ST Finnian's

JULY/AUGUST 2025



Special concert by
The Chapel Choir of
Wadham College, Oxford
in St. Finnian's on 2nd July at
7.30pm.

Come along and enjoy your summer.

Dear Friends

As our summer magazine goes to print, there is much concern about the violence on our streets in recent days. The concerns expressed about a serious sexual assault in Ballymena have spilled over into attacks on ethnic minorities, foreign nationals, refugees and asylum seekers. Large numbers of police have been injured, people's homes have been attacked as have hotels and other centres where asylum seekers are being accommodated. It's an extremely worrying situation as we think of all those people we interact with daily in our hospitals and nursing homes and cafes and restaurants. We think of all that they contribute to this country and it is deplorable to see them being targeted in this way. Ballymena, Larne and Portadown have been the focal points of the violence in recent days and we pray for our politicians and police and clergy and community leaders to be wise and measured as they seek to restore calm and defuse these ugly tensions which bring great shame to our land. In the midst of all that is nasty and horrible about these attacks, we see local people also trying to

protect their friends and neighbours who come from other countries, who are feeling very vulnerable and frightened at this time. The world as a whole seems guite unstable with the escalating tensions between Israel and Iran as well as the war in Gaza. We see too the volatile atmosphere in Los Angeles as protests take place over immigration raids and tensions are high. The war in Ukraine and Russia rumbles on with a steady loss of life and broken lives. Sometimes as Christians we find it hard to know how best to respond to these big global events that are outside our control or as we think about the civil unrest on our streets, we wonder what to do. I try to think of helpful first responses to all that's going on and my first suggestion is a call to prayer. Let's pray for those who are caught up in these situations and have nowhere else to go. We think of families who are terrified for their safety, who just want to get on with their work and live in peace. Let's pray for those who were the victims of sexual assault, for healing from their injuries and trauma.

Let's pray for the police, for international leaders and community leaders who have the power to escalate or defuse situations through their words and actions. May they be given great wisdom and courage and an overriding concern for the peace and safety of all people. Secondly, let's try to be as well informed as we can about what's going on. Sometimes we are lazy in reading sensational headlines or social media posts without checking the truth of the opinions expressed. Let's reach out to those we think might be affected by all that's going on. Maybe we have friends or neighbours who have come here from overseas. Maybe they have fled from war situations in their home place and now find themselves feeling isolated and alone. Let's check in on those we might know and do what we can to extend friendship and reassurance.

As the school summer holidays begin, we take this opportunity to congratulate all who have navigated their way through demanding exams and are looking forward to the summer. We wish people well who might be looking forward to a holiday or some time away. I always

encourage people to check out the local church wherever you go. Your presence can bring great encouragement to small congregations scattered in various places and it's always refreshing and interesting to see things done in a different way.

We are looking forward to a very special concert on Wednesday 2nd July at 7.30pm as we welcome the choir of Wadham College, Oxford who will be singing in the church as part of their Northern Ireland tour. There will be a retiring collection to go towards the choir's expenses for the tour. We look forward to seeing Eva Hayward back on home territory with her colleagues in the choir. We also look forward to getting to know our new Curate, Reverend Dr. Ryan Hawk over the summer and pray that he, his wife and family will settle in quickly and feel very much at home here. You will also find details in this month's magazine about the Bishop's Bible week which will take place in Holywood parish church from 26th - 29th August. It's always a special week to encourage us as we prepare for another season of church activities

We are in the process of planning some special events for September as part of an initiative to reach out to our local community. We are looking in particular at the weekend around 7th September and we hope to have more details in the September magazine. At this point we want to wish everyone a really good summer and we hope you do get the chance to take some rest at some point over these months.

With very best wishes.

Jonathan Pierce (Rector)

Telephone 02890 793822

Choir visit from Wadham College, Oxford

We are delighted to welcome the Choir from Wadham College, Oxford for a special concert in the church on Wednesday 2nd July at 7.30pm. It's a great privilege to host such a special evening and we look forward to welcoming back Eva Hayward to her home church. There will be a retiring collection to cover the Choir's expenses as they tour Northern Ireland. Put the date in your diary!

Bishop's Bible Week

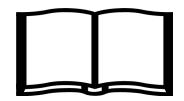
This year's speaker is Colin Smith, a pastor, speaker and author. He is president of Open the Bible, a daily Bible broadcast and Pastor Emeritus of The Orchard Church in northwest Chicago. Colin is originally from Scotland and will be taking as his theme. Learn the Art of Contentment as he shares Bible teachings from Tuesday 26th August - Friday 29th August each evening at 7.45pm in Holywood Parish church. There will be worship and prayer ministry available at each of these special gatherings.

PRAYER MEETINGS BY ZOOM

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



From the Registers



Christian Burial

12th June - John McGookin

Wednesday morning communion & prayers for the sick



The Wednesday morning communion service with prayers for the sick <u>will not</u> be taking place during the summer months.

Services will resume again on Wednesday 3rd September.



Sunday School will not be meeting during July and August. We hope all the children and Sunday School teachers enjoy the break. Sunday School will be back as usual in September.

Hello everyone
We hope that you are well.
I wonder will that lovely sun come back to shine on us soon?



Our Messy Church before the summer break was very well attended and we had great fun. Jono opened our afternoon reminding us of the incredible value that the Kingdom of Heaven holds for us all and how we are made in the image of God. We are beloved of Him and we are precious in His sight. Jono impressed upon us all that our faith is of such great value and it is important to keep our eyes, ears and heart open to discover more and more of God and His love every single day. We played a fun game of hide and seek that really helped us understand God's great love and care for us. We then painted and decorated lovely shells, made fun 'clam-pegs' with quirky stickers, we iced biscuits with pearls and sprinkles, we painted and decorated our very own treasure chests and filled it with all sorts of goodies inside. Our parachute game had a treasure incentive too as the parachute was lifted high up into the air, one nominated child had to charge underneath, retrieve the treasure and bring it back safely to their standing point without being caught by the descending chute. Supper and chatter was enjoyed by adults and children alike; we spoke of our next meeting and will be in touch soon to arrange a suitable day. May we hold fast to that 'great treasure' found in our Lord and Saviour Jesus Christ as we seek to share our joy with as many as we can, as often as we can and in whatever way that we can. "The kingdom of heaven is like treasure hidden in a field. When a man found it, he hid it again and then in his joy went and sold all he had and bought that field." Matthew 13:44.

Thank you Alison and the dedicated Messy Church team for all your hard work and effort year in and out.

Happy, healthy Summertime and God bless you all.

The Messy Church Team

The chapel choir of



Performing in Belfast this summer

Music by Tallis, Warlock, Batten, Howells and others



Music Director - Hannah Zaki

Free entry with retiring collection

2 July 2025 7:30pm St Finnians' Parish Church BT6 9JT 3 July 2025 2pm St Peter's Cathedral BT12 4BU 3 July 2025 7:30pm St George's Church BT1 2AG



Hello everyone

It's hard to believe the summer holidays are here again. The months seem to be flying by. I don't know if you are like me, always looking ahead to the next thing: family gatherings, a break away, planning meetings and so on. I was just wondering, am I missing the big thing, the most important thing altogether, that is to live fully in the moment, hour or day that I'm presently in. Here's a verse I keep coming back to and have to relearn the meaning of: "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." Matthew 6:34. Of course we have to plan but not to the extent we rush over the day we've been given and hurry on by unheeding the opportunities we have to make a difference here and now. On Thursday 15th May we took a group of some of our Indoor and Senior Members to St. Ignatius's Carryduff for the Annual Afternoon Tea Party. There was a moving Holy Communion Service to start, with Bishop Ken Clarke preaching a memorable sermon on finishing well in the Christian Life. We then sat down to enjoy lovely refreshments and ended with community singing. To mark the 80th anniversary of VE day on the 8th May, a Commemorative VE Gospel of John was distributed. The Mothers' Union are starting a new initiative in the parish - see the separate article by Liz Walker. There are many Bible verses to spur us on in this new venture such as: "Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers." Galatians 6:10 Have a great summer and we look forward to meeting up in the Autumn. Please note: a new date is being arranged for our outing to the Livingston Centre, Killinchy - possibly 13th or 20th September. If you wish to go, please contact Liz, myself or speak to any of our Committee Members.

Angela Harvey (Branch Secretary) Mob 07596 075081 Liz Walker (Branch Leader) Mob 07774 617549

Mothers' Union Midday Wave of Prayers July 2025

- 1 July: Eastern Zambia, Zambia; Mombasa, Kenya; Gwagwalada & Ekiti-West, Nigeria; Leicester, England & Temotu in Solomon Islands
- 2-4 July: Renk, South Sudan; Cyangugu, Rwanda; Arochukwu/Ohafia & Ile- Oluji, Nigeria; St Andrews, Dunkeld & Dunblane, Scotland and Sittwe, Myanmar
- 6-8 July: Wad Medani, Sudan; Kondoa, Tanzania; Ikwo & Remo, Nigeria; Montreal in Canada & the Windward Islands, St Lucia, Grenada, St Vincent & The Grenadines
- 9-11 July: El Obeid, Sudan; Butere, Kenya; Nnewi, Nigeria; London, England & Washington, Massachusetts, Long Island, Florida, Diocese of the Living Word in USA
- 13-15 July: Toliara, Madagascar; Mbale, Uganda; Zaria & Ndokwa, Nigeria; Rochester, England & Chhattisgarh, India
- 16-18 July: Lake Malawi, Malawi; Byumba, Rwanda; Jalingo, Nigeria; St Edmundsbury & Ipswich, England & Lucknow, India
- 20-22 July: Gitega, Burundi; Murag'a South and Mbeere, Kenya; Enugu North, Nigeria; Tonga in Diocese of Polynesia & Jaffna, Diocese of Church of South India
- 23-25 July: George, South Africa; Bungoma, Kenya; Western Tanganyika, Tanzania; Ideato, Nigeria; Sodor & Man, Isle of Man & Toronto, Canada
- 27-29 July: Northern Zambia, Zambia; Mpwapwa, Tanzania; Gusau & Osun, Nigeria; Sydney, Australia & Rayalaseema, India
- 30-31 July: Boga, DR Congo; Manicaland, Zimbabwe; Tanga, Tanzania; Ogoni, Nigeria; Carlisle, England & Melbourne, Australia

Mothers' Union Midday Wave of Prayers August 2025

- 1 August: Boga, DR Congo; Manicaland, Zimbabwe; Tanga, Tanzania; Ogoni, Nigeria; Carlisle, England & Melbourne, Australia
- 3-5 August: Juba, South Sudan; Kitale, Kenya; Minna & Lagos, Nigeria; Moray, Ross & Caithness, Scotland & Madurai-Ramnad, India
- 6-8 August: Northern Malawi, Malawi; Eldoret, Kenya; Ngbo & Akure, Nigeria; North West Australia, Australia & Aipo Rongo, PN Guinea
- 10-12 August: Niassa, Mozambique; Masindi Kitara, Uganda; Langtang & Esan, Nigeria; North Queensland, Australia & Kolhapur, India
- 13-15 August: Natal, South Africa; Kajiado, Kenya; Okigwe & Western Izon, Nigeria; Nova Scotia & Prince Edward Island, Canada & Toungoo in Myanmar
- 17-19 August: Kasai, DR Congo; Shyira, Rwanda; Ijumu & Egba West, Nigeria; Liverpool, England & Sambalpur, India
- 20-22 August: Central Zimbabwe, Zimbabwe; Lango, Uganda; Kebbi, Nigeria; Tamale, Ghana; Sheffield, England & Guadalcanal, Solomon Islands
- 24-26 August: Saldanha Bay, South Africa; Karamoja, Uganda; Udi & Etsako, Nigeria; Wellington, New Zealand & Yangon in Myanmar
- 27-29 August: Matabeleland, Zimbabwe; Mount Kenya Central, Kenya; Niger West, Nigeria; Wangaratta, Australia; Clogher, All Ireland & Hpa-An, Myanmar
- 31 August: Harare, Zimbabwe; Machakos, Kenya; Ogori-Magongo & Ekiti, Nigeria; Southwark, England & Phulbani in India

MOTHERS' UNION - BARNABAS PROJECT

One of the many things that Mothers' Union do at Diocesan level is to undertake programmes on a worldwide basis. Recent projects have involved helping MU projects in Africa to provide on the ground support to communities. We have made money available for local MU members to buy really big cooking pots to provide a daily meal for families, schools, hospitals and even prisons as poorer communities have a rich culture of sharing what they have. Another project was as a result of our Festival Service collection last year when we were able to provide mosquito nets for newborn babies. The mothers were able to take them home and use them to protect their other children too. It's amazing how far our money goes in alleviating hardship in communities on the other side of the world. Our Festival Service collection this year went to support the Bishop's Ordinands' Fund. Another worthy cause closer to home. When our Trustees met in the spring to consider an overseas project for the coming months, we decided to support the Barnabas Project. This is a longestablished organisation based in Drumbo which collects dried goods and ships them to Christian communities in food poverty. At the moment they are shipping to Lebanon and so our Branches are being asked to collect these dried goods to be shipped out when they have a container of 98 boxes. This is an ongoing project and so no supplies are left in the warehouse for too long a period of time. St. Finnian's Committee would love to offer this opportunity to collect these supplies to the whole congregation and so we plan to leave a large box at the back of the church during the summer for people to donate to. The goods required are as follows:- chick peas, dried beans, lentils, peas, rice, sugar, salt. As these items tend to come in 1 or 2 kilo packs they are easy to pack in boxes that the Barnabas Project provides. Over the summer it would be great if you could buy a couple of these items with your shopping and pop them in the container at the back of the church on a Sunday. St. Finnian's people are known for their generosity and so a very heartfelt thank you in advance.

Services for July

Sunday 6th July (The 3rd Sunday after Trinity)

9.00am Holy Communion

11.00am Connect Service (Huston Hall)

7.00pm Holy Communion

Sunday 13th July (The 4th Sunday after Trinity)

9.00am Holy Communion

11.00am Holy Communion

7.00pm Compline

Sunday 20th July (The 5th Sunday after Trinity)

9.00am Holy Communion

11.00am Morning Prayer

7.00pm Evening Prayer

Sunday 27th July (The 6th Sunday after Trinity)

9.00am Holy Communion

11.00am Morning Prayer

7.00pm Evening Prayer

CRECHE

A creche is now available during the 11am services.

Feel free to leave your children over to the Huston Hall at any point before or during the service.



Services for August



Sunday 3rd August (The 7th Sunday after Trinity)

9.00am Holy Communion

11.00am Connect Service (Huston Hall)

7.00pm Holy Communion

Sunday 10th August (The 8th Sunday after Trinity)

9.00am Holy Communion

11.00am Holy Communion

7.00pm Compline

Sunday 17th August (The 9th Sunday after Trinity)

9.00am Holy Communion

11.00am Morning Prayer

7.00pm Evening Prayer

Sunday 24th August (The 10th Sunday after Trinity)

9.00am Holy Communion

11.00am Morning Prayer

7.00pm Evening Prayer

Sunday 31st August (The 11th Sunday after Trinity)

9.00am Holy Communion

11.00am A Service of Wholeness & Healing

7.00pm Evening Prayer

CREGAGH CRAFTERS



Cregagh Crafters is finished for the summer. Anyone who is free on a Tuesday morning over the summer is welcome to meet up in Hillmount Garden Centre at 11am for coffee and a chat. Crafters will recommence on Tuesday 16th September.

Janet Johnston 07711885203

DIVINE HEALING MINISTRIES' SERVICE

The Divine Healing Ministries' services will not be held in July and August. Services will resume again in September.

Norman Sleator

CHANGE OF PERSONAL DETAILS

Have you moved address recently? Changed your phone number/ email address? If so, could you please pass on the new details to Linda in the church office? This will ensure that your records can be kept up to date. Thank you.

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 dates are Saturday 26th July and Saturday 30th August. See you then! Jim Haughey,

Glebewarden

Grass Cutting in the Church Grounds

We are now in that time of year when regular grass cutting is needed in the church grounds. We presently have need of volunteers to operate our ride-on lawn mower in order to keep the grounds in good order.

If you are interested in helping the church in this activity, please contact Jim Haughey, Glebewarden on 07850389831.

Your assistance would be greatly appreciated.



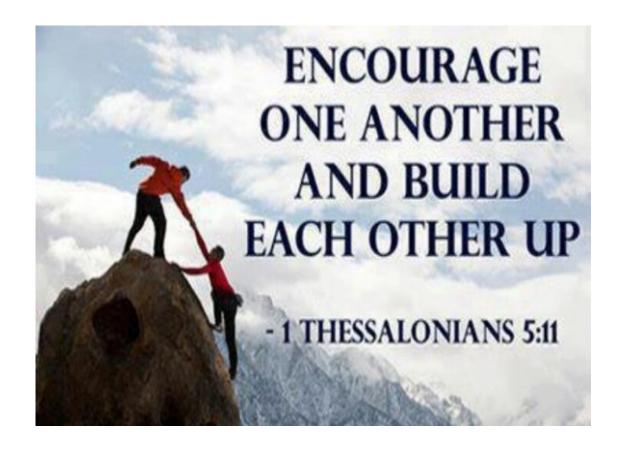
The BB rounded off a busy 2024-5 session with a fun day at the Ganaway Activity Centre. On a gloriously sunny day the boys experienced time on the challenging indoor climbing wall and then had fun on the zip wire. Re-energised by lunch, they faced the obstacles of the assault course in a competitive exercise with the boys of the 17th Belfast Company who shared this activity with us. After a physically demanding day, the boys completed their day with an activity on the low wires which required thought, stamina and co-ordination. Everyone had a thoroughly enjoyable day and our thanks go to the Ganaway instructors and catering staff for their contribution to the success of the day.

Officers and boys of all three Sections of the Company are now having a well-deserved summer break and are looking forward to the start of the 2025-6 session in the week beginning Monday 8th September.





The BB having fun at the Ganaway Activity Centre



FLOWER DONATION ROTA

JULY

6th Mrs H Leckey 13th Mrs P Moore 20th Lyons family

27th Mrs E Walker

AUGUST

3rd Mrs M Downey 10th Mrs L Heatley

17th Mrs C Bell

24th Mrs H Arnold

31st Seay family



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



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 Barbara Carlisle for providing the seventh article in this history series sharing her memories of volunteering with Fields of Life work in 2003.

ST. FINNIAN'S HISTORY

BARBARA CARLISLE - FIELDS OF LIFE



In the late 1990s, a parishioner of St. Finnian's shared with us the wonderful work of a group of men from Kilkeel who were involved in a building project in Uganda in an area known as the killing fields and is now named the Fields of Life. David Charleton was praying and had a vision of a little African boy in a yellow T-shirt with his arms outstretched. David phoned the Rev. Trevor Stevenson who was in Uganda and he was able to tell David that they had been praying for people to come and build a school.

We in St. Finnian's started to support the project and every year in January a group of men would go for 3 weeks to use whatever skills they had. I always yearned to go but was told the trip wasn't suitable for women.

In 2003 I enquired again and was accepted as the first woman and was joined by another woman from Kilkeel, she was helping with the building work and I was the nurse.

It was the most amazing experience and I was Peter Rankin's sidekick in the kitchen.

I had only one major incident when one of the men fell and badly fractured his ankle and I accompanied him to hospital. This was an experience considering what I had left behind and showed me how privileged we are with our healthcare and education.

We in St. Finnian's continue to support Fields of Life. The lovely people I met in Africa were so materially poor but so spiritually rich.



L-R - Peter Rankin (cook), Barbara Carlise (nurse), Ralph McMurray (all-rounder!)



Building work in progress

St. Finnian's Pilates



Pilates across the pond

In last month's article I mentioned my upcoming trip to America and, now that I'm safely back this side of the 'pond,' I thought it may be useful to reflect on my experience of going to classes there. As I have explained in previous posts, the classes at St. Finnian's are based on classical mat Pilates exercises but with a strong focus on alignment of the spine, proper breathing and core engagement and using body weight as the main resistance to develop strength and stability. This method doesn't use exercise accessories such as the Pilates 'rings', spring devices and weights but will occasionally use exercise bands to either assist the performance of a movement or to add a small degree of resistance. I decided to attend a couple of classes at a local leisure centre in Atlanta, Georgia near where I was staying and it definitely was an interesting experience. Firstly, everyone was guided towards the equipment boxes at the back of the class to collect their 'rings' and weights/dumbbells, then we had a warm up work out that consisted of a series of step movements and twists that would have done justice to an aerobics session. Having done that, I was surprised that the normal set up and cues, which I often to refer to as ABC (Alignment, Breathing, Core/centring) weren't mentioned but rather we were encouraged to 'roll the shoulders and grow taller'. Once we got down to the exercises themselves, there were a few fundamental differences, most markedly with the use of weights during movements such as spine curls/shoulder bridge, holding some balance poses for long periods and much more intense and rapid exercise movements. I would compare this to the focus in my classes at St. Finnian's which is on slow controlled and full movements carried out with a focus on core engagement and neutral spine alignment. I have to say that I found it difficult to figure out how to reconcile these differences but the classes I attended seem to be along the lines of a form of Pilates called 'Power Pilates' which does contain most of these elements. It was quite an eyeopener to do this and it's always good to try something different but I think I would always prefer to go for the classical version and I would hope that most people would do likewise. Enough of that then. It's good to be back and hopefully see everyone on a Wednesday as usual. In the meantime, 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

SAMARITAN'S PURSE 2025 SHOE BOX APPEAL

Hello everyone

We know that November is a little while off yet but we just wanted to take this opportunity to remind everyone that the Shoe Box Appeal will be starting again in the autumn time in St. Finnian's.

Will you help us achieve our target of 100+ shoe boxes? Janet had a lovely idea of the Cregagh Crafting Group making little bags for each shoe box. Isn't this a wonderful thing friends? If anyone else has any other suggestions please do not hesitate to share these with us.

Over the summertime we will be keeping our eyes peeled for little items that the boys and girls would have pleasure in finding in their boxes.

The age groups are: 2-4, 5-9 and 10-14.

Items such as dolls, blow up balls, wrist watches, pumps, musical instruments, yo-yos, pants, vests, clothing items, flip-flops, crayons, note books, rubbers, pencils, combs, toothbrushes, washcloths, fun stickers, plastic eating utensils, hats, hair accessories, play dough, colouring books, small action figures, frisbees, skipping ropes, cars, Lego and interactive toys are some ideas to consider.

During a time when there is great financial pressure on so very many, thank you so much for your generosity and thought for those children less fortunate than ourselves in very many parts of this world.

The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me' Matthew 25:40

Love and God bless you all.

Mark and Charmaine

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 **September** magazine to **office.cregagh@down.anglican.org** or telephone the Parish Office 028 90792793 by NOON on **Tuesday 5**th **August.**

Don't forget to check out the church website:

www.stfinnians.org



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The Charity Commission for
Northern Ireland NIC101977