing his memories of Fields of Life work in establishing and supporting hospitals and clinics in Uganda.

## **ST. FINNIAN'S HISTORY**

### **JOHN DOWNEY - FIELDS OF LIFE**



Fields of Life has built two small hospitals and two clinics in Uganda. St. Finnian's equipped these facilities with most of their basic equipment. Over a few years, four 40 ft containers were filled with secondhand hospital equipment, acquired from the various Hospital Trusts in Northern Ireland. This, along with school materials and building equipment, was shipped to Uganda. The logistical nightmare of getting the goods to their destinations began at Kampala's Customs. Despite meticulous manifests, they removed all the goods from the tightly packed containers to check them. We had to employ the services of an armed guard to prevent theft.

Transporting the goods to the various locations was always a challenge - near impassable roads in trucks with bare tyres, damaged tarpaulins and cracked windscreens.

For several years we assisted with the running of one of these hospitals, The Rapha Medical Centre, located beside the equator in southwest Uganda. In the initial stages the local witch doctors and village 'birthing woman' tried to dissuade people from attending the hospital, stating they would be mistreated and even killed. However with outreach to the villages and successful treatment of patients, this was gradually overcome.

There are many moving stories from the hospital, such as the little baby girl who was abandoned at the hospital entrance, seriously ill with pneumonia and expected to die. The hospital team worked passionately with her for weeks and managed to save her young life. She had no name or family and she was always bright and smiling, so the staff called her Haffi. Happily a lady who had been a patient in the hospital adopted her. On another occasion a young girl was minding a cow that had just given birth to a calf. This was alongside the roadway where there was some grass available. When she tried to bring the cow home, the animal was in a protective mood and gored the girl across the stomach spilling out her intestines with its metre long horns. She was found lying at the side of the road by some people who put her on their truck, then dumped her at the entrance of the hospital and drove away. Locals do this in case they would be asked to pay for treatment. Our doctor put back her intestines as best he could and put a large bandage around her body. However she needed serious surgery which was beyond the scope of our little hospital. We managed to hire a pickup truck locally. We laid her in the back on a pressure release mattress and drove through the night on very rough unpaved roads to a hospital who had a surgeon. During the night she underwent an operation and fortunately her organs were not too seriously damaged. She was kept there for a week and returned to Rapha to convalescence where she regained good health. There are many such stories from the hospital, some good, some sad, but many lives have been saved in the 'not for profit' hospital where no one is turned away regardless of their ability to pay.

In later years, Fields of Life decided to withdraw from funding medical facilities. However, St. Finnian's still maintains a connection with Rapha Medical Centre.



For this month's article I thought it would be useful to consider a question I've been asked occasionally i.e. is Reformer or Mat Pilates better? Before I do that it's worth noting that Pilates is growing in popularity and, according to the 'ClassPass2024 Look Back Report' it was the most booked fitness class last year. The two main types of Pilates workout methods currently are Mat Pilates and Reformer Pilates. As the name suggests, Mat Pilates is done on a mat and uses body weight for resistance to develop greater core strength and stability. On the other hand, Reformer Pilates is done on a machine, called a 'reformer', which is basically a raised mat that moves with springs for resistance and 'fixes' the hands and feet with straps and loops. While both can build strength, improve flexibility and posture, the choice of which type will come down to personal preference, goals and, it has to be said, cost. Mat Pilates is low impact and is gentle on your joints and is a better option for those who experience joint pain, have mobility issues or are recovering from an injury. It has the additional benefit of not requiring expensive or bulky equipment and can be done anywhere. However, it can be tough if starting from square one or if you've never done any form of core strength training before, and it is vital to use proper form to avoid putting undue strain on joints and muscles. This is why most Pilates exercises have many modifications and options based on classical movements. The main benefit of Reformer Pilates is that the body can be trained lying down with springs to provide resistance as opposed to gravity and it can be more easily adapted for rehabilitation of injuries. However, it is expensive (each item of equipment can cost several thousand pounds), it may be intimidating because of the equipment, and ideally should be done in very small groups to ensure the exercises are carried out safely. For most people, Mat Pilates will be the obvious choice to start with and it is a great way to learn the fundamental movements and principles, which in turn may allow you to give Reformer Pilates a go. No matter which you choose, the most important thing is to work to your own limits and focus on performing the basic movements with precision and correct form to get the most benefit from the exercises.

Until the next time, stay safe and keep moving.

**We meet on Wednesdays at 7pm in the Huston Hall. Everyone is welcome and a small donation of £3 per class is requested for 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](mailto:jcwworth@yahoo.co.uk)**



# Saint George's Singers

present

## A SUMMER CONCERT OF ANTHEMS AND SONGS

by 20th Century English Composers

including songs for contralto from Edward Elgar's "Sea Pictures"



"Steamboat in a Storm on the North Sea" by Albert Rieger (1834-1905)

Wednesday 4<sup>th</sup> June 2025 at 7.45pm

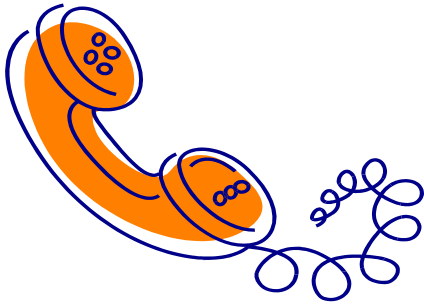
Saint George's Church, Belfast

Tickets £15 ( Students £10 )

available from Choir Members and at the door  
or phone 07793018748

## **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 **July/August** magazine to **office.cregagh@down.anglican.org** or telephone the Parish Office 028 90792793 by NOON on **Tuesday 3<sup>rd</sup> June.**

Don't forget to check out the church website:

**[www.stfinnians.org](http://www.stfinnians.org)**



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**[Facebook.com/StFinnians](https://www.facebook.com/StFinnians)**

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